

## **Immersive Experiences Days 1-5**

### **Educational Psychology**

- Discover the realities of working with vulnerable young people and get insider tips from experienced professionals
- Take on the case of a child who is struggling at school and carry out your own assessment
- Take part in a simulated consultation with a parent and develop the key communication skills needed to support the child's learning development
- Use what you've learnt to develop an intervention plan and get feedback from qualified experts

### **Enter the Psych Clinic**

- Learn the key skills and techniques employed by clinical psychologists
- Discover the fundamentals of patient interaction: building trust, establishing rapport and active listening
- Become the psychologist: carry out an initial assessment with a variety of patients and develop bespoke treatment plans
- Explore Cognitive Behavioural Therapy (CBT) and use specialised techniques with your patients

### **Sport Psychology**

- Tour a premier league stadium and walk in the footsteps of world-renowned athletes and sports psychologists
- Understand the key to match-day preparation and recognise the athlete's critical pitfalls
- Undertake a private conversation with a professional athlete about how sports psychology has impacted their performance
- Explore acceptance and commitment therapy (ACT) to enhance player concentration and promote resilience on and off the pitch

### **Forensic Psychology**

- Assess the psychological state of a criminal in a simulated criminal case
- Carry out psychometric assessments on the offender and find out the cognitive and behavioural factors that led to the offence

- Enter the courtroom: take to the stand and testify as an expert witness
- Devise a treatment plan for the convicted criminal: facilitate a prison therapy session and evaluate the prisoner's rehabilitation progress
- Consult with a parole board and make the final decision on whether the prisoner should qualify for early release

### **How to Become a Successful Psychologist**

- Your path to success: understanding the key decisions ahead and how to maximise your chances of success
- Making the right subject choices: A-level/IB/university and beyond
- Building an outstanding university application
- Securing work experience and designing an impactful CV
- Powerful interview techniques
- Coaching from experienced psychologists on how to stand out from the crowd

### **Immersive Experiences Days 6-10**

#### **Enter the Mental Health Ward**

- Explore a simulated in-patient ward used by trainee medical professionals
- Discover pioneering therapy techniques: art, drama and movement therapies
- Work collaboratively with a team of psychologists, nurses and doctors in a multidisciplinary meeting to support your patient
- Work with your medical team to diffuse an alarming situation and ensure the psychological safety of your patients
- Devise a crisis plan with a patient showing schizophrenic symptoms to manage negative emotions

#### **Inside the Nervous System**

- Discover how cognition and behaviour are inextricably linked to brain function
- Become the assessor and facilitate a neurological assessment
- Case study: work alongside clinical neuropsychologists to ascertain the impact of a traumatic brain injury on a patient's everyday function and cognition

#### **Visit Bethlem Royal Hospital**

- Take a private tour of the UK's oldest mental illness hospital
- Gain a unique insight into the history of mental health care and treatment
- Explore a renowned collection of archives, art, and historic objects
- Understand the significance of labelling and diagnosis, freedom and constraint, temperament, treatments and recovery in an ethical debate
- Talk with the anxiety disorder referral unit and hear first hand patient experience

### **The Psychology of Magic**

- Deceiving the mind: uncover the psychological secrets of a magician
- Try your own magic tricks using your knowledge of memory, perception and attention
- Discover how these principles are critical to the work of neuropsychologists and cognitive psychologists
- Cognitive blind spots and memory research: what can magic teach psychologists?

### **Business Psychology**

- Journey to the heart of corporate London and uncover how psychology underpins successful businesses
- CEO or psychopath? Explore different behaviours and personality types found in the workplace and analyse what these mean for getting ahead
- Humanising business: develop thoughtful solutions to social problems using behavioural science
- Design your own behavioural experiment and carry it out with your peers
- Analyse the results before pitching your findings to top business psychologists

### **Networking Event With Top Psychologists**

- Take part in a private networking session with clinical, forensic, educational psychologists, trainees and current psychology students
- Have your burning questions answered by those in the know
- Receive valuable advice from experts in the field

### **Immersive Experiences Days 11-15**

#### **CAREERMAX**

Over the next five days, we will prepare you to outperform others in the race to become a top psychologist. You will be given dedicated coaching on how to become a world-class

medical professional, with training on the most crucial skills that universities and employers are looking for: leadership, teamwork, problem-solving, agility, communication and time management. Expect hands-on, interactive activities led by experts, to help turn you into a confident young professional, right now.

### **Leadership & Teamwork Coaching**

- How you can build a high-performance team
- The most effective styles of leadership you can adopt
- What makes the ultimate team player?
- Inspiring and motivating others
- Leading vs managing

Leadership & Teamwork Challenge: work with your team to try and solve an outbreak of a deadly strain of flu

### **Communication**

- How to communicate effectively in a team environment
- Understanding emotional intelligence and using empathy
- Building strong interpersonal skills
- Influencing others

Communication challenge: use your communication skills to share difficult news with patients in different scenarios

### **Problem-Solving**

- How you should approach problems and solve them decisively
- Analytical skills: identifying and structuring problems
- Creative and lateral thinking
- Effective decision-making
- Implementing solutions, analysing results and making changes

Problem-solving in psychology: work through a series of complex issues to save lives in the aftermath of a natural disaster

### **Agility**

- Developing adaptability and resilience
- Getting over the fear of failure and learning from mistakes

-How to develop a 'growth mindset': using a personal development plan to set effective goals and identifying key areas of improvement to best prepare you for the future

Agility in psychology: immerse yourself in a role-play where you have to bounce back quickly from a very difficult patient situation

### **Time Management Coaching & Reflection**

-How successful people manage time

-The time management quadrant

-Setting goals, prioritising, simplifying and re-evaluating

-The power of hyper-focusing

-Eliminating distractions

-Practising the '4Ds': doing, deferring, delegating and deleting

-Implementing solutions, analysing results and making changes

Time management challenge: see as many patients as you can in 60 minutes – prioritise those who need the most urgent attention