

What does a Psychologist do?

Psychologists are experts in human behaviour. These professionals investigate, assess and work with people who have problems affecting their behaviour, thoughts and emotions, and help them to develop their potential. Many psychologists work directly with those experiencing difficulties, such as mental health disorders including anxiety and depression. They help people to overcome relationship problems, eating disorders, learning problems, substance abuse, parenting issues, or to manage the effects of a chronic illness. Psychologists work in a variety of settings with individual patients, businesses, hospitals, clinics, schools, prisons, communities, the government, the military, and many others.

There are many areas of study in Psychiatry including:

- ❖ Developmental
- ❖ Forensic
- ❖ Research
- ❖ Clinical
- ❖ School
- ❖ Social

Salary

Trainee psychologists at district health boards usually earn \$51,000 to \$56,000 per year. Senior psychologists with staff responsibilities usually earn \$94,000 to \$116,000 per year.

What subjects do I need to take at school?

- ❖ English
- ❖ Maths
- ❖ Science
- ❖ Te Reo Māori

How do I get into it?

A tertiary entrance qualification is required to enter further training. To become a psychologist you need:

- ✓ Masters or high degree in psychology
- ✓ 1,500 hours of closely supervised practice, approved and evaluated by the NZ Psychologists Board
- ✓ To be registered with the NZ Psychologist Board
- ✓

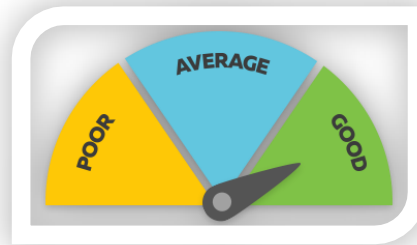
Length of training takes six to seven years. Additional requirements need to be met for specialist roles dependent upon the area of psychology you are interested in.

Interpersonal Skills

Psychologists also need to be:

- ❖ good at observing and relating to a wide variety of people
- ❖ respectful of people from different cultures
- ❖ be able to analyse and evaluate human behaviour
- ❖ patient and adaptable
- ❖ concerned for the well-being of others
- ❖ be able to keep information private
- ❖ be self-aware and non-judgmental
- ❖ be able to work well under pressure, make decisions and cope with stress
- ❖ balance professional ethics with commercial realities.

Useful experience for psychologist includes work with community groups, recovering mental health clients in the community, a background in social work, probation, teaching, research, and talent management or recruitment companies.



Will I get a job after training?

Demand for psychologists is strong. The number of psychologist trainees is limited and it takes a long time to train- most universities only take about 10 postgraduate students a year. The number and range of jobs available in health care and criminal justice services has increased significantly and the number of referrals to psychologists is rising- employers in some rural locations are even having a difficult time recruiting. Clinical psychologist appears on Immigration New Zealand's long-term shortage list, meaning the Government is actively encouraging skilled clinical psychologists from overseas to work in NZ.

Psychologists can work for a range of employers, including district health boards, government departments, iwi organisations, non-governmental organisations, addiction, trauma and abuse centres, and universities. Psychologists can also be self-employed in private consultancies or move into specialisation fields such as research, teaching, policy development, clinical work, advisory and management roles.

Where can I find out more?

- **New Zealand Psychological Society (NZPS)**
(04) 473 4884 - www.psychology.org.nz