What is Health Psychology?
Health Psychology is the study of the psychological and behavioural processes in health, illness, and healthcare. Health Psychologists use their knowledge of theory and practice to promote well-being and healthier lifestyles, and understand physical illness.

Programme overview
The DPsych Health Psychology is accredited by the British Psychological Society (BPS) and meets the Stage 2 requirements towards becoming a Chartered Health Psychologist in the UK. The criteria for this training programme are laid down in standards of proficiency approved and published by the Health and Care Professions Council (HCPC). The programme of training covers five core competences:

- Generic professional standards
- Teaching and Training
- Consultancy
- Research
- Psychological Interventions

The academic requirements for a DPsych Health Psychology at City have also been set to ensure that you are taught professional and research skills that meet the requirements of doctoral level.

Aims
The programme aims to provide you with:

- Professional and academic training that will enable you to work as health psychologists in a broad range of settings, including the NHS, charities, industry, government, private practice and academic and research settings, among others
- Practical skills and sound theoretical principles in the practice of health psychology
- The skills and ability to integrate theory into practice.
- The skills to be an independent and self-critical learner.
• The skills to support the learning of others, leading and working effectively in groups
• The ability to undertake innovative research tasks
• The ability to communicate complex or contentious information clearly and effectively to specialists and non-specialists, and act as an effective consultant.

At the end of the training, the trainee will be able to work independently and ethically in all the chartered health psychologist core competencies and continue with their own professional development.

WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this programme, you will be expected to be able to:

Knowledge and understanding
• Demonstrate an in-depth and systematic understanding of a substantial body of health psychology practice knowledge.
• Demonstrate an in-depth understanding of the BPS and HCPC code of conduct and ethical approval procedures and the ability to manage ethical dilemmas
• Have a comprehensive understanding of research methodologies in health psychology.

Skills
• Act autonomously and adapt appropriate health psychology theory to practice.
• Critically evaluate and undertake an analysis of complex literature appropriate to the various theoretical models in health psychology.
• Develop independence and the capacity to be a self-guided critical learner.
• Critically reflect on own and other’s practice in order to improve practice.
• Undertake a synthesis of literature that can contribute to the development of knowledge in health psychology.
• Synthesise health psychology knowledge and contribute to the development of practice.
• Have a level of conceptual understanding and critical capacities that will allow independent evaluation of research, advanced scholarship and methodologies and be able to argue alternative approaches.
• Act as a consultant health psychologist.
• Maintain and develop constructive and appropriate relationships with professional colleagues.
• Manage the implications of ethical dilemmas and practical barriers and work productively to develop solutions.
• Act independently and with originality in problem solving and be able to lead in planning and implementing tasks.
• Manage ethical dilemmas.
• Carry out consultancy within an agreed timeframe.
• Conduct health psychology research at doctoral level.
• Develop skills to plan, deliver and evaluate teaching/training programmes.
• Develop skills to develop and deliver psychological interventions
• Have the ability to practice according to the HCPC standards of conduct, performance and ethics and Standards of Proficiency for Practicing Psychologist, as well as the BPS Code of Conduct.
**Values and attitudes**

- Critically evaluate oneself as a professional and the context of practice.
- Understand the parameters of professional practice in terms of behaviour and attitudes.
- Ensure compliance with legal and ethical practice.
- Demonstrate an appreciation of the importance of continued professional development.

This programme has been developed in accordance with the QAA Subject Benchmark for the discipline.

**HOW WILL I LEARN?**

During the course of your studies you will be part of an active academic/research community with a wide range of interests. You will be encouraged to attend lectures and seminars which will support your acquisition of knowledge in the area of health psychology.

The training uses a range of learning and teaching methods including:

- seminars
- group work
- group discussion
- role play
- trainee presentations
- optional and core workshops
- group supervision of practice
- one-to-one supervision of practice

The programme is offered as both a full-time and a part-time course:

- Full-time students attend the taught component of the programme for two years.
- Part-time students attend the taught component of the programme over four years.

You will be allocated a Coordinating Supervisor who is responsible for overseeing your programme of training, your professional development as a Trainee Health Psychologist and for pastoral support.

You must complete a supervision plan with your Coordinating Supervisor ideally in the first 4 months of the course, but no later than 6 months. You must then meet with your Coordinating Supervisor at least 6 times a year. A record of supervision and outcomes must be recorded by you and be approved by the Coordinating Supervisor. The Coordinating Supervisor will offer you independent expertise and guidance in the Stage 2 health psychology competencies and help you to reflect on professional development and understand your learning needs.

A Workplace Supervisor must be identified by you prior to the commencement of the training. Ideally the Workplace Supervisor will be a Chartered Psychologist, but in some cases this may not be possible. If the Workplace Supervisor is not a Chartered Psychologist, s/he must have an expertise in the area in which you specialise and have managerial experience. The Workplace Supervisor will have regular contact with you and guide you in supervised practice.
Supervised practice is supported by 14 core workshops, seven of which are compulsory. You must attend 80% of the core workshops (at least 6 workshops). However in some cases, this may be less, if you have already demonstrated evidence of the core skills prior to the workshop. The core workshops will cover areas directly connected to your training, such as setting up consultancies, teaching and training, conducting a systematic review, as well as areas in your general professional development, such as writing grants, project management, supervising others. Further optional workshops are provided in line with staff expertise.

**Registration period**
The minimum period of registration for full-time students is 2 years (maximum 4 years), which includes the taught programme and the dissertation. The normal period of registration for part-time students is 4 years (maximum 7 years), which includes the taught programme and the dissertation.

The maximum period of registration for this programme is 7 years.

**WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?**

**Assessment and assessment criteria**
In order to assess and promote learning, the programme uses a wide variety of methods. Assessment is via a presentation and examination of a portfolio of practice, which includes:

<table>
<thead>
<tr>
<th>CORE COMPETENCE</th>
<th>ASSESSMENT</th>
<th>LOCATION</th>
<th>CREDITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised practice</td>
<td>A workplace contract</td>
<td>Practice Log</td>
<td>30</td>
</tr>
<tr>
<td>Supervision Plan</td>
<td>Original supervision plan plus any amendments discussed as part of supervision.</td>
<td>Practice Log</td>
<td>30</td>
</tr>
<tr>
<td>Generic Professional</td>
<td>A reflective report (3,000 words) detailing how supervised practice has enabled you to fulfil the generic professional competence.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>• A report (1,000 words) summarising the involvement of service users and/or carers in your training.</td>
<td>Bound research thesis (Section C)</td>
<td></td>
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<tr>
<td></td>
<td>• Log of experiences that enabled you to gain competence in each component of all core units over the equivalent of two years’ full-time supervised practice (this should include a record of your attendance at core practice).</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td>CPD workshops</td>
<td>Consultancy</td>
<td>Training</td>
<td>Psychological Interventions</td>
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</tr>
<tr>
<td><strong>Consultancy</strong></td>
<td>A case study (3,000 words excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>• A contract and working agreement conditions document (3,000 words, excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td><strong>Training</strong></td>
<td>Two teaching and training case studies (1 x 1,000 &amp; 1 x 2,000 words, excluding appendices) with supporting evidence in appendices</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>An observer’s report (500 words)</td>
<td>Practice Log</td>
<td></td>
</tr>
<tr>
<td><strong>Psychological Interventions</strong></td>
<td>A case study describing the process of conducting a psychological intervention that has been implemented through face-to-face work with an individual client (3000 words, excluding appendices) with supporting evidence in appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>A supervisor’s evaluation report or a workplace contact report detailing observation of the intervention delivery.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>• A case study (2,000 words, excluding appendices) describing the process of conducting a psychological intervention that has been delivered through a medium other than face-to-face with an individual client with a reflective report on delivering this intervention included in the appendices.</td>
<td>Bound research thesis (Section C)</td>
<td>40</td>
</tr>
</tbody>
</table>
To qualify for the DPsych Health Psychology, you must have completed a minimum of 2 years full-time supervised practice in a relevant area of health psychology and all the assessments need to be of a sufficient quality to satisfy academic peer review or merit publication, as judged by an internal and external examiner. You will be required to present your portfolio of practice for examination and questioning. You will be awarded an overall pass on successful completion of the modules.

Feedback on assessment
You will be given feedback on the competencies and assessment throughout the 2 years. They will be formally assessed at the end of a minimum of 2 years full-time supervised practice.

Assessment Regulations
In order to pass your Programme, you should complete successfully or be exempted from the relevant assessments. You will be allowed one re-sit of the examination of the portfolio of practice should you fail the first attempt. For minor and moderate amendments, the trainee can resubmit the portfolio only. For major amendments, the trainee will have to resubmit the portfolio and have another viva.

Ethics approval
If you are collecting empirical data involving NHS patients you will need to gain ethics approval from both City, University of London and the Health Research Authority (HRA). Acquiring HRA ethics approval is an important research skill, but it can be a time-consuming procedure. The benefit of getting HRA ethics approval is that you will have access to patient data and you will be allowed to work with patients during your research project. Please refer to the HRA website for further information: http://www.hra.nhs.uk/

For those of you collecting data from people outside the NHS you will only need to apply for ethics approval from City, University of London. Please see the School of Health Sciences web site: http://www.city.ac.uk/health/research/research-governance where the dates for the meetings are listed.
Doctorate in Psychology Degree

<table>
<thead>
<tr>
<th></th>
<th>HE Level</th>
<th>Credits</th>
<th>Weighting (%)</th>
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<tbody>
<tr>
<td>Taught</td>
<td>8</td>
<td>220</td>
<td>40</td>
</tr>
<tr>
<td>Dissertation</td>
<td>8</td>
<td>330</td>
<td>60</td>
</tr>
</tbody>
</table>

You have to fulfil five core competences worth 220 credits and complete a research thesis and a systematic review in health psychology, which are worth 330 credits.

<table>
<thead>
<tr>
<th>Title</th>
<th>SITS Code</th>
<th>Module Credits</th>
<th>Core/Elective</th>
<th>Can be Compensated?</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervised Practice</td>
<td>DSM001</td>
<td>30</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Supervision Plan for Health Psychology</td>
<td>DSM002</td>
<td>30</td>
<td>Core</td>
<td>No</td>
<td>8</td>
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<tr>
<td>Generic Professional Skills for Health Psychology</td>
<td>DSM003</td>
<td>40</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Consultancy Skills for Health Psychology</td>
<td>DSM004</td>
<td>40</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Training Skills for Health Psychology</td>
<td>DSM005</td>
<td>40</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>Psychological Intervention</td>
<td>DSM006</td>
<td>40</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
<tr>
<td>DPsych Health Psychology Thesis</td>
<td>DSM007</td>
<td>330</td>
<td>Core</td>
<td>No</td>
<td>8</td>
</tr>
</tbody>
</table>

If you would like more information on the Careers support available at City, please go to: [http://www.city.ac.uk/careers/for-students-and-recent-graduates](http://www.city.ac.uk/careers/for-students-and-recent-graduates).

The DPsych Health Psychology is accredited by the British Psychological Society (BPS) and meets the Stage 2 requirements towards becoming a Chartered Health Psychologist in the UK. On achieving your award you will be able to make applications to the BPS to become a Chartered Psychologist ([http://www.bps.org.uk/what-we-do/membership/chartered-member-cpsychol/chartered-member-cpsychol](http://www.bps.org.uk/what-we-do/membership/chartered-member-cpsychol/chartered-member-cpsychol)) and to the Health and Care Professions Council (HCPC) to become a Health
Psychologist (http://www.hcpc-uk.org/apply/uk/). These applications are made by you and not City.

**Accrediting Body:** British Psychological Society (BPS) and Health and Care Professions Council (HCPC)

**Nature of Accreditation**
- The programme is accredited with the BPS and meets the requirements for Chartership with the BPS.
- The programme is approved by the HCPC and meets the requirements for application for registration with the HCPC.

The programme was visited and approved by the BPS and the HCPC in 2016.

**HOW DO I ENTER THE PROGRAMME?**

The programme is accredited by the BPS as providing Stage 2 training in order to become a Chartered Health Psychologist.

**Entry Requirements**
- BSc in Psychology, (minimum 2:1), giving Graduate Basis for Chartership (GBR) with the British Psychological Society (BPS).
- MSc in Health Psychology accredited by the BPS (minimum 60 or higher on dissertation component).
- English language: Students whose first language is not English require a minimum of IELTS 7 (with no less than 6.5 in each subset).
- 12 months professional experience in research or a health psychology related area is desirable.
- An arrangement to practice as a Trainee Health Psychologist. This can be either paid or voluntary.
- A workplace contact who is ideally a Chartered Psychologist.

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