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BELFAST**



# DClin Open Day 2021

## ...The Trainee Perspective



**Aoife Malone**, Third Year Trainee Clinical Psychologist

**Luke McCann**, Second Year Trainee Clinical Psychologist

# The Trainee Experience at QUB



Teaching



Clinical Placement



Research

# Teaching



TEACHING BLOCK



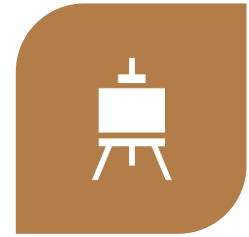
WIDE RANGE OF  
CLASSES



CLASS  
CONTRIBUTORS



LEARNING  
METHODS



COURSEWORK  
AND  
ASSIGNMENTS

# Clinical Placement



- 5 in total
- Range of client groups;
  - Adult mental health
  - Neuro
  - Intellectual disability
  - Child
  - And more...
- Range of presentations
- Working as part of the team

# Research

- Service-Related Projects
  - (Potential AP experiences)
- Large-Scale Research Projects
  - Ownership vs Structure
  - From rusty to experienced researcher
  - Workload
  - You will be kept right!

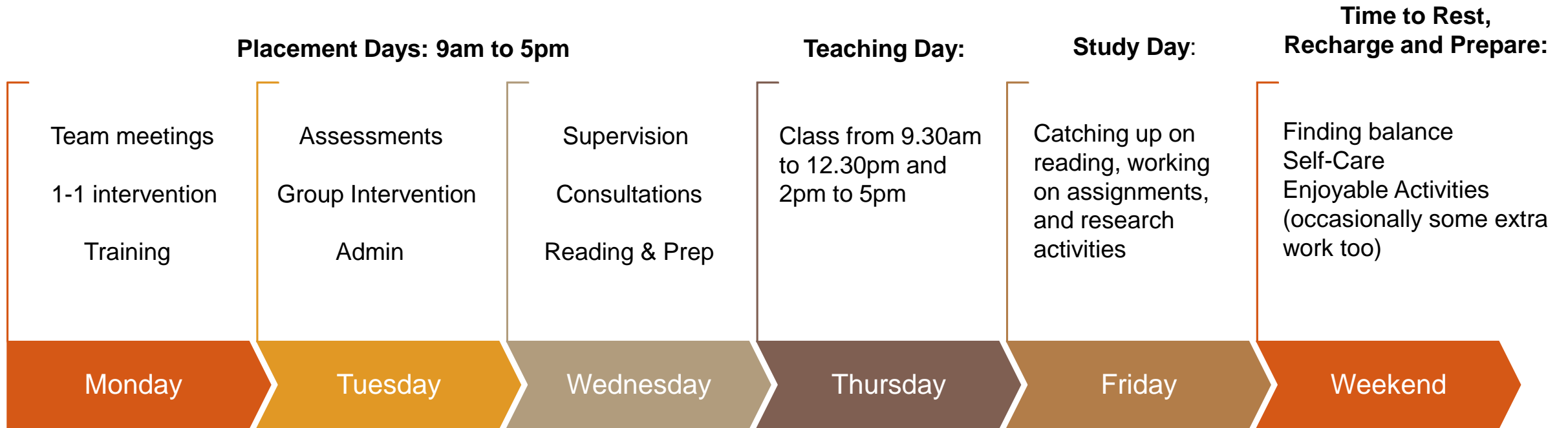


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# A Week in the Life of a QUB Trainee

- No two weeks the same!





## What is it really like?

- Expectations
- 'Good enough'
- Forward planning and organisation (boundaries)
- Self-reflection and growth
- Self care
- Balance!!





## Questions?

- Further information:
  - Follow @QUBPsych on twitter and facebook
  - Make contact with current/past trainees.
  - Read the BPS Alternative Handbook