

Family Matters in Warwickshire

What is a Clinical Psychologist?

A Clinical Psychologist is a health professional who is concerned with the application of psychological theory and research to promote emotional wellbeing and alleviate emotional distress.

They do this by assessing individuals and systems (such as families) to determine what factors have led to any current distress and why the situation isn't improving by itself. Through developing this understanding, aspects become apparent indicating what needs to change in order for matters to resolve.

Clinical psychologists can then use a variety of therapeutic approaches to support change. These are all evidence-based, meaning that they have been proven by research to be effective.

Clinical Psychologists do not prescribe medication. Their interventions are all talking-based.

To become a Clinical Psychologist you first need a degree in psychology. Experience is then gained for a number of years, either in healthcare settings or academically, before completing a three year doctoral course in Clinical Psychology. It therefore typically takes between eight and ten years before qualification.

At the point of qualification, Clinical Psychologists are trained and have experience in working in a range of settings and with a range of people. This includes working with adults with mild to severe mental health difficulties, older people, adults and children with a learning difficulty and children, young people and their families.

Clinical Psychologists are often Chartered through the British Psychological Society (BPS) but are always registered with the Health and Care Professions Council (HCPC), a regulatory body. They are required to keep up to date through a programme of continued professional development throughout their careers.