

Health Psychology

Martin Dempster



the british
psychological society
promoting excellence in psychology



Cumann Síceolaíche Éireann

Health Psychology . . .

- is the application of psychological theory, methods and research to health, physical illness and health care:
 - *Health promotion / maintenance – health behaviour change*
 - *Psychological effects of physical ill-health*



REGISTER FOR FREE TODAY



The must-attend event for those in the foodservice, retail and hospitality sectors.

No safe level of drinking, health bosses warn





1 medium apple



2 broccoli florets



2 halves of canned peaches



1 handful of grapes



1 medium banana



3 heaped tablespoons of peas



1 medium glass of orange juice



7 strawberries



3 whole dried apricots



Just Eat More
(fruit & veg)

www.doh.gov.uk/5aaday

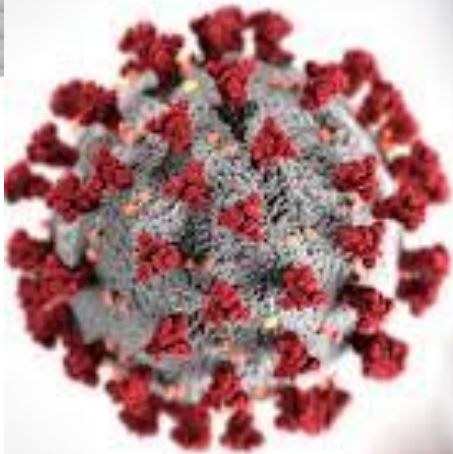


3 heaped
tablespoons of cooked
kidney beans



16 chickpeas











COVID-19

CORONAVIRUS DISEASE 2019

COVID-19 safety

 **FRESH AIR** 

CORONAVIRUS (COVID-19)



LET'S KEEP
MAKING
SAFER
CHOICES

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TASTE WORTH DYING FOR!®



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CIGARETTES
SODA**

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Members of the Media

Why is Health Psychology important?

Psychological and behavioural factors play a major role in the promotion and maintenance of health and well-being:

- e.g. coronary heart disease (stress reduction, lifestyle changes)
- e.g. diabetes (weight management, adherence to medication regimes)
- e.g. lung cancer (smoking cessation programmes)
- e.g. STDs (promotion of safe sex behaviour)

What do Health Psychologists do?

- One-to-one and group client work with physically unwell patients in clinical settings
- Development of healthcare policy at local, regional, national, and international levels
- Health promotion in the community and in organisations
- Training in psychology for health professionals and the education of trainee health psychologists
- Development of effective interventions through research

Becoming a Health Psychologist

- It is necessary to have an accredited degree (or equivalent) in psychology (recognised by BPS/PSI)
- Must complete a period of postgraduate training of at least 3 years
- Health Psychologists in the UK are regulated by the Health and Care Professions Council
- Professional representation via Division of Health Psychology, BPS/PSI

Route to Registered Health Psychologist

- Stage 1 - MSc - certifies academic knowledge base.
- Stage 2 - at least 2 years supervised practice - professional competence, research, consultancy, teaching and training and delivery of psychological interventions.

MSc Courses – leading to Stage 1

- 29 accredited courses in England, Scotland and Wales:

<https://portal.bps.org.uk/Accredited-Courses>

- Ireland

Ulster University – distance learning

Galway

Doctoral Level Courses – leading to Stage 2

Scotland: Glasgow (Glasgow Caledonian), Stirling

England: Liverpool (Liverpool John Moores),
Southampton, Staffordshire (Staffordshire), Bristol
(West of England), Guildford (Surrey), London (City,
KCL)

NHS funded places available

Galway

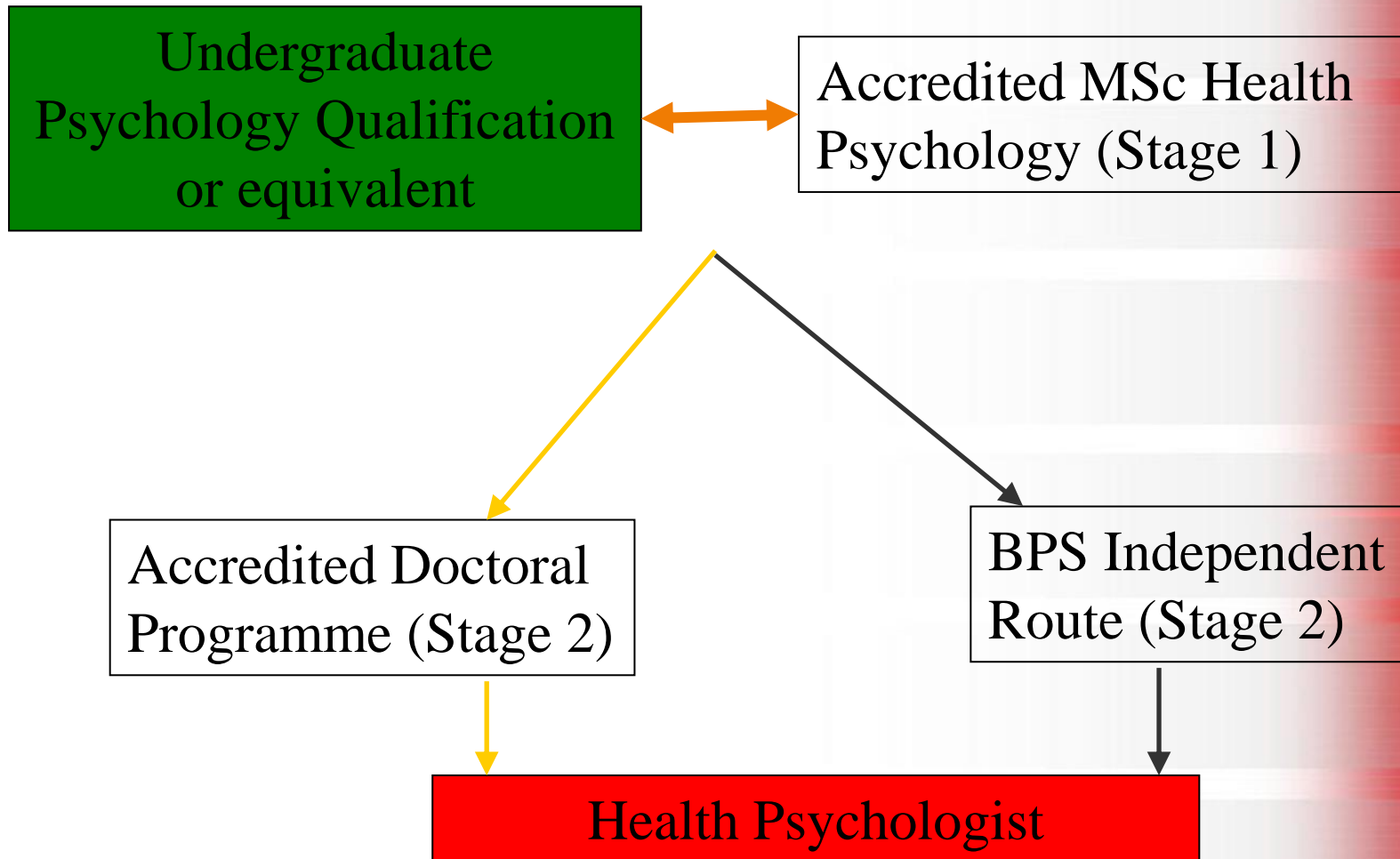
- Independent Route

BPS - <https://www.bps.org.uk/qualification-health-psychology-stage-2>

Pay

- NHS Grades: approx. £42,000 - £92,000
- Training: c.£34,000

Summary



Useful Links

- BPS Health Psychology:

<https://www.bps.org.uk/member-networks/division-health-psychology>

- PSI Division of Health Psychology

<https://www.psychologicalsociety.ie/groups/Division-of-Health-Psychology>

