

Training

Psychologists study at university for about six or seven years. Essentially, to become a psychologist you first need to do an undergraduate or Bachelors degree, then study for a Post-graduate degree in Psychology. These degrees are offered at University of Auckland, University of Waikato, Massey University, Victoria University, University of Otago, University of Canterbury and AUT. Psychology degrees can have a different focus and are found under different faculties at the various universities.

See <http://www.psychologistsboard.org.nz/accredited-training-programmes2>

Useful subjects: English, maths with statistics, and science.



Personal Qualities

Psychologists need to be:

- excellent communicators
- empathetic
- good at relating to a wide variety of people
- respectful of different cultures
- able to observe, analyse and evaluate human behaviour
- patient and adaptable
- be careful with private information
- non-judgemental
- able to influence others
- able to work well under pressure
- able to cope with stress.

Information collated by NZIRH
Where to go for more information:

www.psychologistsboard.org.nz

www.psychology.org.nz

www.careers.govt.nz

www.kiaorahauora.org.nz

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November 2019

Psychologist



Psychology

Psychologists use a combination of science, theory and observation in the diagnosis and treatment of patients. Their aim is to assist patients with emotional, mental, developmental or behavioural problems and to promote feelings of well-being and personal development. There are a number of types of psychologist including clinical, educational, health psychologist and more.

As clinical, organisational, and educational psychologist are on the Immigration New Zealand skill shortage list, the chance of getting a job as a psychologist is good.



What do they do?

Psychologists may do some or all of the following:

- assess their clients through interviews and observation
- run psychometric and neuropsychological tests
- develop treatments and actions
- assist clients to understand their needs, reasons for acting or behaving in a certain ways, and their strengths
- evaluate the success of interventions
- write reports and assessments
- facilitate group sessions on social skills, behaviour change, anger management, or assertiveness
- facilitate dispute resolution
- provide counselling and advice
- provide expert opinion in court
- supervise colleagues

Where do psychologists work?

Psychologists work in a range of places, including private offices, hospitals, community healthcare services, schools, universities, prisons, residential and community organisations.

Types of psychologist

Clinical Psychologist

assesses and treats people with behavioural and mental health problems.

Community Psychologist

assesses and improves ways people and their communities affect each other.

Criminal Justice Psychologist

works with offenders to make life changes, and reduce reoffending.

Educational Psychologist

works with students, parents, and educators to support students with learning difficulties

Health Psychologist

assists people with managing their illness

Sports Psychologist

works with sportspeople to help them to succeed at their sport.

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