



Roles in the psychological professions

Helping people with mental health problems can be as rewarding as it is challenging.

Every role in the psychological professions involves making a difference to someone's mental well-being but differ in the people or types of conditions you may work with and the amount of training you need.

Explore each of the roles available and how you can start your career in mental health.

- **Adult psychotherapist**

You'll help adults overcome stress, emotional and relationship problems or troublesome habits.

[1]

- **Assistant psychologist**

You'll provide clinical support under the direct supervision of a qualified psychologist.

[2]

- **CBT therapist**

You'll assess and support people with common or severe mental health problems.

[3]

- **Child and adolescent psychotherapist**

You'll work with children, young people and their families to assess and treat a wide range of psychological difficulties.

[4]

- **Children's wellbeing practitioner**

You'll provide support such as guided self-help and therapeutic activities for children and young people with anxiety, low mood and behavioural difficulties.

[5]

- **Clinical associate in psychology**

Supervised by a psychologist, you'll find the best interventions for people with longstanding and complex difficulties.

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Clinical psychologist

You'll help people with a range of mental health problems including addiction, anxiety, depression and relationship issues.

[7]

- **Counselling psychologist**

You'll help people with mental health problems such as depression, eating disorders, psychosis and personality disorder.

[8]

- **Counsellor**

You'll help people talk about their feelings linked to relationship difficulties, grief or everyday life.

[9]

- **Education mental health practitioner**

You'll provide mental health support for children and young people in schools and colleges.

[10]

- **Family and systemic psychotherapist**

You'll work with groups and families to assess and treat psychological and relationship difficulties in emotional, mental and physical health.

[11]

- **Forensic psychologist**

You'll apply psychology to criminal investigation, understand psychological problems associated with criminality and treat those who've committed offences.

[12]

- **Health psychologist**

You'll help people deal with the psychological and emotional aspects of health and illness.

[13]

- **High intensity therapist**

You'll equip adults with the tools and techniques they need to overcome complex problems related to anxiety and depression.

[14]

- **Mental health and wellbeing practitioner**

You'll provide wellbeing-focused psychologically informed interventions and coordinate care plans for adults with severe mental health problems.

[15]

- **Peer support worker**

You'll use your lived experience of mental health problems to support others.

[16]

- **Psychological wellbeing practitioner**

You'll assess and support people with common mental health problems such as anxiety disorders and depression.

[17]

- **Youth intensive psychological practitioner**

You'll improve the psychological approach and support for young people who have severe mental health needs in both inpatient and community settings.??

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