

Hello,

I am a provisional psychologist in my final year of the 4+2 program. I am originally from the UK and completed my Honours degree in Scotland. In the UK when you have finished your Honours degree it is recommended you take one year off to gain some experience before applying for your Masters. I believe the practical experience I have gained during my 4+2 has built my confidence in comparison to having my Honours degree and only completing theory. I believe having practical experience is important before attaining general registration. I also believe organisation is an important part of undertaking an internship program, however it can be time consuming to wait to hear if case reports are satisfactory, if SPPR's have been approved etc.

I have enjoyed my 4+2 program as it has allowed me to merge theory into practice with real clients. I believe there has to be organisation and dedication to undertake this pathway as you are working full time and attaining PD and supervision out of work hours. I believe the 5+1 would be a good option to keep because you also have the opportunity to remain in the role/organisation you are working for. I have been with COPP who I have found to be extremely helpful, I would not have attempted the 4+2 alone.

Kind Regards,

Steph