



## **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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