

How to get the most out of the BAME mentor scheme: Focus on international students

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**Black, Asian
& Minority Ethnic
Mentor Scheme**



UNIVERSITY OF
BATH

WHAT ARE THE VISA REQUIREMENTS FOR THE DCLINPSY IN THE UK?

To apply for the DClInPsy programme in the UK, you will need to obtain the following visa:

- International trainees must obtain a Tier-4 student visa to study.
- You can check if you need a Tier 4 visa via the UK government website <https://www.gov.uk/check-uk-visa>



WHAT IS THE ELIGIBILITY CRITERIA FOR NHS FUNDED PLACE?

There are some restrictions on who can apply for NHS funded places:

- Typically, international students are *not* eligible for any UK government funding or scholarships.
- If you are able to work in the UK without restriction then you may be considered for NHS funded places (e.g., settled status).
- To check if you are eligible for a NHS Bursary visit <https://www.nhsbsa.nhs.uk/nhs-bursary-students>

Faculty: Brain Sciences

Clinical Psychology, DClinPsy (DDYPSYSCLI01)

UK Full-time: £5,720 Part-time: N/A Overseas Full-time: £26,940 Part-time: N/A

Notes:

Overseas students must pay a £2,500 Additional Fee Element (AFE or 'Bench Fee') in addition to the published fee.

CAN I GET FUNDING TO HELP WITH TUITION FEES?

- Typically, international students are *not* eligible for any UK government funding or scholarships.
- It may be worth securing funding for tuition fees *before* applying for any DClInPsy programmes in the UK.
- There may be opportunities for scholarships within your home country (you will need to check this – e.g., if you're funded by an organisation / government agencies).



WHERE CAN I APPLY FOR THE DCLINPSY PROGRAMME AS AN INTERNATIONAL STUDENT?

Here is a list of some institutes that are currently taking on international students (not exhaustive list!). Please check entry requirements *before* applying.

- University College London (UCL)
<https://www.ucl.ac.uk/clinical-psychology-doctorate/international>
- University of Nottingham
<https://www.nottingham.ac.uk/pgstudy/course/research/clinical-psychology-dclinpsy>
- Queen's University (Belfast)
<https://www.qub.ac.uk/courses/postgraduate-taught/clinical-psychology-dclinpsych/>
- The University of Sheffield
<https://www.sheffield.ac.uk/clinicalpsychology/programmes/dclinpsy/international>



WHAT PRE-TRAINING EXPERIENCE CAN I GET?

Here is a list of possible pre-training experiences (not exhaustive list!) you can gain *before* applying for the DClinPsy programme:

- Psychological Wellbeing Practitioner (Improving Access to Psychological Therapies – IAPT)
- Graduate Mental Health worker
- Honorary Assistant Psychologist (unpaid) - NHS
- Assistant Psychologist - NHS
- Research Assistant
- Health Care Assistant
- Youth worker
- Support worker
- Befriender – Voluntary sector
- Social therapist
- Family crisis worker

(Alcock, Gardener & Addai-Davis, 2014)

Rule of thumb:

- Experience should aim to include regular contact with patients
- The equivalent of at least one year of *full-time* relevant experience (may vary by institute)

WHAT RESEARCH EXPERIENCE CAN I GET?

Some institutions require you to gain *research* experience before you can apply for the DClinPsy programme. Here are some options to gain more experience:

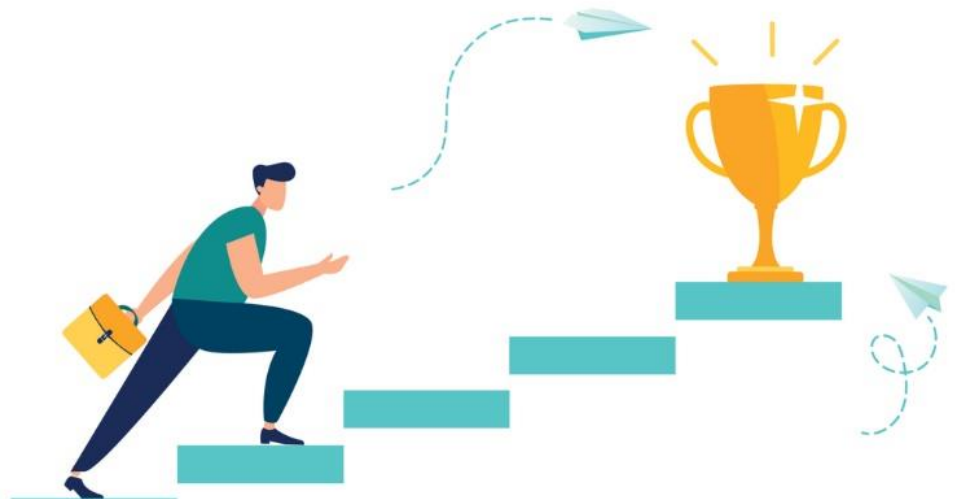
- Undergraduate / MSc placement year
- Service audit/evaluation and development
- Research Assistant
- PhD, MSc or other research posts
- Publications (e.g., in a peer reviewed journal)
- Oral and poster presentations at national conferences
- Projects with dissertation supervisor
- Research Apprenticeship Scheme (RAS)



WHAT CAN I DO TO MAKE THE MOST OUT OF MY MENTORSHIP?

Here are some suggestions (from past mentees):

- Clarify your goals and needs
- Think about what skills / knowledge / experience you need to develop
- Take responsibility to arrange meetings
- Be realistic, honest, and open
- Follow-up on meetings
- Know what works for you
- Create a network



WHAT CAN I GET SUPPORT WITH?

- Learning about opportunities for clinical experience (e.g., PWP, AP roles)
- Finding out if there are research opportunities (e.g., service audit)
- Exploring different pathways to DClInPsy
- Learning more about the UK mental health system (e.g., clinical practice)
- Learning about the *'day-to-day life'* of a trainee mentor / qualified mentor
- Reflective practice
- Help with applications (e.g., job)
- Updating your CV
- Interviews
- Networking



ARE THERE ANY TIPS FOR MENTEES?

- Create a checklist (e.g., identify what experience you need)
- Keep a reflective diary
- Make note of all the contacts you make along the way
- Network (e.g., Twitter, LinkedIn)
- Be professional at all times (your mentors tend to be part of larger clinical networks)
- Seize the opportunity!
- Don't be afraid to ask questions (relevant ones of course!)



WHERE CAN I GET MORE INFORMATION / HELP?

A website has been created by self-funded, international aspiring psychologists who are undertaking doctorate clinical training in the UK.

More information can be found here <https://www.dclinpsy-international.co.uk/>



WHERE CAN I GET MORE INFORMATION / HELP?

Listen to the podcast episode from our former mentee Kyati Patel and her mentor Dr Sabinah Janally on What About Us podcast:

<https://www.whataboutuspodcast.com/post/s2-e2-dr-sabinah-janally-khayti-patel>



The image is a promotional graphic for the podcast 'What About Us?'. It features a teal background with a pattern of white dots and lines. On the left, there are two portrait photos: the top one is of Khayti Patel, a woman with dark hair wearing a dark blue jacket, and the bottom one is of Dr. Sabinah Janally, a woman with long dark hair wearing a green top. The text on the right side of the graphic reads: 'WHAT ABOUT US?' in large, bold, white letters, with a microphone icon integrated into the letter 'O'. Below this, in a yellow box, is the subtitle 'Cultural Awareness in Clinical Psychology'. Underneath that, it says 'THE PODCAST' in bold, italicized white letters. Further down, it lists the guest speakers: 'With Guest Speaker: Dr Sabinah Janally & Khayti Patel' in white, italicized text. At the bottom, it says 'Season 2 / Episode 2' in white, italicized text. In the top left corner, there is a red 'Save' button with a white pin icon. In the top right corner, there is a white circular icon with a black arrow pointing outwards.

*“Remember, this is a journey,
not a sprint”*