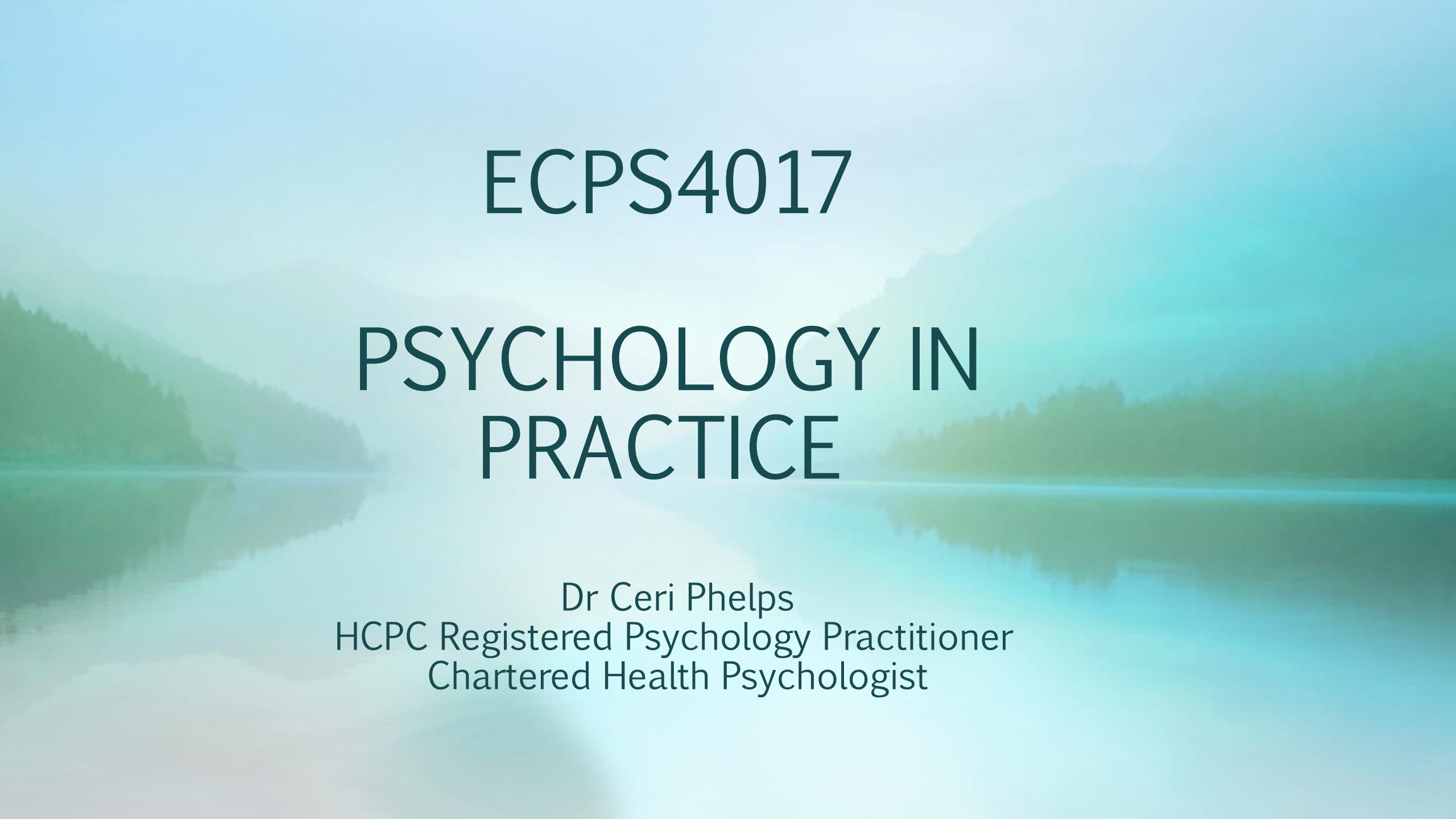




ECPS4017

PSYCHOLOGY IN PRACTICE

Dr Ceri Phelps
HCPC Registered Psychology Practitioner
Chartered Health Psychologist

Welcome to module ECPS4017: Week One Session Plan

- 9am – 9.45am: Module overview and getting to know each other
- 9.45 – 10.30: An introduction to Applied Psychology
- 10.30- 10.50: Break
- 10.50 – 11.30: Scenarios & Skills
- 11.30 – 12: Q&A

A background image of a calm lake with misty, forested mountains in the distance. The water reflects the surrounding landscape. A solid light blue vertical bar is on the left side of the image.

Register!!

Getting to know each other.....



- Name
- What do you want to get out of this journey?
- Something about your personality and interests...



A little bit about me...



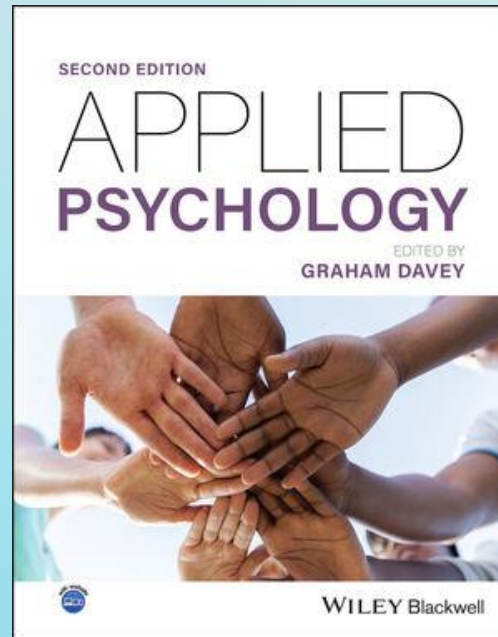
- BPS Chartered Health Psychologist
- Health Care Professions Council Registered Health Psychology Practitioner
- Research experience in applied and educational settings (government, NHS and University)
- Expertise in psycho-oncology, genetics, dementia, wellbeing at work and intervention and service evaluation
- Over 20 years experience in successful NHS ethics applications including large multicentre RCTs of complex interventions
- Vice Chair of NHS Research Ethics Committee
- Board member of Welsh Govt Health and Care Research Wales, Research for Public & Patient Benefit Board.
- Trained in motivational interviewing and supervision and mentoring skills



A little bit
about me...

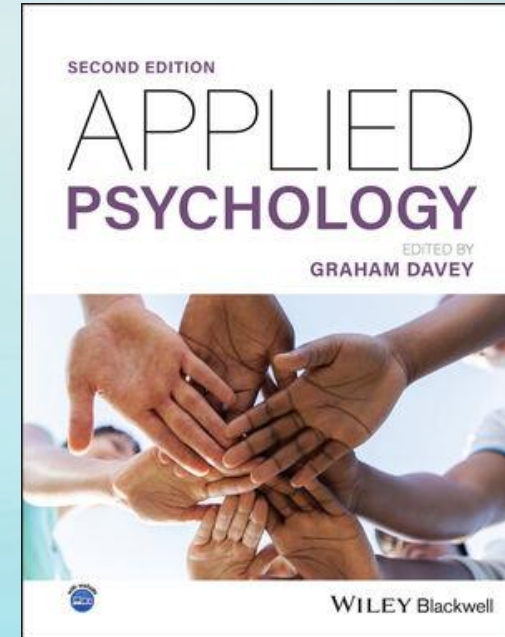


Module Overview: Psychology in Practice



Module Aims

- To develop an understanding of the application of psychology to professional practice and the cognitive, emotional, and professional skills and competencies required to work as a professional psychologist.



Module Aims

- Develop your understanding of the range of different career pathways in Psychology
- Encourage you to think about and reflect on your current skills, ambitions and competencies
- Become aware of the many ethical, moral and professional standards that you need to demonstrate



Module Learning Outcomes

Upon the successful completion of this module, you should be able to:

- demonstrate understanding of the different professional pathways in psychology and their associated training routes
- discuss the application of psychological theory to understanding real-world issues across a range of psychological specialisms
- reflect on your own personal and professional development needs using appropriate psychological models
- take responsibility for your own learning and skill development, including effective personal planning, self-reflection, and project management skills.

Module Assessment

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Electronic poster: research study	500 words plus poster design	50%

Assessment Component 2

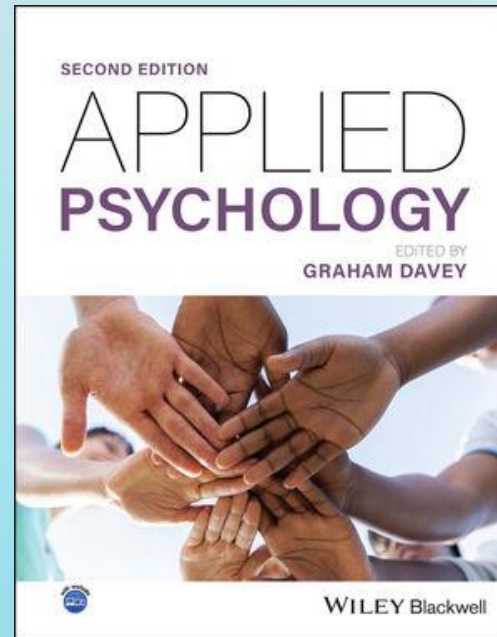
☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay (Case Study plus reflective piece)	1500 words	50%

Moodle Tour



An introduction to Applied Psychology



An introduction to Applied Psychology

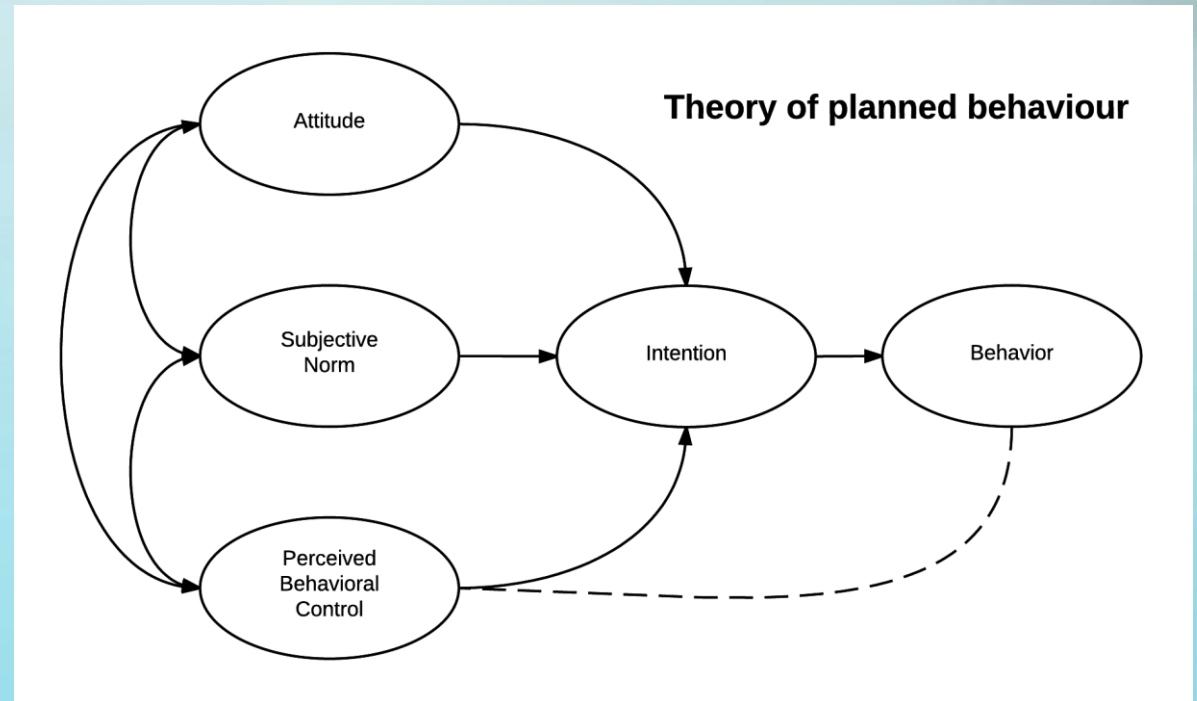
The professional application of psychological knowledge to the solution of problems associated with human behaviour

Davey (2023) pg 2

An example.. Applying social psychology to health....

Social Psychology

- The branch of psychology that deals with social interactions, including their origins and their effects on the individual.
- Attitudes
- Social influence
- Motivation



Biopsychosocial Model of Obesity

- Growing national and international concern about increasing levels of obesity
- Major risk factor in a range of physical illnesses and psychological ill-health
- Major causal factors of poor diet and lack of exercise

Social Cognition Models & Health Psychology

- Provide an empirically supported framework for understanding how people make decisions in relation to their health behaviours
- Identify key factors found to influence behaviour change
- Interventions can be targeted at any or all of these factors

Theory of Planned Behaviour applied to Health

- Why do some people attend routine screening whilst others choose not to?
- Why do some people exercise regularly why others do not?
- Why do some people use condoms and others do not?



The Theory of Reasoned Action/Planned Behaviour

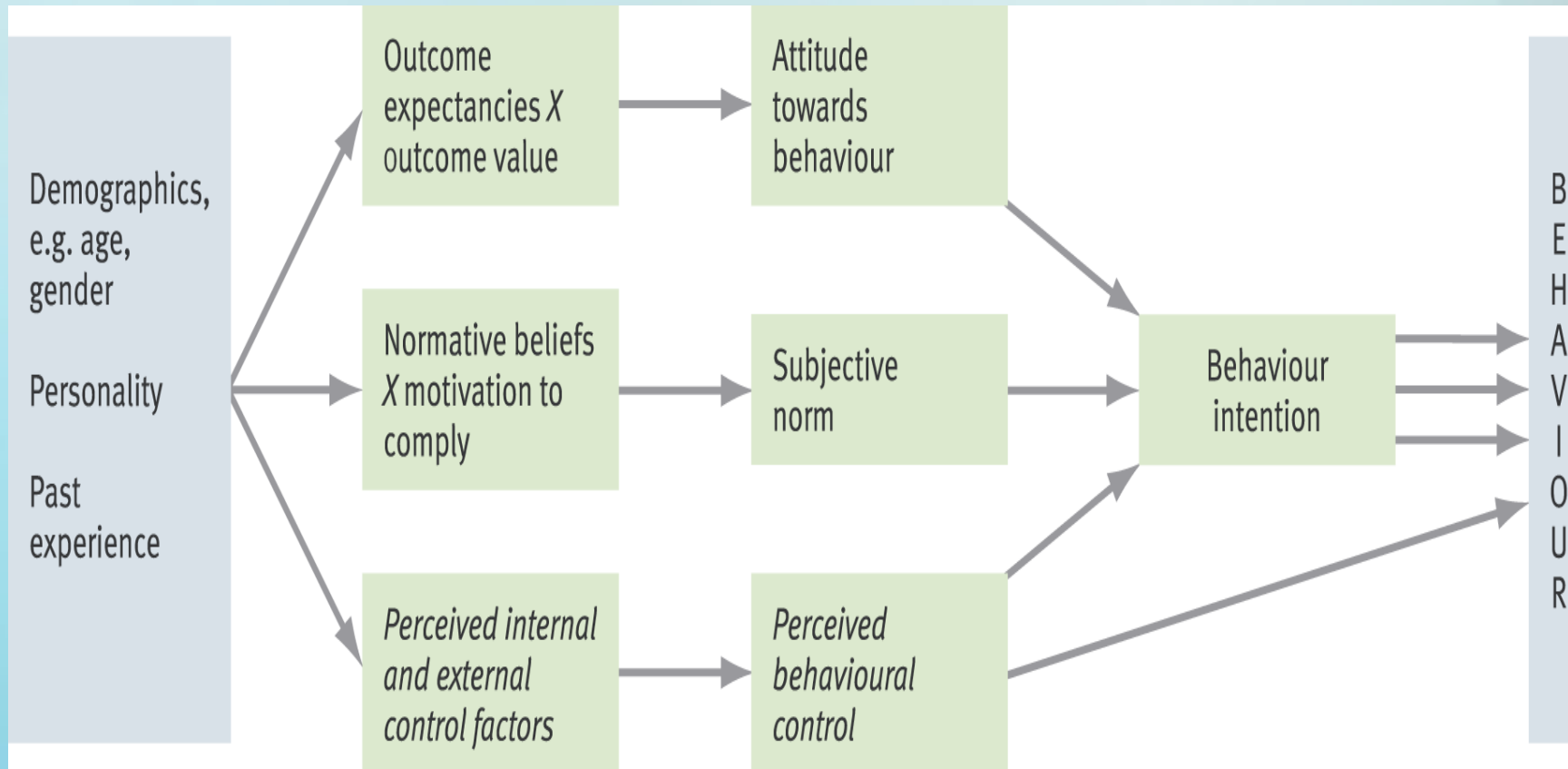
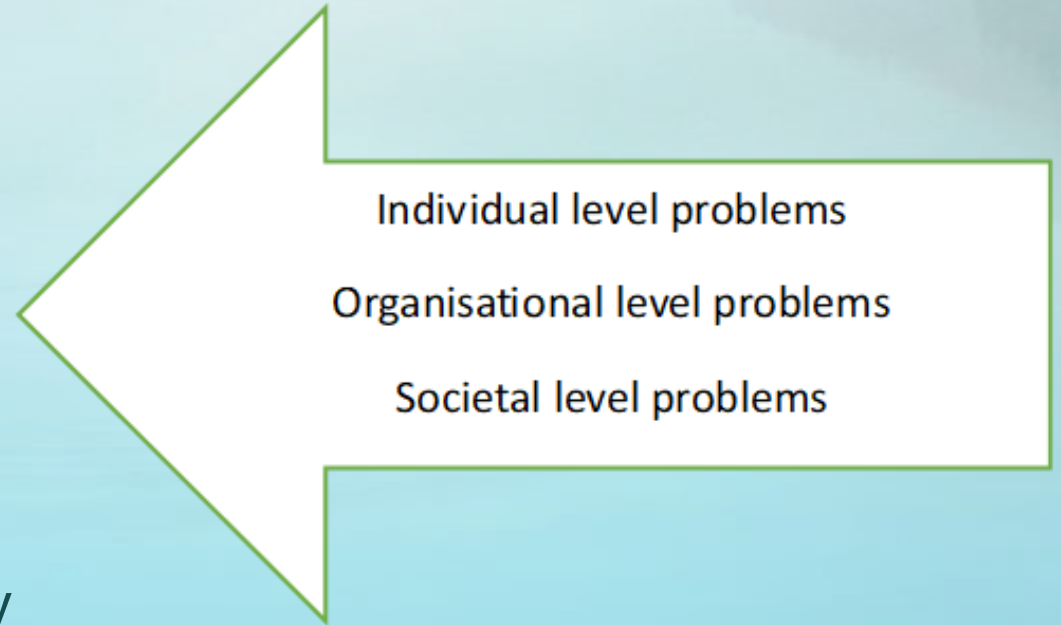


Figure 5.2 The theory of reasoned action and the theory of planned behaviour (TPB additions in italics)

Areas of Applied Psychology recognised within the UK.

- Clinical Psychology
- Health Psychology
- Educational Psychology
- Occupational Psychology
- Forensic Psychology
- Sports & Exercise Psychology
- Counselling Psychology



British Psychological Society

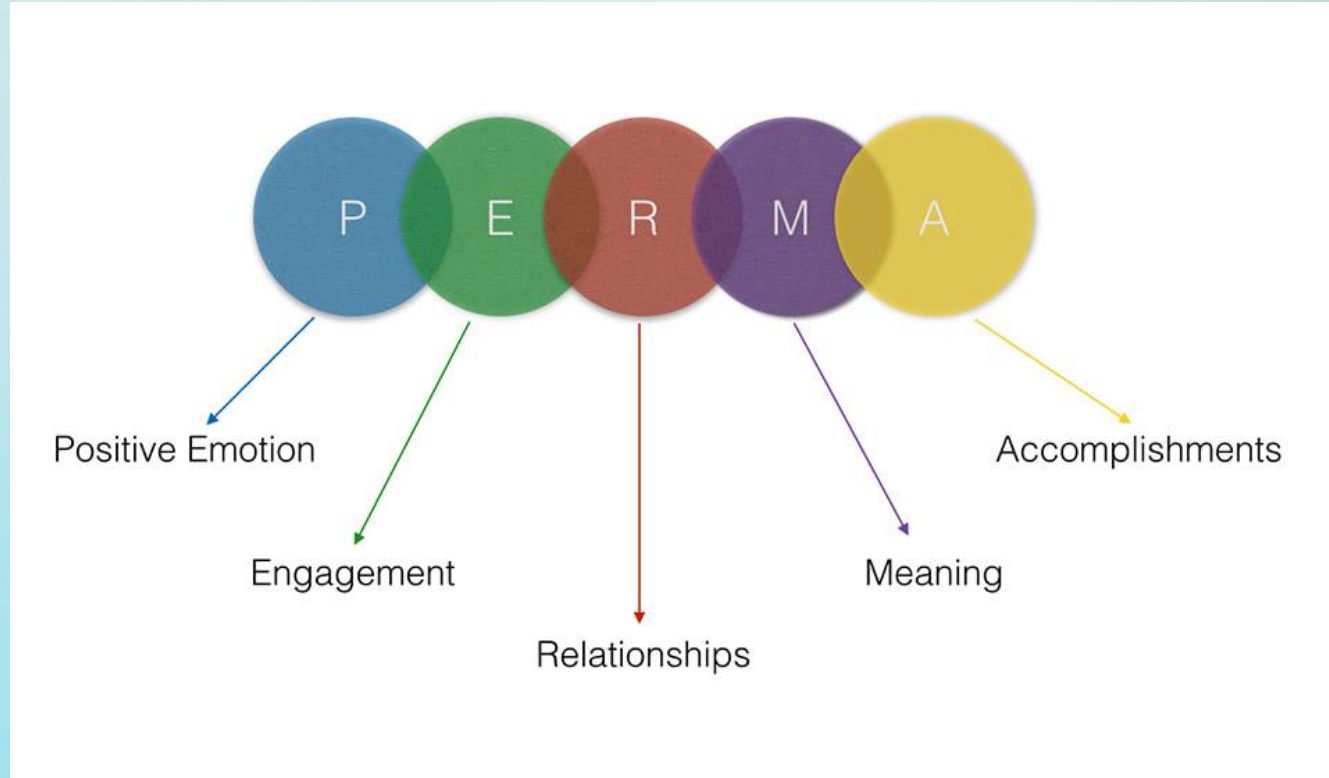
- Accredits undergraduate and postgraduate courses in UK
- GBC and Chartership
- Code of Ethics and Conduct
- Continuing Professional Development

<https://www.bps.org.uk>

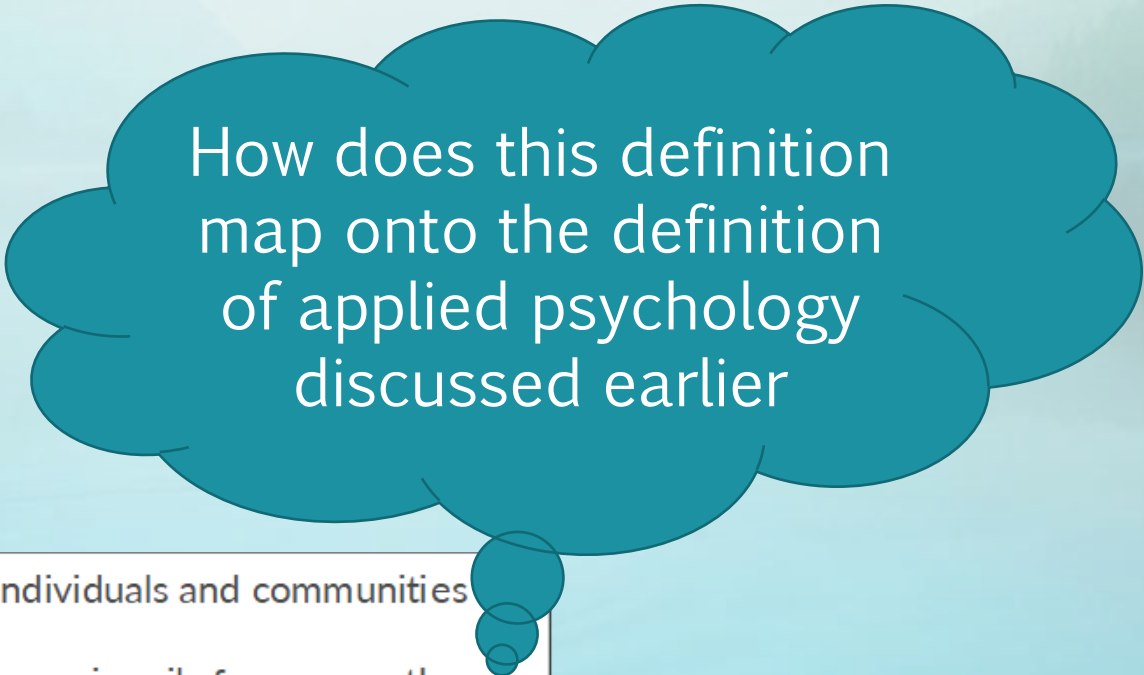
Positive Psychology

Positive Psychology is the scientific study of what makes individuals and communities thrive. Founded in the late 1990's, this branch of psychology primarily focuses on the experiences, strengths, virtues, choices, relationships, and institutions that contribute to successful functioning and enable individual and collective flourishing in different contexts, countries, and societies. <https://ippanetwork.org/>

PERMA MODEL OF WELLBEING (Seligman, 2002)



Positive Psychology

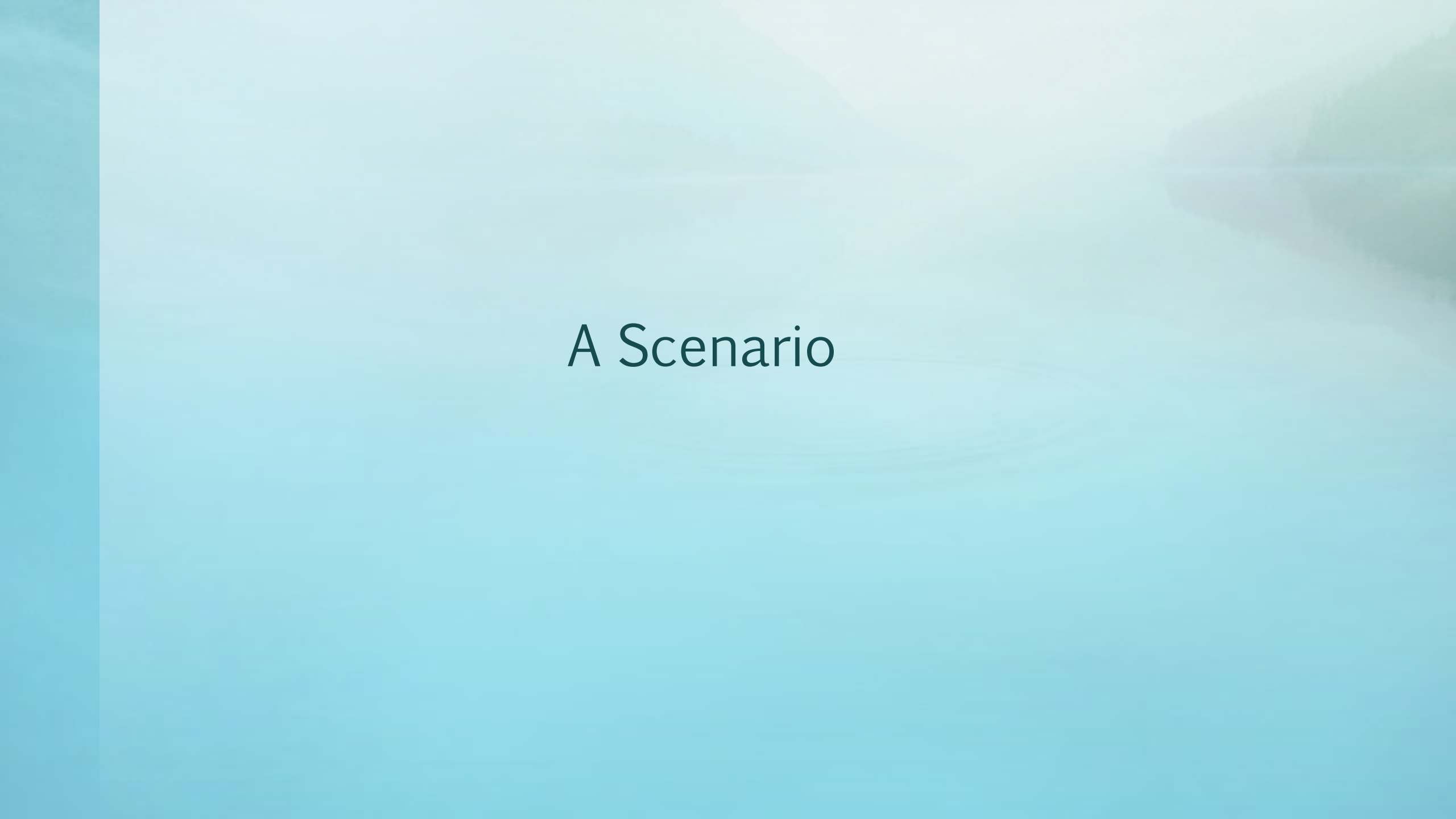


How does this definition
map onto the definition
of applied psychology
discussed earlier

Positive Psychology is the scientific study of what makes individuals and communities thrive. Founded in the late 1990's, this branch of psychology primarily focuses on the experiences, strengths, virtues, choices, relationships, and institutions that contribute to successful functioning and enable individual and collective flourishing in difference contexts, countries, and societies. <https://ippanetwork.org/>

Coffee Break (20 mins)





A Scenario



My family came to England from Uganda when I was four. I found leaving our home behind quite traumatic, and then a year after we arrived here, my father died. It was difficult, losing him on top of everything else. In some Asian families there are rigid rules about what can and can't be talked about and intimate things aren't mentioned, so I never spoke to anyone about how I felt or what it was like growing up. I just pushed the sadness down within myself. I got married to an English guy but I still didn't talk about it. But, a bit like holding a ball underwater, there's only so long you can keep your feelings hidden and by the summer I was suffering from what I now know was depression. In the end I went to see my GP because I felt I needed to talk through what was going on. My GP was able to refer me to an Asian psychologist for cognitive behavioural therapy and psychodynamic therapy, which involved talking through my problems and finding ways to tackle them. When I saw the therapist I wasn't worried about confidentiality any more. I live in a different area from my family now and was assured that all our sessions would be completely confidential. There were lots of things, which she, as an Asian woman, could relate to. I saw my therapist for 50 minutes every week or two, over 10 months, and she has helped me a lot. I've started building my own life and learned not to get so bogged down with the pressures of having to look after everybody else. I've been discharged now, but I still go for follow-up sessions to see how I'm doing. I know the service is there for me if I need it again: all I have to do is contact them if I have a crisis or need a session. It has been great to have support from someone I identify with. I've seen things change since I was younger and now there are services for people when they feel ready to get help. If you want help, see your GP. They may be able to refer you for confidential counselling, or to a psychologist with a specialist understanding of cultural issues.

Hina's Story

Skills & Competencies

What do you think are the:

- cognitive
- emotional
- professional

skills and competencies required to work as a professional psychologist?



Skills & Competencies

Reflect on your own....

- cognitive
- emotional
- professional

skills and competencies



In preparation for next week...

- [Chartered membership \(CPsychol\) | BPS](#)
- [BPS qualifications | BPS](#)
- Read up on the various routes to becoming a chartered psychologist in the UK and make notes on these
 - Identify pathways that interest you
- Read this article:
<https://www.bps.org.uk/psychologist/what-psychological-endeavour-greater-habitable-planet>



In preparation for next week...

- Read this article:



https://www.bps.org.uk/psychologist/what-psychological-endeavour-greater-habitable-planet

Network & communities Careers & education Resources News & events Psychological testing Find a psychologist

Climate and environment

'What psychological endeavour is greater than a habitable planet?'

Increasing our connection with nature plays a central role in reversing the decline of biodiversity. Professor Miles Richardson highlights the role psychologists can play in bringing us all closer to nature.

20 September 2023

69% decline 1970 – 2018

There is global recognition that the relationship between humans and the rest of nature is failing. This fracture is the root cause of our warming climate and the shocking loss of biodiversity. Psychology should be playing a central role in this human-caused crisis, especially as the United Nations recognises the climate emergency as the greatest global challenge of our time, indeed, in the COP15 agreement, a nature connection target was included.

Sadly, people in the UK have one of the lowest levels of nature connection in Europe. We enjoy art and poetry that *considers* nature, we cherish naturalists and enjoy nature documentaries, and millions of us

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