

Experiences of Trainee Clinical Psychologists at QUB



**QUEEN'S
UNIVERSITY
BELFAST**

What we
thought training
would be like...



2023: Final year



2021: started training



The reality...



Excitement

Supportive

"There is still so much I don't know!"

CONFIDENCE

2023: still learning, with a mix of highs and lows!

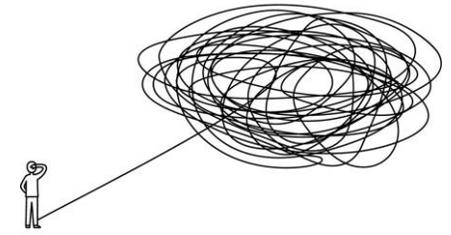
2021: started training

Imposter syndrome

Anxiety & uncertainty

Life challenges

Reflections on 'the lows'



- It can feel overwhelming at times
 - You wear a lot of 'hats' as a trainee, and it can be difficult to juggle the different demands
 - The course take feedback on board and have made adjustments to academic assignments to make the course more manageable
 - You can lean on the support of your peers, research team, placement supervisors etc
 - Good is good enough! (Combatting Imposter Syndrome)
- Work-life balance might be impacted
 - Maintain your boundaries (i.e., do not let the course consume your life)
 - Prioritise your own wellbeing and have hobbies outside of the course

Reflections on ‘the highs’



- Your peers might be the best support around you
 - The course is unique, but your cohort gets it!
- The variety of each week keeps things interesting
 - With a mix of placement, teaching sessions, study days for research
- There is a good level of support to build on your research skills and knowledge and to guide you with your thesis
- It's a privilege to meet inspiring clients, to learn new approaches which align with your values, and to work with some supervisors and lecturers who encourage and nurture you
- There are lots of opportunities for reflective practice (via supervision, personal awareness groups, lectures) to support both personal and professional growth
- You gain a wide range of experiences within a variety of settings