

# DECIPHER THE MIND



**PSYCHOLOGY**

POSTGRADUATE COURSES 2020

FOUNDING  
MEMBER OF THE  
**RUSSELL  
GROUP**

# RESEARCH EXCELLENCE

A global top 100 School\*, Psychology at Southampton produces world-leading research that has global impact and tackles some of today's biggest challenges within social, cognitive, educational, clinical and health-related areas. In the most recent Research Excellence Framework (REF 2014) exercise, 100 per cent of our research was rated as internationally excellent or world-leading, for its impact and for the excellent research environment that we provide to staff and students.

Our world-class research covers diverse areas of psychology in our highly valued research centres: Centre for Perception and Cognition, Centre for Innovation in Mental Health, Centre for Research on Self and Identity and the Centre for Clinical and Community Applications of Health Psychology. Across these centres our research expertise includes:

- Narcissism and empathy
- Close relationships
- Interventions for anxiety
- Autism and ADHD
- Eye movements in reading and scene perception
- Multisensory processing in virtual reality
- Sexual health
- Understanding pain

\*QS World University Rankings by Subject 2019/20



1 We have researched ways to make empathy more appealing to narcissists, to reduce the negative impact of this personality trait



3 We are investigating a range of sexual and reproductive health issues to improve sexual health outcomes amongst young people and adults



2 Pioneering research induces symptoms of anxiety through inhalation of CO2, to better understand the mechanisms that underpin anxiety and to assess potential new treatments



4 Our researchers are using virtual reality to analyse the psychological processes underlying vision and touch



- 1 Psychopharmacology laboratory
- 2 Reducing the negative traits of narcissism
- 3 Virtual-reality laboratory
- 4 Improving sexual health outcomes

# TAUGHT PROGRAMMES

## Key facts

Unless otherwise stated

**Entry requirements:** upper second-class degree in psychology, other degrees considered with an approved BPS conversion course. MSc Foundations of Clinical Psychology: requires good grades in statistics, experience of working in a mental health setting desirable; MSc Health Psychology: requires good grades in statistics and preferably SPSS knowledge. See international equivalent qualifications [www.southampton.ac.uk/pg/entry](http://www.southampton.ac.uk/pg/entry)

**English language:** MSc Foundations of Clinical Psychology and MSc Health Psychology: IELTS 7.0, minimum of 6.5 in each component. MSc Research Methods in Psychology: IELTS 6.5, minimum of 6.0 in each component. For more information visit [www.southampton.ac.uk/pg/el](http://www.southampton.ac.uk/pg/el)

**Assessment:** assignments, presentations, exams and dissertation

**Duration:** one year (full-time)

**Start date:** September

**Applying:** University online application form with transcripts, two references and personal statement

**Closing date:** four weeks before the programme start

**Fees and funding:** scholarships and bursaries are available for some of our programmes. Visit [www.southampton.ac.uk/pg/fees](http://www.southampton.ac.uk/pg/fees) for programme-specific details

Our postgraduate courses are accredited by the British Psychological Society and taught by academics at the forefront of their disciplines, who are committed to the highest quality of teaching.

## MSc Foundations of Clinical Psychology

**Programme Director:**  
**Dr Therese Allan**

The MSc Foundations of Clinical Psychology provides students with a broad understanding of the empirical and theoretical foundations of clinical psychology, from experienced clinical psychologists and leaders in the field. This programme also teaches key therapy skills and their application in a multi-cultural setting, and can lead towards a career as a psychologist or a PhD in psychology.

Whilst studying with us you can learn about key topics within Psychology such as: Fundamentals of Clinical Psychology; Fundamentals of Therapeutic Skills; Leadership and Management; Introduction to CBT Theory & Skills; Research Design and Practice plus Dissertation.

## MSc Health Psychology

**Programme Director:**  
**Dr Felicity Bishop**

Human behaviour is a leading cause of physical illness worldwide. Our well-established programme teaches you how psychology can be applied to improve wellbeing, and prevent and manage long-term conditions. Expert lecturers in developing and testing interventions and theory have strong links to local community and clinical settings. Small, hands-on group skills workshops, journal club, and a choice of optional modules enhance your learning. Graduates can progress to further training towards becoming registered, chartered, health psychologists.

Learn about key topics within Psychology: Psychology and the Delivery of Healthcare; Biopsychosocial Aspects of Health; Psychosocial Aspects of Illness and Disability; Applied Research Methods (Qualitative, Quantitative, and Research Design and Practice); Dissertation. Optional modules include: Introduction to CBT; Social and Psychological Approaches to Understanding Sexual Health; Apprenticeship in Health Psychology (similar to a placement)

## MSc Research Methods in Psychology

**Programme Director:**  
**Dr Hayward Godwin**

This programme will equip and motivate you to undertake high-quality research in psychology, providing advanced training and structured support. You will be encouraged to apply newly acquired concepts, methods and skills to address research questions relevant to your particular area of interest. You will become fully immersed in active psychology research programmes, gaining practical, hands-on experience in conducting research.

Learn about key topics within Psychology: Applied Research Methods: Psychological Research Design; Applied Research Methods: Correlational Methods in Psychology; Applied Research Methods: Qualitative Psychology; Applied Research Methods: Group Comparisons; Concepts and Skills; Advanced Statistical Methods; Research Apprenticeship in Psychology; Statistical Programming in R; Dissertation



## Find out more:

[www.southampton.ac.uk/psychologypg](http://www.southampton.ac.uk/psychologypg)

Or to have specific questions answered:

**T:** +44 (0)23 8059 3483

**E:** [enquiry@southampton.ac.uk](mailto:enquiry@southampton.ac.uk)

# CBT TRAINING

## Key facts

Unless otherwise stated

**Entry requirements:** minimum upper second-class degree in psychology or professional equivalent, other degrees considered in conjunction with an approved BPS conversion course. PG Dip Cognitive Behavioural Therapy: for mental health professionals with approved professional training, and at least one year's experience of supervised CBT practice

**English language:** IELTS 7.0, with minimum of 6.5 in each component. For more information visit [www.southampton.ac.uk/pg/el](http://www.southampton.ac.uk/pg/el)

**Assessment:** clinical and academic assignments, including therapy ratings against CTS-R

**Duration:** PG Dip Cognitive Behavioural Therapy for Anxiety and Depression IAPT: one year. PG Dip Cognitive Behavioural Therapy (Level 1): usually one to two years, must be completed in 5 years

**Start date:** October

**Applying:** University online application form with transcripts, two references and personal statement

**Closing date:** July (PG Dip Cognitive Behavioural Therapy for Anxiety and Depression (IAPT) training posts are advertised through NHS jobs, with an earlier closing date)

**Fees and funding:** scholarships and bursaries are available for some of our programmes. Visit [www.southampton.ac.uk/pg/fees](http://www.southampton.ac.uk/pg/fees) for programme-specific details

Our range of flexible cognitive behavioural therapy (CBT) training programmes are suitable for those new to CBT through to experienced clinicians. Our PG Diplomas are accredited by the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

Cognitive behavioural therapy (CBT) is a collaborative and evidence-based psychological treatment that enables us to understand the relationships between our feelings, thinking, behaviours and environment, and the ways in which these can become problematic. CBT aims to reduce distress and improve quality-of-life in line with an individual's goals and aspirations. The National Institute for Health and Care Excellence (NICE) recommends CBT for a range of mental health problems, including depression, anxiety, psychosis and personality presentations.

## PG Dip Cognitive Behavioural Therapy (Level 1)

**Programme Director:**  
**Dr Katherine Newman-Taylor**

This highly flexible BABCP level 1-accredited postgraduate diploma, aims to provide students with a clear understanding of cognitive behavioural concepts, models and methods. You will develop skills in collaborative assessment, formulation and treatment, based on current models of mental health and relevant theoretical and empirical literature.

Most students will work in clinical settings and attend the University at least one day a week, specialising in the areas in which they are most interested and those that will meet the needs of their clinical practice. The diploma has been developed in line with IAPT for anxiety and depression, and severe mental ill-health (SMI).

## PG Dip Cognitive Behavioural Therapy for Anxiety and Depression (IAPT)

**Programme Director:**  
**Dr Sam Gibson**

This BABCP level 2-accredited postgraduate diploma provides training in CBT for mild to moderate anxiety and mild to severe depression in line with national IAPT guidelines. The course is open to high intensity IAPT trainees and others who wish to develop these specialist skills. Most students will work in a high-intensity IAPT service and attend the University at least two days a week.

Modules focus on key topics such as: Fundamentals of CBT; CBT for anxiety and depression; Problem specific interventions for people with SMI; CBT for long-term conditions and medically unexplained symptoms.

## Standalone modules

**Module Director:**  
**Richard Mutimer**

Our new module 'Introduction to CBT Informed Clinical Practice' is designed for those working clinically, for example as a mental health practitioner, with little CBT knowledge and skills. You will learn introductory level CBT-based assessment, formulation and intervention skills to apply in your routine clinical practice. Some use this module as a basis for more advanced training such as the PG Dip Cognitive Behavioural Therapy.



## Find out more:

[www.southampton.ac.uk/psychologypg](http://www.southampton.ac.uk/psychologypg)

Or to have specific questions answered:

**T:** +44 (0)23 8059 5108

**E:** [cbtadmin@southampton.ac.uk](mailto:cbtadmin@southampton.ac.uk)



# RESEARCH PROGRAMMES

## Key facts

Unless otherwise stated

**Entry requirements:** PhD Psychology: Minimum upper second-class degree or equivalent for 1+3 programme; for +3 programme, a merit or distinction in a relevant postgraduate degree plus interview. Doctorate in Clinical Psychology: also requires relevant work experience. Doctorate in Educational Psychology: also requires relevant work experience (at least one to two years) and is not currently open to international applicants

**English language:** PhD Psychology: IELTS 6.5, with minimum of 6.0 in each component. Doctorate in Clinical Psychology and Doctorate in Educational Psychology: IELTS 7.0, with minimum of 6.5 in each component

**Duration:** PhD Psychology: three to four years (full time); up to seven years (part time). Doctorate in Clinical Psychology and Doctorate in Educational Psychology: three years (full time)

**Start date:** September

**Applying:** PhD Psychology: University application, research proposal. Doctorate in Clinical Psychology: apply through CHPCCP ([www.leeds.ac.uk/chpcp](http://www.leeds.ac.uk/chpcp)). Doctorate in Educational Psychology: apply through AEP ([www.aep.org.uk/training](http://www.aep.org.uk/training))

**Closing date:** none, but studentship deadlines may vary. Visit clearing house links above for professional doctorate application deadlines

**Fees and funding:** visit [www.southampton.ac.uk/pg/fees](http://www.southampton.ac.uk/pg/fees). Funding may also be available from the South Coast Doctoral Training Partnership: [www.southcoastdtp.ac.uk](http://www.southcoastdtp.ac.uk) and we welcome self-funded applicants

As one of the foremost research-led psychology centres in the UK you will be part of world-changing research as it happens, in a stimulating and supportive community for postgraduate research.

## PhD Psychology

**Programme Director:**  
**Professor Tim Wildschut**

This programme offers the opportunity to engage in world class research across all areas of psychology. You will research in a stimulating and supportive environment with state-of-the-art research facilities and with academics who have an international reputation for research excellence.

You will join one of our four research centres: Centre for Perception and Cognition; Centre for Innovation in Mental Health; Centre for Research on Self and Identity; Centre for Clinical and Community Applications of Health Psychology.

## Doctorate in Clinical Psychology

**Programme Director:**  
**Professor Lusía Stopa**

This three-year programme involves a mix of taught and research activities, and will explore theoretical and empirical approaches to clinical psychology and how to apply these to psychological problems. You will develop skills as an applied psychologist and scientist practitioner across multidisciplinary healthcare settings.

On this course you will study modules in clinical psychology and research methods, including practitioner modules which provide NHS experience in clinical services. You will also undertake a small-scale research project and a research thesis.

On successful completion students are eligible to apply for registration with the Health and Care Professions Council (HCPC) in order to use the protected title 'Clinical Psychologist', and to apply to become a Chartered Psychologist (CPsychol), with the British Psychological Society (BPS).

Students on this programme are also currently salaried employees of the NHS.

## Doctorate in Educational Psychology

**Programme Director:**  
**Dr Sarah Wright**

This three-year Doctorate in Educational Psychology prepares you to become an educational psychologist and is approved by the Health and Care Professions Council (HCPC) and accredited by the British Psychological Society (BPS). Educational psychologists work at a variety of levels to address the developmental and educational issues presented by children and young people in a range of settings.

The course involves a mix of taught, placement and research activities, through which you will explore the theoretical, practical and empirical approaches to educational psychology. You will develop skills as an applied psychologist and scientist practitioner across a range of educational settings, spending three days a week on placement in Years 2 and 3.

You will receive a bursary for all 3 years.



## Find out more:

[www.southampton.ac.uk/psychologypg](http://www.southampton.ac.uk/psychologypg)

Or to have specific questions answered:

**DClin Psych | T:** +44 (0)23 8059 5320

**DEd Psyc | T:** +44 (0)23 8059 5321

**PhD | T:** +44 (0)23 8059 2527

**E:** [fels-pgr-apply@southampton.ac.uk](mailto:fels-pgr-apply@southampton.ac.uk)

# GLOBAL IMPACT

Psychology's world-class researchers work on projects that have an impact on a range of global issues affecting the lives of people all over the world.

Our work has investigated the psychological functions of nostalgia. We are contributing to global recognition that this emotion is a vital resource for coping with adversity, including in vulnerable populations, such as refugees and people living with dementia.

The Dynamics in Vision and Touch (DyViTo) project looks at how we integrate information received from different senses to interact with our environment to perform everyday tasks. This multi-disciplinary research involves nine institutions across five European countries, to discover how we can develop future immersive virtual environments for a range of sectors from gaming and shopping to remote surgery.

Whilst carrying out research that has global impact, our academics also ensure that they provide our postgraduate students with the tools and experience to meet global challenges. For example, on our MSc in Foundations of Clinical Psychology, students learn key skills required to become a clinical psychologist in a multi-cultural setting, with a focus on international applications.

## WE ARE:



Examining eye-movements during reading across many different languages to better understand the language processing behind skilled and impaired reading

Tracking the progress of Romanian adoptees to understand the long-term impact of severe institutional deprivation

Alleviating chronic pain to help improve treatment outcomes for patients



Exploring psychophysiological responses such as heart rate, skin conductance, respiration rate, and facial muscles to examine a range of emotions

## HOW DO I APPLY?

Before applying for postgraduate taught study, you should:

- check you meet the entry requirements
- if applicable, ensure that you meet any special requirements for international students
- identify how you will fund your postgraduate study
- obtain supporting documentation to include as part of your application

## APPLY NOW

Apply to Southampton for postgraduate taught degrees and for more information on PhD opportunities and CBT training



**Find out more:**

[www.southampton.ac.uk/pg](http://www.southampton.ac.uk/pg)

# CHOOSE SOUTHAMPTON



**Top 100**  
global university\*



**Top 20**  
UK university\*\*



**Top 10**  
in the UK for  
research intensity\*\*\*



**100%**  
of our psychology research  
is rated world leading or  
internationally excellent\*\*\*



**4 world-class**  
research centres



**cutting edge**  
facilities and resources to  
support your studies

\*QS World University Rankings, 2019 \*\* Complete University Guide, 2020 \*\*\* Latest REF, 2014



“Coming here from my home in Sri Lanka has been one of the best decisions I’ve ever made in my life. Southampton has a magical power of making a new environment feel cosier than my own home.”

**Lasara Kariyawasam**  
PhD Psychology, second year

Our brand new student ‘Hub’ offers a relaxed space to study and socialise



## Find out more:

[www.southampton.ac.uk/psychology](http://www.southampton.ac.uk/psychology)

UK enquiries:

[enquiry@southampton.ac.uk](mailto:enquiry@southampton.ac.uk)

+44 (0)23 8059 9699

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