
Assistant Psychologist

What is an Assistant Psychologist?

Assistant psychologists typically work in health-care settings, assisting clinical and/or counselling psychologists to enhance the psychological health of service users. Usually, assistant psychologists are people who want to pursue a career in clinical or counselling psychology.

What do Assistant Psychologists do?

The work involves applying methods and conducting tests to assess a patient's needs, devising treatment programmes and delivery therapy, monitoring a patient's progress and carrying out research. The job varies massively depending on what service you are working in, but you are supervised by a psychologist who will help guide and nurture you.

How do I train?

You don't have to undergo any training to be an AP, just need the basic entry requirements.

Entry Requirements

- 2.1 degree or higher in psychology or psychology related degree (BPS approved) (can also have completed a conversion course)
- Masters are desirable but not essential
- Relevant experience (usually at least 1 year)

Previous Experiences Required

Any of the following that equate to at least 1 year:

- Experience working with vulnerable people – elderly, those with physical disabilities, those with mental health problems, those with learning disabilities, people who are isolated.
 - Volunteering
 - Support work
 - Research jobs
 - Teaching assistant
 - Activities coordinator
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Career Prospects

Experience as an Assistant Psychologist will provide you with the opportunity to develop further into a variety of roles including Clinical Psychologist, Counselling Psychologist, Forensic Psychologist, CBT Therapist, Psychological Wellbeing Practitioner, Psychotherapist, Counsellor and many more.

Any other relevant information

Questions often get asked about the difference between an assistant psychologist and a psychologist and we have discussed this further in the leaflet titled “FAQs/Differences amongst professions”.

Useful Organisations

[Leeds Clearing House \(https://www.leeds.ac.uk/chpccp/\)](https://www.leeds.ac.uk/chpccp/)

[The British Psychological Society \(https://www.bps.org.uk/\)](https://www.bps.org.uk/)

