

PSYCHOLOGIST

KAMĀTAI HINENGARO

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Organisational psychologists focus on recommending ways to improve workplaces.



WHAT IS A PSYCHOLOGIST?

Psychologists investigate, assess and work with people who have problems affecting their behaviour, thoughts and emotions, and help them to develop their potential. Organisational psychologists focus on recommending ways to improve workplaces.

WHERE DO PSYCHOLOGISTS WORK?

Psychologists work in private practice, hospitals and community health centres, child and whānau centres, prisons and community probation centres. They may do some or all of the following:

- assess clients' problems and strengths through interviews and observation
- run psychometric and neuropsychological tests (which measure people's mental abilities and how their brains function)
- develop treatments and interventions with individuals to help them develop themselves
- help clients understand themselves, their needs, motivations and resources
- evaluate interventions and write reports on clients, including risk, educational and mental health assessments.

Psychologists who work with groups and for organisations may also do some or all of the following:

- assist with or run group therapy, workshops and courses on social skills, anger management or assertiveness
- take part in dispute resolution, and provide counselling and advice to people or organisations
- provide expert opinion to courts
- undergo their own therapy and supervise colleagues.

WHAT TRAINING DO I NEED?

- Complete a Masters or higher degree in psychology and a postgraduate diploma in clinical psychology, or a Doctorate degree.
- To enter the diploma a minimum of six years study is required, which involves clinical research qualifications
- 1,500 hours of closely supervised practice, approved and evaluated by the New Zealand Psychologists Board
- To be registered with the New Zealand Psychologists Board.

WHAT CLASSES SHOULD I TAKE NOW?

NCEA Level 3 is required to enter tertiary training; a *minimum* three or more of the following subjects:

- English
- Maths
- Science
- Human Biology
- Chemistry
- Te Reo Māori

