





## CAPA LONDON SAMPLE INTERNSHIP LIST PSYCHOLOGY


### INDUSTRY DESCRIPTION

Students seeking placements within Psychology should have excellent interpersonal and communication skills. Individuals should be able to demonstrate relevant coursework or extra-curricular work experience in their application. Placements can vary from research to clinical; however, interns are likely to start out in an observational capacity and may be given more independent responsibility as the placement progresses, depending on the skills and experience demonstrated. UK laws and legislations will limit opportunities to conduct client counselling to those individuals who have already achieved industry required qualifications.

### EXAMPLES OF PAST PLACEMENTS

Please note that the following sites are a brief cross-section of current CAPA internship host sites and should not be considered as a guaranteed location for your placement. All internship & service learning placements will be dependent upon each individual applicant's application documents, prior experiences, demonstrated skills and their aspirations and goals.

<p style="text-align: center;"><b>Centre for Brain &amp; Cognitive Development</b></p> 	<p>The Centre for Brain and Cognitive Development (CBCD) was founded at Birkbeck, University of London, in 1998 under the leadership of Professor Mark Johnson. It has grown steadily and is now internationally recognized as one of the leading centers of its kind. It receives significant financial support for its activities from many of the major funding bodies for research in the UK, most notably the Medical Research Council.</p>
<p style="text-align: center;"><b>Marisa Peer</b></p> 	<p>Marisa Peer is a world-renowned speaker, hypnotherapy trainer and best-selling author. She has nearly three decades of experience as a therapist and has been named Best British Therapist by Men's Health magazine and featured in Tatler's Guide to Britain's 250 Best Doctors. Marisa uses her experience of treating clients including rock stars, CEOs, elite Olympic athletes, royalty and Oscar-winning actors to inform her life-changing speeches and lectures.</p>
<p style="text-align: center;"><b>Red Balloon</b></p> 	<p>Red Balloon Centres provide young people, who are missing from education because they are bullied, with a safe environment in which to learn and recover from their experience. They receive an individually designed, full-time, academic, pastoral and therapeutic programme. The aim of the Learner Centre is the recovery of bullied children. The means by which this is done is by enhancing students' self-esteem, encouraging them to make decisions and gradually take control of their own learning to build their self-confidence, helping them understand themselves and others.</p>

<p style="text-align: center;"><b>The Wellbeing Co</b></p> 	<p>The Wellbeing Co is a Voluntary Sector Wellbeing organisation based in North Enfield. The main passion is to promote positive mental health and wellbeing in a warm and very friendly community-based setting with experienced clinicians, volunteers and befrienders. We offer an exciting range of groups, courses and 1:1 Therapy for people with emerging and common mental health issues (stress, anxiety and depression) and people with more severe and enduring mental health conditions.</p>
<p style="text-align: center;"><b>Youth Offending Service (Kensington &amp; Chelsea, Westminster, Hammersmith &amp; Newham)</b></p>	<p>The main purpose of the Youth Offending Services is to reduce offending by children and young people. The statutory part of the service works with children and young people aged from 10 to 18 years, who come to the attention of the police and courts because they have been involved in crime. The preventative part of the service aims to stop young people offending and becoming involved in the criminal justice system. The service provides a range of services to help and support young people, and their families, to try to stop them from becoming any further involved in crime and anti-social behaviour.</p>

### POTENTIAL PROJECT OPPORTUNITIES

Project opportunities will be dependent upon the current needs within the organisation and the demonstrated skills and abilities shown by each intern. It is imperative to remember that project opportunities will develop over time and throughout internship placements. Projects may include but are not limited to:

<b>Classroom Assistance</b>	<b>Interpreting Experimental Results</b>
<b>Code Behavioural Data</b>	<b>Mentoring &amp; Support</b>
<b>Collate &amp; Analyse Data</b>	<b>Office Administration</b>
<b>Conduct Behavioural Experiments</b>	<b>Social Media Development</b>
<b>Direct Patient Interaction</b>	<b>Volunteer Coordination</b>

### TRANSFERABLE SKILLS

It is essential to maximise every opportunity within the internship placements. If tasks and duties are approached in a professional manner, interns can take away additional skills and abilities that will be of benefit to their personal and professional development. Transferable skills sets include but are not limited to:

<b>Analysis</b>	<b>Planning &amp; Organisation</b>
<b>Community Engagement</b>	<b>Presenting &amp; Reporting</b>
<b>Effective Communication</b>	<b>Problem Solving</b>
<b>Interpersonal Skills</b>	<b>Research Methods</b>
<b>Mentoring &amp; Support</b>	<b>Teamwork</b>
<b>Networking</b>	<b>Time Management</b>

## **PERSONAL PROFESSIONAL DEVELOPMENT**

Through their internship and extra-curricular activities, we work to help students develop the following skills:

1. **Networking:** The ability to intentionally and purposefully connect and interact with others in order to develop professional and social relationships.
2. **Communications:** The ability to receive, interpret and articulate information and ideas effectively.
3. **Remote Collaboration:** The ability to utilise IT resources to connect virtually with others and achieve collective goals and objectives.
4. **Global Perspective:** To develop skills required to live and work in an interdependent world through forming an understanding of connections between one's own life and those of people across the globe.
5. **Cultural Awareness:** To develop an understanding of oneself, others and to embrace and appreciate diverse and complex perspectives, values and beliefs.
6. **Organisation, Time Managements and Prioritisation Skills:** The ability to achieve identified outcomes by using your time, energy and resources in an effective and productive manner.
7. **Problem Solving:** The ability to find solutions to difficult or complex issues and to manage moments of uncertainty or ambiguity.
8. **Adaptable:** The ability to adjust oneself readily to different conditions and environments.
9. **Goal Setting:** The ability to identify, form and implement actions that will guide you towards predetermined aims and objectives.
10. **Career Based or Vocational Skills:** The development of specific knowledge or abilities related to an occupation.