

# Psychology

## >>What is Psychology?

Psychologists are experts in human behaviour. Most psychologists help mentally healthy people to find ways of functioning better. For example, they train people to handle stress and family problems. Psychological therapies are also widely used by groups and organisations. Psychologists help people in areas such as marital, family and relationship problems, stress or pain, fears, phobias, anxiety and panic attacks, depression, loss and grief, sexual difficulties, sleeping difficulties, eating and weight control problems, children's learning, behaviour and management problems, addictions, making good relationships better, becoming better parents and teachers, personal growth, career planning, improving workplaces, enhancing sports performance, training and developing staff, employment selection, reviewing organisational structure and practices, industrial relations and occupational health and safety, and studying consumer needs. (Adapted from Australian Psychological Society website.)

## How and where do these professionals work in Tasmania? Where do these professionals work in Tasmania?

Psychologists in Tasmania work in private practice and non-government and government services settings, which include:

- Public and private health services
- Schools
- Welfare agencies
- Industry
- Sports centres
- Justice.

## How do these professionals work in DHHS?

DHHS employs Clinical, Forensic, Educational and Developmental and Neuropsychologists in Mental Health, Forensic Mental Health, Alcohol and Drug, Disability, Youth Justice, Child and Family and Community Rehabilitation Services as well as in public hospitals.

## What qualifications and regulations are required to practice?

Psychologists must be registered to practice in Tasmania according to the *Psychologists Registration Act 2000*. To apply for full registration a person must have at least 2 years' experience in the practice of psychology that is satisfactory to the Psychologists Registration Board, and (a) a qualification that is approved by a prescribed national psychologists body or forum; or (b) passed a qualifying examination in psychology held by that prescribed national psychologists body or forum. (From the *Psychologists Registration Act 2000*.)

The standard qualifying examination currently prescribed by the national psychologists body, the Australian Psychological Society, is a Master of Psychology degree.

The Australian Psychological Society (APS) is the national assessing authority for overseas trained psychologists

## Useful links

Psychologists Registration Board of Tasmania [www.regboardstas.com/psychologists/registration.htm](http://www.regboardstas.com/psychologists/registration.htm)

Australian Psychological Society  
[www.psychology.org.au](http://www.psychology.org.au)