

Master of Psychology (Clinical)

The Master of Psychology (Clinical) degree is the standard program for professional training in clinical psychology. It consists of three major components: coursework, research thesis and field placements supervised by Psychologist practitioners. The program involves two years of full-time or four years of part-time study. The program has two key objectives. The first is to provide thorough theoretical and clinical skills preparation in core areas to meet formal requirements for entry to the profession (as determined by the National Registration Board, the Australian Psychological Society and its College of Clinical Psychologists). The second is to prepare graduates to accept responsibility for continuing self-monitoring and development, skills that are essential to ongoing employment in the profession.

The program is available to graduates with an Honours degree in psychology (minimum of Second Class, Division A Honours and an individually-conducted research project carrying 33% or more of the years work). Selection procedures depend on academic results, referee reports and a structured interview conducted by a panel. There is usually very strong competition for the limited number of places available.

Applications are available through SATAC (www.satac.edu.au). SATAC code 3CM086.

What does a Clinical Psychologist do?

Clinical psychologists have specialist training in the assessment and diagnosis of major mental illnesses and psychological problems.

Specific areas assessed, diagnosed and treated by clinical psychologists include:

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| ✚ Adjustment disorders | ✚ Delirium, dementia and other cognitive disorders | ✚ Obsessions and compulsive behaviour |
| ✚ Alcohol and drug misuse | ✚ Depression and depressive illness | ✚ Parent-child relationships |
| ✚ Anxiety disorders e.g. social anxiety, phobias, panic attacks | ✚ Eating disorders | ✚ Personality problems |
| ✚ Attention deficit disorders | ✚ Educational functioning | ✚ Post-traumatic stress disorder |
| ✚ Behaviour disorders | ✚ Intellectual disability | ✚ Relationship difficulties |
| ✚ Brain injury e.g. attention, memory, judgement, reasoning deficits | ✚ Loss, grief and bereavement | ✚ Sexual disorders |
| ✚ Chronic pain | ✚ Couple and family difficulties | ✚ Sleep disorders |
| ✚ Chronic psychiatric conditions | ✚ Medical conditions caused or aggravated by stress | ✚ Stress and chronic stress disorders |
| | | ✚ Suicidal behaviour |

Consultation with a clinical psychologist involves detailed discussion of the issues concerning the client. The psychologist then intervenes by:

- Assessing the emotional, intellectual and behavioural functioning of the client
- Exploring the thoughts, emotions and behaviour of the client and tracing their origins
- Helping the client develop effective ways of controlling and coping with these difficulties
- Helping the client to implement changes that enhance wellbeing and awareness, and alleviate the presenting problems.
- Evaluating treatment outcomes and modifying treatment where necessary.

Master of Psychology (Health)

The Master of Psychology (Health) degree is the standard program for professional training in health psychology. Health Psychologists specialise in understanding the relationships between psychological factors (e.g. behaviours, attitudes, beliefs) and health and illness. Health Psychologists practice in two main areas: health promotion (prevention of illness and promotion of healthy lifestyles) and clinical health (application of psychology to illness assessment, treatment, and rehabilitation)

The program is available to graduates with an Honours degree in psychology (minimum of Second Class, Division A Honours and an individually-conducted research project carrying 33% or more of the years work). Selection procedures depend on academic results, referee reports and a structured interview conducted by a panel. There is usually very strong competition for the limited number of places available.

Applications are available through SATAC (www.satac.edu.au). SATAC code 3CM087.

What does a Health Psychologist do?

Health Psychologists specialise in understanding the relationships between psychological factors and health and illness. Health Psychologists practice in two main areas: health promotion and clinical health

Health promotion

- ✚ Development and provision of programs that assist with the prevention of illnesses such as heart attacks, stroke, cancer, sexually transmitted diseases, smoking-related-illness and dietary-related problems.
- ✚ Linking up with other health professionals to understand what behaviours might be contributing to illness and how they might be changed e.g. understanding why some people overeat or eat a high-fat diet.
- ✚ Identifying how behaviour is linked with the development of disease and injury.
- ✚ Designing public health education programs in areas such as exercise and alcohol, cigarette and drug consumption e.g. 'SunSmart', 'Life. Be in it'.
- ✚ Determining the distribution of disease and the health needs of communities within Australia.
- ✚ Working with community members to improve their health.

Clinical health

- ✚ Developing therapy and education programs to help people cope with health issues such as weight management, cancer and heart health.
- ✚ Using psychological treatment for problems that often accompany ill health and injury, such as anxiety, depression, pain, addiction, sleep and eating problems.
- ✚ Understanding how psychological factors such as stress, depression and anxiety might be contributing to illness.
- ✚ Helping people with the self-management of chronic illness.
- ✚ Understanding how people cope with diagnosis and medical treatment of acute health problems and how they obtain medical care.
- ✚ Understanding how people cope with terminal illness, including the impact of grief, bereavement, death and dying.
- ✚ Identifying how the relationship between health professionals, such as doctors, nurses and psychologists, and their patients can influence how well they recover from illness and injury.
- ✚ Helping people cope with trauma, disability and rehabilitation.

Master of Psychology (Organisational & Human Factors)

The Master of Psychology (Organisational and Human Factors) degree involves two years of full-time or four years of half-time study. The key objective of this program is to provide thorough theoretical and practical skills in core areas to meet formal requirements for entry to the profession (as determined by the Australian Psychological Society and its College of Organisational Psychologists).

The program is available to graduates with an Honours degree in psychology (minimum of Second Class, Division A Honours and an individually-conducted research project carrying 33% or more of the years work). Selection procedures depend on academic results, referee reports and a structured interview conducted by a panel. There is usually very strong competition for the limited number of places available.

Applications are available through SATAC (www.satac.edu.au). SATAC code 3CM088.

What does an Organisational Psychologist do?

Organisational psychologists have specialised skills and knowledge in the following areas.

Workforce planning and role definition

- ✦ Identification and planning of workforce requirements
- ✦ Structuring divisions, departments and teams to suit the organisation's goals
- ✦ Systematic identification of the knowledge, skills and abilities required for specific jobs

Recruitment and selection

- ✦ Development of selection criteria for jobs and identification of the best assessment tools
- ✦ Assessment of knowledge, skills and abilities, potential and personal fit for specific jobs using techniques such as assessment centres, psychological testing and behavioural interviewing

Learning and development

- ✦ Analysis of training and development needs for individuals, teams and/or the whole organisation
- ✦ Design and evaluation of skills and behavioural training programs Leadership and talent management
- ✦ Provision of advice and support to organisational leaders in relation to how they lead, engage and motivate their people
- ✦ Establishment of a talent management framework, including succession planning, to identify and better manage critical roles, critical people, strengths and gaps
- ✦ Introduction of programs to develop and retain top performers and next generation leaders

Coaching, mentoring and career development

- ✦ Provision of individual assistance, coaching and mentoring to improve work performance
- ✦ Design and implementation of career development processes for an organisation, along with individual career planning and vocational assessment

Workplace advice and advocacy

- ✦ Provision of advice to government, employers, employees and unions on social psychological aspects of issues such as industrial relations, human resources and occupational health and safety

Change management

- ✦ Design, implementation and evaluation of people related change management
- ✦ Development of programs to help leaders better manage change and drive performance improvement in their part of the organisation e.g., handling change fatigue, building resilience

Organisational development

- ✦ Design, implementation and evaluation of programs to improve organisational performance and employee experiences
- ✦ Design of organisational structures, processes and incentives to fuel organisational prosperity

Measuring employee opinions and other workplace research

- ✦ Development and analysis of surveys of employees or clients/customers
- ✦ Research such as identifying which work behaviours predict future success

Performance management

- ✦ Design, implementation and evaluation of performance management systems that link in with business strategies
- ✦ Development of employee incentive programs to drive desired behaviours and results

Wellbeing, stress and work-life balance

- ✦ Development of programs to improve employee wellbeing, commitment and engagement
- ✦ Development of policies and practices to enable better management of the work-home interface

Occupational health and safety

- ✦ Development of policy and programs in employee assistance, rehabilitation, stress management and health promotion

Human resources program evaluation

- ✦ Evaluation of an organisation's people-related programs and practices to assess operational and strategic impact

Consumer behaviour and marketing

- ✦ Application of customer behaviour insights to improve business processes and systems
- ✦ Development of branding and communications to align an organisation's processes, culture and values with the external brand message

International Requirements

International Students applying for a Master of Psychology degree

Students applying for a Masters degree must submit their applications via the University International Office (www.international.adelaide.edu.au) no later than October 31 of the year prior to their enrolment. The closing date for applications for Masters is early November.

Applications must be accompanied by the Psychology School's referee reports which are available at www.adelaide.edu.au/psychology.

As a first step, students applying for these degrees must have their qualifications assessed by the Australian Psychological Society (APS). Students applying for consideration into a Masters degree require a post-bachelor year with a strong research component.

Students obtaining an Honours degree within Australia do not need to have their qualifications assessed by the APS.

The fourth year of Psychology study, which is an entry criterion, needs to be an Honours equivalent, i.e. study of Psychology at advanced level, and offering the evidence base for applications rather than teaching professional skills.

Students must have undertaken a substantial research project that carries a final assessment weight of one to two thirds of the years work, and that is independent in the sense that the student participates in all the steps including the formulation of the research question, the research design, the collection and analysis of data, and the preparation of a thesis of 9000-15000 words.

For students who have gained at least Honours 2A or the equivalent, the selection process will take into account referee reports, and usually an interview by a panel of at least two staff members, one being eligible for membership of the relevant College of the Australian Psychological Society.

International Students applying for Postgraduate Research

Applications for a PhD or Master of Medical Science must first be submitted to the International Office (www.international.adelaide.edu.au).

The School of Psychology will make the final decision on the application by considering the quality of the proposal and the School's ability to support the application. The criterion for a PhD is a degree equivalent to four years of study at undergraduate level with a research intensive year in psychology in the fourth year. Undergraduate qualifications do not need to be assessed by the Australian Psychological Society, as a postgraduate research degree does not lead to APS accreditation.

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