

What is a psychologist?

Psychologists are experts in human behaviour, personality, interpersonal relationships, learning and motivation. In the health industry psychologists play an important role in helping individuals to enjoy and improve their quality of life by assisting in the management of many common mental health disorders, and by equipping people with the skills needed to function better and to prevent problems.

A neuropsychologist specialises in the assessment and diagnosis of brain impairment and how this affects thinking skills, emotions, behaviour and personality. They are also involved in the rehabilitation and management of the effects of brain impairment and often work with other health professionals.

What does a psychologist do?

psychologists may perform the following tasks:

- provide assessments and psychological interventions to clients referred for medical conditions, substance misuse or mental illness
- conduct therapeutic interviews and provide counselling
- give psychological tests and assess the results to identify the source of problems and determine treatment
- research psychological aspects of topics such as study motivation, teaching skills, occupational behaviours, working conditions and organisational structures
- provide follow-up services to groups and individuals for support and evaluation purposes
- evaluate the results of programs aimed at improving personal and organisational effectiveness
- construct tests to assess and predict mental and emotional states as well as performance
- conduct academic research.

'For me, working in psychology is challenging, complex and exciting, but most of all it's about connecting with people and growing with them. I've worked with some of my clients for more than ten years and seen the positive difference in their lives.' Owen Lloyd, Neuropsychologist

Is this you?

- interested in people and human behaviour
- able to solve problems
- an inquisitive mind
- patient and perceptive
- good oral and written communication skills.



Where can psychologists work in Queensland Health?

Queensland Health offers employment opportunities for psychologists in a range of clinical specialities including:

- acute or inpatient hospital facilities
- aged care
- alcohol, tobacco and other drugs
- chronic disease management
- chronic pain management
- early intervention in child and community health
- mental health services – adult, child and youth
- oncology
- palliative care
- rehabilitation.

Psychologists are predominantly employed in community settings, however a number of services are delivered in hospital settings. Psychologists in Mental Health Services contribute to outreach and community services as well as to inpatient services.

Can a psychologist specialise?

Psychologists often specialise in clinical psychology (treating patients with psychological problems such as depression or anxiety), and organisational psychology (increasing worker productivity and satisfaction in the workplace). Other areas of specialty can lead to positions such as academic psychologists, clinical neuropsychology, community psychology, counselling psychologist, educational and development psychologist, forensic psychologist, research psychologist and sports psychologist.

How do you become a psychologist?

To become a psychologist you usually have to complete a degree majoring in psychology (with honours), or a four-year Bachelor of Psychology. This is followed by either an accredited two-year postgraduate qualification (majoring in counselling, clinical, educational, developmental, forensic, organisational or neuropsychology), or two years of supervised experience with a registered psychologist. These bachelor and post graduate degree courses must be accredited by the Australian Psychological Society. Entry to accredited postgraduate courses can be highly competitive. Prerequisite subjects, or assumed knowledge in English, mathematics A, B, and C, chemistry and physics are normally required. The various universities have different prerequisites and some have flexible entry requirements or offer external study. Contact the university you are interested in for more information as requirements may change.

Individuals wishing to practise as a psychologist in Queensland are required to be registered with the Psychology Board of Australia.

What scholarships are available?

There are a variety of scholarships and financial assistance available. Check out the respective tertiary institutes' website for details. Also available is the Queensland Health Rural Scholarships Scheme.

Interested in other allied health careers?

Visit the Queensland Health Work For Us website www.health.qld.gov.au/workforus for more **Careers in health** fact sheets – Allied health series:

- Occupational therapist
- Radiographer
- Pharmacist
- Speech pathologist
- Dietitian
- Physiotherapist
- Social worker
- Podiatrist.

Where can I find out more info?

James Cook University

Faculty of Arts, Education and Social Sciences

Townsville Campus Phone: (07) 4781 4198

Cairns Campus Phone (07) 4042 1141

Website: www.jcu.edu.au

The Australian Psychological Society

Phone: (03) 8662 3300 or 1800 333 497

Email: contactus@psychsociety.com.au

Website: www.psychology.org.au

The University of Queensland

School of Psychology Phone: (07) 3365 6426

Faculty of Arts Phone: (07) 3365 1333

Faculty of Biological and Chemical Sciences

Phone: (07) 3365 1888

Website: www.uq.edu.au

Griffith University, School of Applied Psychology

Gold Coast Campus Phone: (07) 5552 8052

Mt Gravatt Campus Phone: (07) 3875 5927

Website: www.gu.edu.au

Bond University, Faculty of Humanities and Social Science Psychology Department

Phone: (07) 559 52522

Email: hss@bond.edu.au

Website: www.bond.edu.au

Central Queensland University

Faculty of Arts, Health and Sciences

Phone: (07) 4930 9253

Email: ahs-program1@cqu.edu.au

Website: www.cqu.edu.au

Queensland University of Technology School of Psychology and Counselling

Phone: (07) 3864 4625

Website: www.hlth.qut.com

University of Southern Queensland, Faculty of Sciences

Phone: 1800 811 380

Email: study@usq.edu.au

Website: www.usq.edu.au

Psychologists Board of Queensland

Phone: (07) 3234 1164

Email: psychology@healthregboards.qld.gov.au

Website: www.psychologyboard.qld.gov.au

The QTAC website has a list of universities and tertiary institutions with links to universities and courses offered. Go to www.qtac.edu.au and select Institutions.

To find out more about the exciting career opportunities Queensland Health can offer you go to www.health.qld.gov.au/workforus

Do great things every day