Mentoring: Results from the Australian Psychological Society College of Health Psychologists Professional Mentoring Survey

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Survey Need

• A key purpose of APS College of Health Psychologists (CHP) is to provide professional support for Health Psychologists
• Professional mentoring provides opportunities for new practitioners, to be matched with established practitioners, to assist with transition to professional practice
• This project aims to better understand members’ needs, for future support/development opportunities
Process

• Mentoring Survey - Health Psychologists comprising all membership categories and final-year post-graduate Health Psychology students were invited to complete a mentoring survey online.

• Ethics approval - Bond University

• N=52 (Vic, then Qld)

• 80% knew the process for becoming Health Psychology-endorsed, whilst half (56%) knew requirements for CHP membership.
Eligibility

• Associate Members of the College of Health Psychologists or anyone who has completed a post-graduate psychology program (e.g. Masters, Doctorate or Professional Psychology Diploma) within the past 5 years
Demographics

- 87% female; 12% male
- 57% graduated from highest degree within six years, 27% post-grads
- 66% Health Psychology Masters/PhD
- 62.5% employed (FT, PT)
- 75% were CHP members
Primary Work Place

- Hospital setting: 15%
- Community clinic setting: 41%
- University setting: 25%
- Research setting: 10%
- Not for profit organisation: 25%
67% would recommend Health Psychology as a Career
73% interested in a mentoring program

Advice about endorsement requirements, employment and growing a career in health psychology were the most important
Communication Preferences

Which methods of communication would you prefer to use in such a mentoring program?

- Face to Face: 80.0%
- Telephone: 30.0%
- Skype: 40.0%
- Email: 90.0%
- Facebook: 10.0%
Qualitative Aspect

The Need for Mentoring

- There are a limited number of health psychology supervisors so I would appreciate any mentoring opportunities.
- I would like to be a health psychologist but there are so few around and available that it is difficult to identify clear pathways and access supervision.
- Broadening my knowledge base from a more experienced health psychologist is always going to be a valuable experience.
- There is some fear and uncertainty for new graduates regarding the future of the discipline. Having a mentor would assist in providing guidance, feedback regarding professional identity, and networking opportunities, leading to employment.
Qualitative Aspect: The Barriers

Remuneration / Cost

Lack of time with current work and family commitments
Future Program

1. Development of a mentoring platform to support the professional and workforce development needs of Health Psychologists in Australia
2. Tailor other APS CHP services to better meet the needs of recent graduates/early-career Health Psychologists
3. Use of technology to create face to face (teleconference)
Contact

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Questions?