

Invicta Careers Event 12th March Careers in Counselling, Psychotherapy, and Psychology

A Warm Welcome to Aspiring Minds!

Hello there, Invicta Grammar School students! My name is Alan Heyes, CEO of Therapy Partners, [Therapy Partners Website](#) and Founder of Rewrite Your Story, a charity that supports young people's mental health [Rewrite Your Story | Helping People Rewrite Mental Health | Kent Charity](#).

You may have seen us at parents and open evenings, and we offer counselling support for students at Invicta too. I am excited to introduce you to the Careers event on the 12th March 2024, and I wanted to give you an insight into careers in counselling, psychotherapy, and psychology. These fields are dedicated to improving people's lives through understanding and support and careers in these sectors offer the chance to make a real difference in people's lives.

Choosing a career in counselling, psychotherapy, or psychology is not just a professional decision; it's a pledge to support others through their most vulnerable times.

These professions are about guiding individuals to better comprehend their thoughts, feelings, and behaviours, aiding them in navigating life's challenges. Whether through one-on-one sessions or group interventions, the work is profoundly impactful.

The Essence of These Professions

Counselling, psychotherapy, and psychology are about more than just listening; they're about empowering individuals to navigate life's challenges. With a focus on understanding thoughts, feelings, and behaviours, professionals in these fields guide their clients toward positive change, fostering resilience and personal growth.

Where You Can Make a Difference

There are opportunities to work in various settings, from schools and universities to hospitals and private practices. The flexibility to work face-to-face, online, or over the phone makes these careers adaptable to many lifestyles. Whether in educational settings, healthcare facilities, or private practices, these careers offer unparalleled flexibility. Professionals can engage with clients face-to-face, online, or via phone, ensuring accessibility and adaptability to diverse needs and lifestyles.

Pathways to Professionalism

Success in these fields requires a blend of personal qualities and professional qualifications. Academic paths often start with a relevant undergraduate degree followed by specialised postgraduate training. Accreditation from professional bodies like the BACP or HCPC is also crucial.

Becoming a professional in these areas typically requires a combination of academic study and practical experience. For psychology, a British Psychological Society (BPS) accredited undergraduate degree is the first step, followed by further postgraduate training specific to your chosen field.

For counselling and psychotherapy, while a psychology degree can be beneficial, it's not always necessary. Many practitioners come from various backgrounds, undergoing specific training courses accredited by professional bodies such as the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP).

Understanding the Sector

The field of mental health is vast and diverse, covering areas from clinical psychology to counselling and psychotherapy. According to the British Psychological Society, the sector is continually growing, with an increasing demand for professionals equipped to support mental well-being in various settings.

Career Opportunities

1. **Clinical Psychologist:** Specialises in diagnosing and treating mental illness and psychological distress. They work in hospitals, private practices, and research settings.
2. **Counsellor:** Offers supportive listening, helping clients explore and understand their feelings and actions in a more informal setting than psychotherapy.
3. **Psychotherapist:** Provides in-depth therapy, often dealing with deep-seated personal issues over a longer term. They can specialise in numerous therapeutic approaches, such as cognitive-behavioural therapy (CBT) or psychoanalysis.
4. **Educational Psychologist:** Works within schools or educational institutions to support children's learning and emotional well-being.
5. **Occupational Psychologist:** Applies psychological knowledge in the workplace to improve performance, motivation, and the overall well-being of employees.

<https://nationalcareers.service.gov.uk/job-profiles/psychotherapist>

What to Expect Financially

The financial rewards vary by specialty and setting. For example, NHS-employed counselling psychologists typically start on Band 7 of the Agenda for Change pay scale, earning between £40,057 and £45,839 annually as of the latest figures. Private practitioners may see different earnings based on their clientele and practice hours.

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/counselling-psychologist>

Salaries in these fields can vary widely depending on the specific role, experience, and setting in which one works. Here are some typical salary ranges,

1. **Clinical Psychologist:** Starting salaries for NHS clinical psychologists are around £32,000, with experienced psychologists earning up to £87,000 in consultant roles.
2. **Counsellor:** In the NHS, starting salaries for counsellors can be around £25,000 to £30,000, with more experienced counsellors earning up to £40,000.
3. **Psychotherapist:** Private psychotherapists might charge between £60 and £100 per session, with annual incomes varying widely based on the number of clients and sessions per week.

Educational Psychologist: Starting salaries in the NHS are around £40,000, with top salaries for more senior roles reaching around

Educational Resources and Professional Development

A myriad of courses tailored to these professions is offered by universities and colleges across the UK, catering to various stages of career development, from entry-level to specialised advancement.

Universities and Courses Embark on Your Educational Path

Universities and colleges across the UK offer a wide range of courses tailored to these professions. Whether you're just starting out or looking to specialise further, there's a program to suit your aspirations.

- **University of Oxford:** Offers an accredited Psychology course providing a strong foundation in the subject. More information can be found at their website: <https://www.psy.ox.ac.uk/>
- **University of Manchester:** Known for its Counselling Psychology courses, combining rigorous academic coursework with practical experience. Details are available at their website: <https://www.manchester.ac.uk/study/masters/courses/list/09448/msc-counselling-psychology/>
- **Metanoia Institute, London:** Specializes in psychotherapy and counselling courses, renowned for their depth and practical focus. Visit their website for more information: <https://www.metanoia.ac.uk/>

Kickstarting Your Career

Volunteering or part-time work in related areas can be invaluable. Many professionals start their journeys with organisations such as Relate, Samaritans, gaining experience that sets the foundation for their careers. Our charity, Rewrite Your Story is about to start an ambassador programme at Invicta where you can volunteer visit [Rewrite Your Story | Helping People Rewrite Mental Health | Kent Charity!](#)

Further Information and resources

For comprehensive information and resources, consider exploring the following: Therapy Partners – Whole School Approach: Discover how Therapy Partners collaborates with educational institutions like Invicta Grammar School to promote mental well-being and support through our Whole School Approach at [Therapy Partners Website](#) [Therapy Partners Education](#)

- **British Association for Counselling and Psychotherapy (BACP):** Explore a wealth of resources and guidance for those new to the profession at www.bacp.co.uk.
- **Health Careers – NHS:** Delve into the various roles and pathways within the NHS at www.healthcareers.nhs.uk.
- **National Careers Service:** Discover more about the roles and requirements for psychotherapists at nationalcareers.service.gov.uk.
- **Prospects:** Uncover detailed job profiles and career advice for counselling psychologists at www.prospects.ac.uk.
- **National Counselling Psychotherapy Society:** A professional body dedicated to the advancement of counselling and psychotherapy, offering membership and accreditation services to professionals in the field. [National Counselling & Psychotherapy Society](#)Top of Form

Choosing a career in these fields is a commitment to lifelong learning and personal growth, with the ultimate reward of helping others lead more fulfilling lives. I wish you all the best on this noble journey and look forward to welcoming many of you into this compassionate profession.

Warmest regards,

Alan Heyes

To stay updated or find resources related to Therapy Partners and "Rewrite Your Story," follow our socials:

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