

# Sport Psychologist in Training; what's in a name?

The term Sport Psychologist has been protected in law since 2012. This means that anyone using the term sport psychologist has to be chartered by the British Psychological Society (BPS) and Health and Care Professions Council (HCPC). This is to ensure quality and safety to practice whilst keeping the profession credible. It is similar to the process that all chartered professionals go through for example doctors, accountants and physiotherapists. The 'in training' is given to those members of the BPS that are going through the process of becoming a Sport Psychologist. This process is detailed below.

A-Levels in Psychology and Sport Science

Two Years

An undergraduate degree in Psychology with 'graduate basis for recognition'

Once completed this allows for the practitioner to gain 'Member of the British Psychological Society' status, designation MBPsS.

Three years

BSc (Hons)

A Post-Graduate degree in Sport and Exercise Psychology at an accredited university

Once completed this allows for a practitioner to continue training as a Sport Psychologist.

One Year

MSc

Supervised Practice under the guidance of an experienced colleague

The practitioner must use the title 'Sport Psychologist in Training' or some derivative.

Portfolio submissions every six months to establish if the practitioner is working within boundaries, safely, effectively, within research and developing necessary skills, these are assessed by two experienced colleagues. The practitioner must have public liability insurance and CRB checks. In addition to this I have vulnerable child and adult training and first aid training.

Once completed practitioner can use designation CPsychol and register with the HCPC. (Due to finish in Oct 2014)

Two Years

CPsychol

HCPC Registration

Chartered Sport and Exercise Psychologist