Dear Admissions Committee,

I am writing to you to express my keen interest in pursuing a master’s degree in forensic mental health. As someone who is deeply passionate about mental health, dedicated to making a meaningful impact in this field, and has a deep fascination for the complex intersection between mental health and the legal system, I believe that this program will equip me with the necessary knowledge and skills to contribute to the understanding and treatment of troubled individuals who are struggling with mental health.

Forensic mental health is a dynamic field that combines my passion for psychology with a profound interest in the criminal justice system. I am drawn to the challenges and complexities associated with understanding the psychological aspects of criminal behaviour, assessing and treating mental disorders in forensic populations, and working within legal frameworks to promote rehabilitation and community safety.

During my undergraduate studies, I took courses that provided me with a solid foundation in clinical psychology and forensic psychology. These courses not only sharpened my analytical and critical thinking skills, but also deepened my understanding of the intricate factors influencing criminal behaviour and mental disorders. During my first and final years at university, I completed two modules in Forensic Psychology which allowed me to appreciate how complex the causes and consequences of criminal behaviour are. Some aspects of the module that particularly interested (and frustrated) me were learning about how mental illnesses affect offending, the frequency of re-offending, and the shortcomings within rehabilitative services that often lead to it. Since completing my bachelor’s degree in clinical psychology, I have been determined to further develop my knowledge of human behaviour and motivation and was excited to discover your Forensic Mental Health program as I believe it will help me to make a real impact within the criminal justice system.

Beyond my academic pursuits, I was lucky to have gained a highly sought after placement where I had the opportunity to support and guide students through various personal and academic challenges. Between September 2021 and June 2022, I worked with students between the ages of 11 and 19 who struggled with various problems such as bullying, stress management, eating disorders, depression, anxiety, OCD, ASD, and cyclothymia. My primary responsibility was to create a safe and confidential space where the students could express their concerns, seek guidance, or even just escape their chaos for a little while. I actively engaged with students on an individual basis and in group settings, conducting counselling sessions to address their emotional, social, and educational needs.

Throughout my placement year, I developed several essential skills. Active listening and empathy allowed me to truly understand the unique experiences and emotions of each student. I honed my ability to provide guidance and support tailored to individual needs, fostering personal growth and resilience. The key aspects of my role were collaboration and crisis intervention. I worked closely with the pastoral team and other staff members to address student concerns, ensure that appropriate support mechanisms were in place to enhance students’ overall wellbeing, and to implement preventative programs that promoted mental health awareness among students.

I believe that this program will help in enhancing my skills and help me contribute to the improvement of mental health outcomes involved with the criminal justice system. I am ready to embrace the challenges and rewards that come with this journey, and I am excited about the possibility of joining this program. Thank you for considering my application.