

A career in counselling psychology



“The relationships you make are deeply enriching...it’s such a privilege to work with people at that level of intensity who trust you.

I really enjoy trying to understand people...piecing together what’s going wrong.”

**Flora Maclay,
Counselling Psychologist**

A career in counselling psychology involves the use of psychological knowledge to explore the feelings and emotions of the individual through talking therapy. It is a branch of psychology that combines theory and applied talking therapies to help clients overcome difficulties.

Different variations

Counselling psychologists work in different environments including the NHS, workplace settings and with independent organisations such as First Psychology. They are able to offer a range of counselling and psychotherapy approaches, although they may specialise in one therapy model.

It’s not just about the approach

The relationship between the therapist and client is central to the practice of counselling psychology as counselling psychologists take time to understand experiences and difficulties specific to each individual in order to reduce psychological distress and promote wellbeing.

Who can I work with?

Counselling psychologists often work with a wide range of clients. These may include children, adults, families and couples. They are able to work with difficult life issues such as post-traumatic stress disorder and psychosis.

“Seeing the impact it has on people...it is such a rewarding experience.”

**Dr Jaclyne Di Croce,
Counselling Psychologist**

Minimum requirements

- A doctorate level qualification (approved by HCPC) in counselling psychology