

Case studies

We're all interested in what makes people tick, how they think, act and interact with others. That's why studying undergraduate Psychology – the science of human behaviour – is interesting in its own right.

Studying a degree in Psychology will enable you to develop a wide range of sought after transferable skills. The knowledge and skills gained allows you to take advantage of a variety of job opportunities in areas such as education, human resources, commercial industry, management, advertising and marketing, research, the health professions, counselling and social services. (Some of these require further professional and/or specialised training). Here are some case studies from OU Psychology graduates which demonstrates the value of OU study, both in enabling a career change and the opportunity to become a professional psychologist.

It was the year 2000 when I very proudly received my Open University BSc (Hons) Psych at the Birmingham Symphony Hall. This was the springboard into the career that I really wanted and led me into an MSc and Post Masters qualification for Chartership, working as an Associate Psychologist and researcher with a local university before setting up a private practice. It is now five years since I provided my case study for the OU, how the time really does fly. Throughout my studies and professional practice, my deep regard for the OU and pride at having been a part of such an academy has never waned. Indeed, I believe that in the current climate the OU is needed more than ever.

My private practice: MY Counselling & Psychology Services has been running for 8 years now. A strong network of providers and colleagues has developed during this time, which helps greatly in terms of support and practically in coping with the waiting list that I have to manage. I have been involved with bringing together a group of professional, highly trained and experienced mind and body therapists at a holistic centre in Essex and this has become a thriving and busy community.

In 2010 I decided to undertake a Professional Doctorate in which I am exploring the cultivation and integration of self-compassion into personal and professional practice. One of my supervisors recently reminded me about the work of Mead and I found myself diving into my OU course books – which I won't part with – it was a happy reunion.

I have also trained as a teacher in Mindfulness Based Stress Reduction and Mindful Self-compassion, which has deeply enriched how I work and what I can offer to my clients. My work and continuing education has taken me all over the UK, Europe and in November 2014 to Boston in the US to present the initial stages of my Doctoral research.

Self-care is central to being able to do my job and keeping well and so I make sure that this

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