



The British
Psychological Society
Promoting excellence in psychology

About the British Psychological Society

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www.bps.org.uk



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What is the BPS?

The British Psychological Society, incorporated by Royal Charter, is the learned and professional body for psychology and psychologists in the United Kingdom.

It is a registered charity with a total membership of just over 50,000.

www.bps.org.uk



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The BPS's objective (under its Royal Charter)

"...to promote the advancement and diffusion of the knowledge of psychology - pure and applied - and especially to promote the efficiency and usefulness of members by setting a high standard of professional education and knowledge."

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What does the BPS do?

"...develops, promotes and applies psychology for the public good"

"... enhances the efficiency and usefulness of psychologists by setting high standards of professional education and knowledge..."

"...promotes excellence and ethical practice in the science, education and practical applications of psychology"

"...examining body granting certificates and diplomas in specialist areas of professional applied psychology"

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The BPS achieves this by...

- Providing a Directory of Chartered Psychologists
- Providing information to the public
- Increasing the awareness and influence of psychology
- Ensuring high standards of education, training and practice
- Supporting members' professional development
- Providing conferences and events
- Publishing
- Setting standards in psychological testing
- Maintaining and developing the History of Psychology Centre

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Different areas of psychology: Divisions

- Occupational
- Health
- Clinical
- Counselling
- Forensic
- Educational
- Sports and Exercise
- Neuro

Plus

- Academics, Researchers and Teachers

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Different areas of psychology: Sections

- Cognitive
 - Community
 - Consciousness & experiential
 - Crisis, Disaster and Trauma
 - Developmental
 - Psychobiology
 - Psychology of Education
 - Psychology of Sexualities
 - Psychology of Women
 - Psychotherapy
 - Social
 - Transpersonal
- Plus
- History & Philosophy
 - Mathematical, statistical & computing
 - Qualitative methods

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Different areas of psychology: Special Groups

- Coaching Psych
- Psych and Social Care
- Independent Practitioners

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Protected titles – regulated by the HCPC

-  Occupational Psychologists
-  Health Psychologist
-  Clinical Psychologist
-  Counselling Psychologist
-  Forensic Psychologist
-  Educational Psychologist
-  Sports and Exercise Psychologist

Plus

- Practitioner psychologist
- Registered psychologist

Currently 19,919
registrants

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Occupational psychologists...

...apply the rigour and methods of psychology to issues of critical relevance to workplaces, including:

- Assessment, selection, talent management
- Learning, training and development, inc coaching
- Work design, organisational development, change
- Wellbeing, work-life balance, ergonomics
- Leadership, management, engagement & motivation

...the apply science of people at work in consultancy, teaching and research roles.

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Health psychologists...

...use their knowledge of psychology and health to promote general well-being and understand physical illness.

- Help people deal with the psychological and emotional aspects of health and illness
- Support people who are chronically ill
- Promote healthier lifestyles and find ways to encourage people to improve their health
 - e.g. helping people to lose weight or stop smoking
- Use their skills to try to improve the healthcare system
 - e.g. advising doctors about better ways to communicate with patients

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Clinical psychologists...

...deal with a wide range of mental and physical health problems including addiction, anxiety, depression, learning difficulties and relationship issues.

- Undertake a clinical assessment to investigate a clients' situation
 - Variety of methods available including psychometric tests, interviews and direct observation of behaviour
- Assessment may lead to advice, counselling or therapy

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Counselling psychologists...

...deal with a wide range of mental health problems concerning life issues including bereavement, domestic violence, sexual abuse, traumas and relationship issues.

- Understand diagnosis & medical context to mental health
- Work with the individual's unique subjective psychological experience to empower their recovery and alleviate distress
- Concerned with the integration of psychological theory and research with therapeutic practice
- Require self-awareness and competence in relating personal and interpersonal dynamics to the therapeutic context

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Forensic psychologists...

...working in prisons and offender management situations, daily key tasks may include:

- Piloting and implementing treatment programmes
- Modifying offender behaviour
- Responding to the changing needs of staff and prisoners
- Reducing stress for staff and prisoners
- Providing hard research evidence to support practice
 - e.g. undertaking statistical analysis for prisoner profiling
- Giving evidence in court and advising parole boards and mental health tribunals

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Educational psychologists...

...are concerned with children and young people in educational and early years settings, tackling challenges such as:

- Learning difficulties Social & emotional problems
- Issues around disability Complex developmental disorders

Work in a variety of ways including:

- Observations, interviews and assessments
- Consultation, advice and support to teachers, parents, the wider community and the young people concerned
- Researching new ways of helping vulnerable young people
- Training teachers, learning support assistants and others

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Sport and exercise psychologists...

...typically specialise in either the sport or exercise branches, though some work equally in both fields. Work includes:

- Counselling referees to deal with stressful and demanding aspects of their role
- Advising coaches on how to build cohesion in squads of athletes
- Helping athletes with personal development and psychological consequences of sustaining an injury
- Optimising the benefits derived from exercise participation
- Helping individuals implement goal setting strategies

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Neuropsychologists...

...work with people of all ages who have had traumatic brain injury, strokes, toxic and metabolic disorders, tumours and neurodegenerative diseases.

- Post qualification discipline - need to be a Chartered Psychologist in clinical or educational psychology
 - General clinical skills +
 - Knowledge of the broad range of mental health problems +
 - Specialist knowledge in the neurosciences
- Clinical practice overlaps with academic neuropsychology, which provides a scientific understanding of the relationship between brain and neuropsychological function

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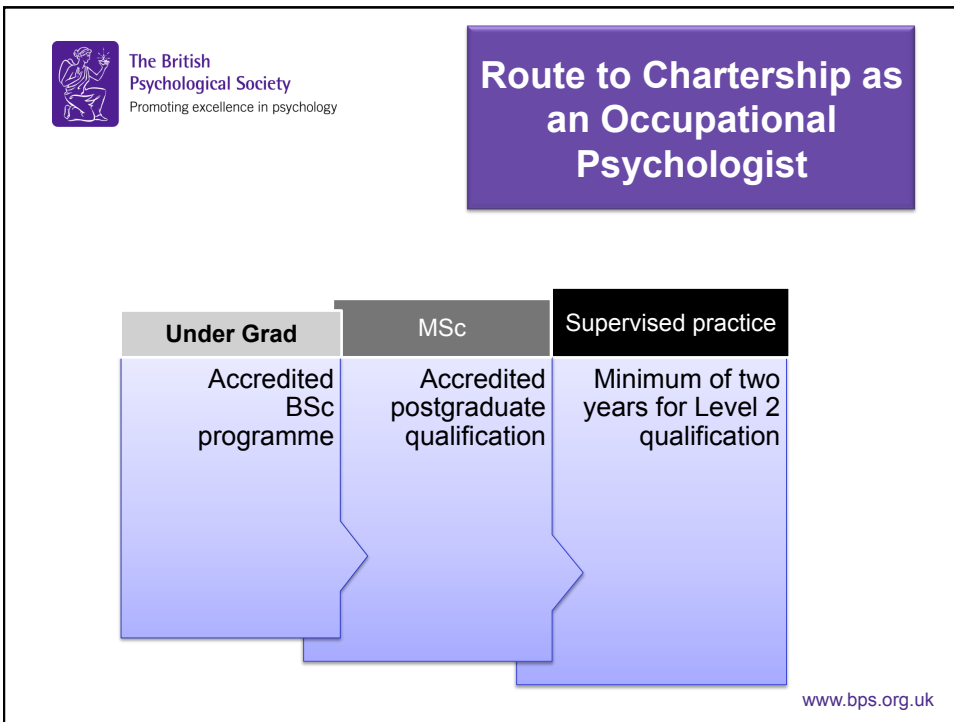
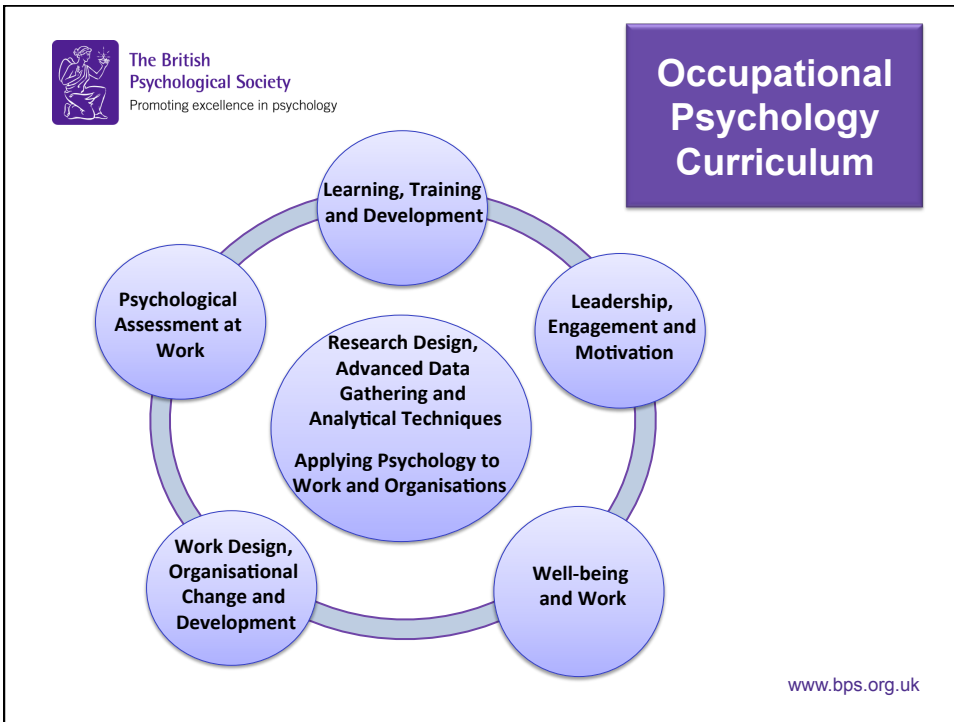
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Psychologists in Work and Health...

Many, if not all of the branches of psychology are relevant to the Work and Health domain

New BPS working group established to bring the relevant psychology disciplines together...

- Understand the ways psychologists contribute
- Support our input to Council projects
- Create outputs that raise awareness of psychology evidence and expertise in this area





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Occupational Psychology in W&H examples...

Design and delivery of interventions

Work environments, job design, assessment of wellbeing & drivers, managing change
Designing and delivering training inc training need analysis
Processes/practices, e.g. selection/assessment, attendance management

Management and leadership

Setting culture and strategy around leadership
Developing and supporting leaders – management + HWB

Support for individuals

Resilience, coaching/support thru challenge, health promotion
Rehabilitation and return to work

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Thank you!

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