

Simon Pestell:

The role of a clinical psychologist to work with individuals with mental health conditions, those conditions might be mild conditions, anxiety, low mood, might be working with more complex conditions, and the role of the psychologist is to work with the individual to help them understand the psychological aspects of their condition and to help them develop some coping strategies to manage mental health more effectively.

Reanna Smith:

Most of our referrals come from GP's and other health professionals and we work with patients with mild to moderate symptoms of anxiety and depression.

Sarah Porter:

The therapy that I'm training to do is drama therapy so it's much more active and physically involved than lots of other types of psychotherapy.

Jacky Smith:

Within the community mental health team there's a range of psychological opportunities, some people are trained as psychologists, some people are trained as counsellors and there are lots of different models of counselling they might be trained in and there's psychiatry as well.

Reanna Smith:

In the NHS they use a pay band system whereby you receive increments each year, alongside the good pension that you receive and the flexible working policy which allows people to choose to some extent the hours that they work if they have other commitments like families or otherwise.

Simon Pestell:

Personal satisfaction that I get out of working in my role, I really feel that I get the opportunity to help people, I see people improving, getting better as time goes on, and in particular in my role often the good outcome is when people find their way back to work, and find their way back to some routine in life.

Reanna Smith:

So every day is different in terms of seeing a variety of patients and it really can help patients to overcome their mental health difficulties.

Sarah Porter:

It's just a wonderful experience to be on the journey with the client and if there is a development and a discovery for them on a personal level, you're just happy to be there to witness it with them.

Jacky Smith:

I would say to anyone thinking about undertaking a career in psychological therapies that if they are interested in wanting to help people, and interested in any form of psychological intervention then a career within the NHS in psychological therapies is a fantastic opportunity.

Reanna Smith:

The role can be challenging but if you are able to persevere with those challenges of working in a sensitive and highly pressured environment and you're passionate about mental health and making a difference in society then I would really encourage somebody to pursue a career in psychological therapies.

Sarah Porter:

I'd say think about it carefully, but if you do choose to go down that route it can be incredibly rewarding to share experiences with others.

Simon Pestell:

If I could describe my role in one word it would be fascinating....

Jacky Smith:

Rewarding....

Reanna Smith:

Invaluable....

Sarah Porter:

A Privilege.