

# CPsychol

Chartered Psychologist



The  
British  
Psychological  
Society



developing psychology  
supporting psychologists



**CPsychol** is the benchmark of professional recognition.  
**It reflects the highest** standard of psychological  
knowledge and expertise.

**CPsychol is a mark** of experience, competence and  
reputation for anyone looking to learn from, consult  
or employ a psychologist.

**The British Psychological Society** is the representative body for psychology and psychologists in the UK. It was granted its Royal Charter in 1965. The Society has national responsibility for the development, promotion and application of psychology for the public good, and promotes the efficiency and usefulness of its members by maintaining a high standard of professional education and knowledge.

The title **Chartered Psychologist** is legally recognised under the Royal Charter. Those who the British Psychological Society has deemed eligible to do so are entitled to use the designation 'Chartered Psychologist' and the abbreviation CPsychol after their name.

For more information about the British Psychological Society visit [www.bps.org.uk](http://www.bps.org.uk)





# CPsychol

## Chartered Psychologist

### Dr Joanne Thatcher

CPsychol CSci FHEA

Chartered Psychologist,  
Senior Lecturer, at Aberystwyth University

As well as lecturing undergraduates I also supervise PhDs in sport and exercise psychology and have worked with athletes competing in sports as varied as rugby, karate, cycling, boxing and swimming.

When I became interested in sports psychology it was a fairly new subject, so my route to becoming a Chartered Psychologist was more winding than it is now. I undertook a physical education degree, a PGCE and then a doctorate in developmental sports psychology. Because sports psychology was not widely recognised at that time, I felt it was really important to seek equivalent career recognition for myself as a psychologist, which is why I worked toward Chartered Psychologist status, achieving it in 1998.

For me, becoming a Chartered Psychologist was all about self perception; I wanted to meet the Society's benchmark to prove to myself that I was a credible psychologist and equivalent in expertise to practitioners and academics in other areas of psychology. However, it's been clear to me that Chartered Status has also affected how I'm perceived by my peers, colleagues and clients and it has certainly helped my career development.

Chartered status was applied to sport and exercise psychology in 2004, and since then, more and more psychologists have been working to achieve it. Because of the burgeoning popularity of sport and exercise psychology, this benchmark is going to become increasingly important for clients seeking a psychologist and in the job market.

When I look around at colleagues in my profession, if someone has achieved chartered status then I know they have a breadth of understanding of psychology and the specialist application of psychology in the field of sport and exercise.

## Message from the President

Chartered membership of the British Psychological Society is a significant achievement for psychologists working in practice or academia. Underpinning the designation are high levels of academic achievement, minimum periods of supervised and applied experience, a commitment to lifelong learning and an engagement with broader issues facing the profession. These foundations are further strengthened by both the Member Conduct Rules and the Code of Ethics and Conduct that together form the core of what it means to be a Chartered Psychologist.

The Health Professions Council (HPC) is the statutory regulator for practitioner psychologists. However, Chartered Psychologist status is conferred solely by the Society. CPsychol is awarded to all academic and practitioner psychologists who have met the Society's high standards for education and training. It is the gold standard that shows a commitment to the continued development and promotion of the discipline.

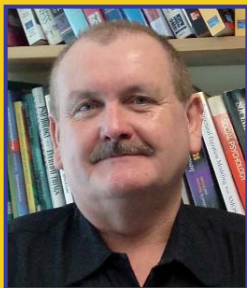
**Sue Gardner**, CPsychol

*President of The British Psychological Society*

**'Chartered status has also affected how I'm perceived and it has certainly helped my career development.'**

Dr Joanne Thatcher





# CPsychol

## Chartered Psychologist

### Professor Tony Cassidy

CPsychol CSci AFBPsS

Chartered Psychologist,  
Lecturer at the University of Ulster

My main area of interest is applied psychology – more specifically how psychology can help improve people's health and wellbeing and reduce stress. This takes me into the realms of health psychology, sport & exercise psychology, community and environmental psychology and occupational psychology, and I have lectured on these subjects at a number of UK universities. My main focus here at the University of Ulster is health psychology.

This focus on the application of psychology has led me to develop a number of courses in applied psychology, and I worked with the Society to develop the National Occupational Standards for psychologists, which define the role and competences of psychologists in the workplace.

I became a Chartered Psychologist fairly early on in my career. As we work with very vulnerable individuals to help them change their behaviour we find ourselves in a position of power, which is open to abuse. When I explain to people that my chartered status means I uphold a set of professional standards, they really value it, and it certainly helps to establish trust.

I firmly believe that CPsychol demonstrates that a psychologist is committed to their continuing professional development and stays up-to-date with developments in their areas of expertise.

Because of my chartered status I was able to become a Chartered Scientist through the British Psychological Society. As well as doing this for my own professional development I felt it was a good way to strengthen psychology's position as a science.

## Standards

A Chartered Psychologist has proved through a combination of qualifications and experience that they have met the standards required to join those at the pinnacle of their profession.

To become chartered, a psychologist must be a member of the British Psychological Society and have:

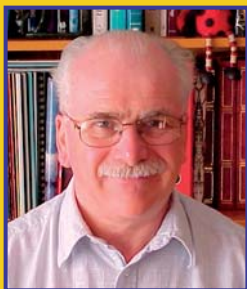
- achieved a first degree in psychology recognised by the Society as meeting the Graduate Basis for Chartered Membership
- undertaken Society accredited post graduate qualifications and training
- agreed to follow the Society's Member Conduct Rules and be guided by the Society's Code of Ethics and Conduct

'When I explain to people that my chartered status means I uphold a set of professional standards, they really value it, and it certainly helps to establish trust.'

Professor Tony Cassidy







## Professor Ray Bull

DSc FBPsS CPsychol CSci

Chartered Psychologist,  
Chair of Forensic Psychology at the  
University of Leicester

As an academic forensic psychologist my areas of research have included eye-witness recollection, identification issues, voice recognition and investigative interviewing.

I am currently carrying out research into deception detection; attempting to get closer to real life conditions by making more demands on the deceiver's cognitive load and seeing whether interviewers can detect deception at a higher rate.

As well as my academic role I also work as an expert witness in civil and criminal proceedings, I've produced around 200 reports and made many court appearances. Much of this has centred on the interviewing of witnesses and suspects, and eye witness testimony. Chartered status is advantageous

to my role as an expert witness for two reasons. Appearing on the Register of Chartered Psychologists (now known as the List of Chartered Psychologists) helps lawyers find me, which is beneficial in the first instance, and my chartered status is very important in court as people view chartership as a mark of reliability and sound knowledge in your area of expertise. When you're announced as a Chartered Psychologist in court, lawyers certainly find it more difficult to undermine your intellectual standing and expertise.

Membership of the British Psychological Society and CPsychol are strong indicators that a psychologist has the experience and knowledge to hold positions of responsibility in what is a very challenging field.



## Integrity

By adhering to the British Psychological Society's Membership Conduct Rules and Code of Ethics and Conduct, Chartered Psychologists demonstrate to their clients, who may include patients, students, research participants, educational institutions or organisations, that they uphold the highest levels of professional standards and ethics.

Psychologists have to make decisions in difficult, changing and unclear situations, and both documents help guide members' behaviour and decision making in these circumstances.

'When you're announced as a Chartered Psychologist in court, lawyers certainly find it more difficult to undermine your intellectual standing and expertise.'

Professor Ray Bull





# CPsychol

## Chartered Psychologist

### Professor Glynis M. Breakwell

DSc LLD(Hon) PhD FBPsS CPsychol FRSA AcSS

Chartered Psychologist,  
Vice-Chancellor of the University of Bath

During my academic career I carried out research into leadership, identity processes, risk communication and military cultures. As a result I acted as an advisor to a number of government departments including the Department of Health, the Department of Trade and Industry and the Ministry of Defence, as well as many multi-national corporations and not-for-profit organisations. I became a Chartered Health Psychologist in 1988, and I am in no doubt that my chartered status enabled me to pursue the research activity that has shaped my career.

Chartered status has also given me a solid framework for the development of my professional experience and expertise. The Society's CPD programme encouraged me to attend workshops and conferences, to stay up-to-date with research developments

within my areas of expertise and to continually challenge myself, something we must all do if we are to stay at the top of our profession.

I believe that chartered status is a mark of quality assurance for our clients, who in academia can be research sponsors as well as participants and students. In a role such as mine where you work with many other professional groups, it is incredibly important that your professional body and standing is recognised and highly regarded. I have found Fellowship of the British Psychological Society and chartered status to be valuable in this way, particularly when working internationally, and for these reasons I have always encouraged my students to seek chartered status as soon as they embark on a career in psychology.

## Professionalism

A Chartered Psychologist is seen by their employers and colleagues as being dedicated to their profession. As a result, Chartered Psychologist status can help to advance your career both in the UK and internationally.

A Chartered Psychologist's expertise is held in the highest regard, and this is reflected in the high profile and senior positions they hold and the fields that they work in.

Chartered Psychologists hold positions including Vice-Chancellor at the University of Bath, Chief Psychologist posts at the Ministry of Justice and the Department for Work and Pensions, Director of the Aberdeen Centre for Trauma Research, Director of Psychology posts within Higher Education and many Consultant Psychologist roles within the NHS.

'In a role such as mine where you work with many other professional groups, it is incredibly important that your professional body and standing is recognised and highly regarded.'

Professor Glynis M. Breakwell





## Professor Zenobia Nadirshaw

DSc CPsychol CSci AFBPsS

Chartered Psychologist,  
Head of Psychology, at Kensington  
and Chelsea NHS PCT

I work with people with learning disabilities some of whom have additional mental health problems. The psychological and physical health problems of these individuals are frequently overshadowed by their learning disability, so improving access to primary care and psychological therapies for them is incredibly important, as is working with GPs to increase awareness of the health inequalities suffered by this disempowered group of people.

I've worked as a Clinical Psychologist in the NHS for 35 years and I sought chartered status as soon as I became qualified. It's vital that clients are secure in the knowledge that they are being looked after by trained and competent clinicians. I tell my clients and patients at our first meeting about my

membership of the British Psychological Society and my chartered status, and can see that gives them trust and confidence in my ability to help them.

There is no doubt that within the NHS, chartered status is highly regarded. As a National Assessor I see CPsychol as evidence that a psychologist takes their profession and their clinical competence seriously. It carries a lot of weight and will continue to do so.

I have experienced firsthand the influence that we can have when we work together as a profession, as I have sat on several of the Society's committees such as the DCP CPD sub-committee and am the founder and current Chair of the Race and Culture Faculty. Working to reduce the disadvantage and discrimination suffered by people from black and minority ethnic communities in the mental health service system is just one example. Chartered status helps us all to achieve our professional goals by maintaining the standing of psychologists.

## Trust

A Chartered Psychologist has proved their commitment to their continuing professional development (CPD) and the wider issues facing their profession.

The knowledge that Chartered Psychologists update and develop their knowledge and skills on a regular basis reassures their clients and the wider public, and engenders trust in their professional skills and competence to practice.

The British Psychological Society is active in the provision of training and development for its members, and also provides a system which allows psychologists to record their CPD. This helps members plan and engage their ongoing continuing professional development so they can maintain the highest possible standards of professional practice.

**'As a National Assessor I see CPsychol as evidence that a psychologist takes their profession and their clinical competence seriously.'**

Professor Zenobia Nadirshaw

The Society has a new training and development portal – the BPS Learning Centre. Visit [www.bps.org.uk/learningcentre](http://www.bps.org.uk/learningcentre) for information on professional development opportunities and an online CPD system where you can record any professional development that you do.





# CPsychol

## Chartered Psychologist

### Dr Garfield Harmon

CPsychol AFBPsS

Chartered Psychologist,  
Consultant Clinical Psychologist,  
Trust Training Co-ordinator, at  
Oxleas NHS Foundation Trust

I currently work part time in adult mental health services for Oxleas NHS Foundation Trust where I see adults with problems that affect people in urban Britain, notably depression and anxiety, issues that are frequently a result of underlying trauma. I also dedicate much of my time to supervising both trainee clinical psychologists and training supervisors working within the NHS. This focus on supervision led me to recently complete a Masters in Organisational Consultancy from the Tavistock Clinic.

I became chartered in 1989 soon after qualifying as a Clinical Psychologist. It made good sense as at this time I worked in private practice as well as the health service

so being on the Register of Chartered Psychologists gave me visibility to people seeking a psychologist.

To do my job effectively my clients must trust me. People tell psychologists their most private secrets and we cannot abuse the privilege of our position. Being chartered is evidence to my clients that I take my profession and this privilege seriously, and that they can depend on me to act professionally at all times. Chartered status and membership of the British Psychological Society also sends a strong message to your colleagues that you are *bona fide*, that you have the backing of your professional body and adhere to its rules.

I always stress the importance of Chartered Psychologist status to the trainee clinical psychologists I supervise as I believe that it truly marks the beginning of their story as a professional.



## Benefits of being a Chartered Psychologist

Once Chartered, psychologists are eligible to join the searchable online list of Chartered members on the Society's website. Chartered Psychologists are also entitled to apply to the Society for recognition of their specialist skills, such as psychologists specialising in psychotherapy.

Chartered Psychologists are entitled to apply to become Chartered Scientists, as the British Psychological Society is licensed by the Science Council to confer this title. Chartered Psychologists are eligible to apply for the title EuroPsy Registered Psychologist, as the Society is authorised by the European Federation of Psychologists' Associations (EFPA) to confer this title.

Chartered Psychologists have exclusive use of the chartered logo, for example in your advertising, on stationery and on your website.

To find out about other benefits of membership of the Society, please visit [www.bps.org.uk](http://www.bps.org.uk)

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Dr Garfield Harmon



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### Professor Tommy MacKay

DUniv PhD CertEd FSAScot AcSS FRSA FBPsS  
CPsychol CSci

Chartered Psychologist,  
Psychology Consultancy Services,  
University of Strathclyde,  
Argyll & Bute Psychological Service

I work as an Educational Psychologist both in the independent sector and the public sector. My field is incredibly varied and draws its theoretical and practice base from a range of areas of mainstream psychology.

Through consultation, assessment and intervention I help individuals in their learning and development, I also help children, young people and young adults with wider mental health issues such as anxiety, depression or OCD. Working with schools and education authorities on developing the curriculum also allows me to have a role in increasing the attainment levels of all pupils.

My current research interests include raising levels of educational achievement – especially literacy – autistic spectrum disorders, and the development of post-school psychological services for vulnerable young adults.

I achieved chartered status with the Society as soon as it became available, and since then I have never doubted that it has been important to my career progression. Chartered status is a way that many professions define their highest standard of professional achievement, and employers, clients and the wider public alike similarly recognise and respect Chartered Psychologists.

CPsychol is also the hallmark of peer recognition for professional practice amongst psychologists, and it demonstrates personal and professional commitment to maintaining high standards, and to your continuing professional development.

### Carol Ireland

CPsychol CSci AFBPsS

#### Chair of the Division of Forensic Psychology

I became interested in forensic psychology during my undergraduate degree and I volunteered in the prison service from the age of 19. I continued to work in the prison service throughout my Masters and PhD, and have been working as a qualified forensic psychologist at Ashworth High Secure Hospital since 2002. I now split my time equally between Ashworth where I work in the treatment of sex offenders and crisis negotiation, and the University of Central Lancashire where I am the Director of the MSc in Forensic Psychology, Director of post-graduate courses for CEOP (Child Exploitation Online Protection Agency) and conflict communication.

I sought Chartered Psychologist status as soon as I was able to, as it was a requirement to supervise trainees. Within forensic settings chartered psychologist status is highly valued.

I work with forensic clients, the police and with solicitors and Judges in expert witness work, and 'chartered' holds meaning for all of these groups. 'Chartered' conveys the message that you have the stamp of approval from your professional body; it tells people that you must be effective at what you do.

Specific to my roles, CPsychol means that when I give evidence in court, barristers are less likely to question my expertise in regard to qualification, and also that I am able to buy and carry out certain psychometric tests only available to chartered psychologists.

Being chartered also allowed me to achieve Chartered Scientist status. I feel that CSci is very helpful, as the title 'scientist' is recognised and respected by people who may be unfamiliar with psychology. It immediately conveys a message of scientific application.

I think that being part of the British Psychological Society is very important as it gives psychology a voice, and I am proud to be a chartered member.



# CPsychol

## Chartered Psychologist

### Richard Scaife

CPsychol MergS EurErg

Chartered Psychologist,  
Director, The Keil Centre Ltd

I am a Director of the Keil Centre where I work with a varied client base which includes industry, government departments and private individuals. I'm a human factors specialist and specialise in human safety analysis which involves analysing human failures in relation to incidents, evaluating new designs for their potential impact on human performance and assessing or developing safety culture within organisations.

I did my first degree at the University of Wales in Cardiff, and was able to take my third year out working for the Royal Air Force, where I was involved in human factors evaluations of new aircraft systems and the study of stress in civilian air traffic control.

Following graduation, I worked for the Civil Aviation Authority providing human factors

support to air traffic control whilst working towards an MSc. I continued to work in air traffic control and the military, progressing to head of the human factors safety section with National Air Traffic Services. In 2002 I left to join The Keil Centre as a consultant.

As an independent Occupational Psychology consultancy, we have to work hard to attract and secure clients. I sought Chartered Psychologist status when I joined the centre, as it's really important to demonstrate to clients that your professional body has evaluated what you do and decided that you are competent to practice independently. Potential clients look to the Society as it is the trusted body of psychology in the UK, so having Chartered Psychologist status and links to the Society is vital for us as a professional organisation offering applied psychology services.

I would always advise new psychologists in the field to seek Chartered Psychologist status, as it demonstrates your commitment to your profession to peers and clients alike.



# CPsychol

## Chartered Psychologist

### Amanda Hall

CPsychol AFBPsS

Consultant Counselling Psychologist,  
Abertawe Bro Morgannwg University  
NHS Trust, Swansea

I work as a consultant counselling psychologist specialising in adult mental health problems at a large NHS Trust. In the Psychological Therapies Service we help patients with a wide variety of problems such as eating disorders and personality disorders using therapies including CBT, psychodynamic psychotherapy and EMDR.

I took the independent route to chartered status, achieving it in 2000, and it really marked the start of my career as a professional psychologist. Chartered Psychologists are certainly highly regarded and valued by other professionals in the health service. I feel that chartered status gives me the professional standing to work as an autonomous professional, and having this standing has allowed me to work to

develop services within my NHS Trust, and to make a significant impact on patient care.

As a Chartered Psychologist I have developed close ties with the Society – notably working to develop counselling psychology as a profession as Chair of the Division of Counselling Psychology Wales. These links have also allowed me to make important contributions to Improving Access to Psychological Therapies policy both in Wales and nationally.

I strongly feel that my Chartered Psychologist status has enabled me to become fully engaged in the ongoing work to progress and develop counselling psychology.



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