



**CONSCIOUS  
RECOVERY**

Counselling for Humans In Progress

# Psychology Related Career Options

Created by Chantelle Gagachis  
Academic and Counsellor  
Conscious Recovery

# A Quick Disclaimer

This guide is designed for informational and educational purposes only. It provides general guidance on psychology-related career pathways, roles, and professional opportunities in Australia. While every effort has been made to ensure accuracy at the time of publication, job titles, qualification requirements, and organisational details may change over time.

This document does not constitute career, legal, financial, or educational advice, nor does it guarantee employment or professional registration outcomes. Readers are encouraged to verify details independently through official sources such as:

- Australian Psychological Society (APS)
- Psychology Board of Australia (PsyBA)
- Tertiary institutions and vocational education providers
- Relevant government and organisational websites

This guide is not affiliated with, endorsed by, or representative of any of the organisations listed within. Inclusion of an organisation or role is for illustrative purposes only.

By using this guide, readers acknowledge that career development is a personal and evolving process, and professional judgment should be applied when making employment or study decisions.

© 2025 Conscious Recovery. All rights reserved. No part of this document may be reproduced or distributed without written permission from the author.



# Psychologist Pathway (Australia)

To become a registered psychologist with AHPRA, you must complete an APAC-accredited sequence of study and supervised practice.

Following completion of an APAC accredited Bachelor degree in Psychology, or a Graduate Diploma if you have completed a Bachelor in another field, following this you need to complete an APAC accredited fourth year sequence, either and Honours year or a Graduate Diploma (Advanced)

***There are two main pathways:***

## **1. Fifth Year + One Year Supervised Practice (5+1 Pathway)**

*Structure:*

- 5th Year: Graduate Diploma or Master of Professional Psychology.
- +1 Year: Supervised practice under a registered psychologist.

*Key Outcome:*

- General registration with AHPRA after successful completion of the +1 year.

## **2. Fifth and Sixth Year (Master's or Doctorate Pathway)**

*Structure:*

- 2-Year Professional Master's or Doctorate in a specialisation (Clinical, Counselling, Forensic, Health, Organisational, Educational).

*Key Outcome:*

- General registration with AHPRA; eligibility for endorsed practice (e.g., Clinical Psychologist).

***Typical Roles Post-Graduation of either pathway:***

- Registered Psychologist and you can then complete a registrar program in any of the areas of practice endorsement (Clinical, Counselling, Forensic, Organisational, Health, or Educational).



**CONSCIOUS  
RECOVERY**

Counselling for Humans In Progress

# Introduction

This document provides an overview of job opportunities available to psychology undergraduates in Australia, specifically Victoria but you can take the concepts and find the equivalent in your area. Each section lists common job titles, organisations where roles may be found, and provides a brief description. In addition, the document outlines typical skills gained, qualifications/training notes, and possible career pathways.

***Each of the jobs are seperated by a lens that supports a particular presenting issue, or mental health area. Lenses include:***

1. Mental Health and Community Services
2. Crisis and Helpline Support
3. Youth, Schools and Educational Settings
4. Alcohol and Other Drugs (AOD)
5. Justice and Forensic
6. Disability and NDIS
7. Research and Academia
8. Organisational and Corporate Settings
9. Aged Care and Older Adults
10. Health Promotion and Public Health
11. Rehabilitation and Injury Support
12. Policy, Advocacy and NGO Sector
13. Technology and Digital Mental Health
14. Sport and Excerise Mental Health
15. Humanitarian and International Aid Work
16. Community Arts and Creative Therapies
17. Brain and Behaviour

Following this, there are additional resources to support your journey such as self care and training.



# Mental Health and Community Services



**Summary:** Roles focus on supporting clients with daily living, mental health recovery, and connection to services. Work often involves one-on-one support, group activities, and care planning assistance.

**Job Titles:**

- Support Worker (Mental Health, NDIS, Disability)
- Case Manager
- Psychosocial Recovery Coach
- Community Mental Health Worker/ Practitioner

**Organisations:** Mind Australia, Neami National, Wellways, EACH, cohealth, Headspace.

**Skills Gained:** Case management, psychosocial support, recovery-oriented practice, motivational interviewing, advocacy.

**Qualifications/Training Notes:** Police Check, Working With Children Check (WWCC), Mental Health First Aid (MHFA). NDIS modules may be required.

**Career Pathways:** Builds foundations for Clinical or Counselling Psychology, Social Work, and Community Psychology.



# Crisis and Helpline Support

**Summary:** Provide immediate support through phone, chat, or text to individuals in distress or crisis.

**Job Titles:**


- Crisis Support Worker
- Helpline Counsellor (e.g., Lifeline Volunteer)
- Online Peer Support Moderator

**Organisations:** Lifeline, Beyond Blue, Kids Helpline, SANE Australia, Suicide Call Back Service.

**Skills Gained:** Crisis de-escalation, active listening, risk assessment, empathy under pressure.

**Qualifications/Training Notes:** Organisations provide accredited training. Volunteering often required before paid opportunities.

**Career Pathways:** Strong stepping stone to Counselling Psychology, Clinical Psychology, or roles in crisis teams, such as a PACER clinician with Victorian Police.





# Youth, Schools and Educational Settings



**Summary:** Support young people in schools, community programs, or recreational contexts. Focus is on wellbeing, social skills, and engagement.

## **Job Titles:**

- Youth Worker
- School Wellbeing Support Officer
- Learning Support Assistant
- After-School Care Coordinator

**Organisations:** YMCA, Headspace, schools, local councils, Anglicare, Save the Children.

**Skills Gained:** Group facilitation, developmental psychology application, behaviour support, engagement strategies.

**Qualifications/Training Notes:** WWCC required. Youth Work/Child Protection certificates sometimes advantageous.

**Career Pathways:** Pathways into Educational & Developmental Psychology, School Counselling, and Child Protection roles.



# Alcohol and Other Drugs (AOD)

**Summary:** Provide support in residential rehabilitation, harm minimisation, and relapse prevention programs.

**Job Titles:**

- AOD Support Worker
- Rehabilitation Program Assistant
- Peer Support Worker (AOD)

**Organisations:** Odyssey House, Turning Point, Windana, Salvation Army.

**Skills Gained:** Motivational interviewing, relapse prevention, understanding of addiction psychology, harm reduction.

**Qualifications/Training Notes:** Certificate IV in AOD is often highly regarded. Lived experience peer worker pathways exist.

**Career Pathways:** Clinical Psychology with addiction focus, Counselling, Public Health.





# Justice and Forensic Settings

**Summary:** Support offenders or at-risk individuals in rehabilitation, reintegration, and compliance with court or justice orders.

**Job Titles:**

- Youth Justice Worker
- Court Support Officer
- Forensic Disability Support Worker
- Community Corrections Support Roles

**Organisations:** Department of Justice and Community Safety, Jesuit Social Services, YMCA ReBuild, ACSO.

**Skills Gained:** Risk assessment, working with complex behaviours, report writing, conflict management.

**Qualifications/Training Notes:** Background checks required. Some roles prefer Criminology or Justice electives.

**Career Pathways:** Forensic Psychology Masters, Criminology, Justice policy roles.





# Disability and NDIS

**Summary:** Assist clients with daily living, behavioural plans, and community access, similar to the Mental Health exploration, with a focus on disability.

**Job Titles:**


- Disability Support Worker
- Behavioural Support Assistant
- NDIS Support Coordinator
- Psychosocial Recovery Coach
- Local Area Coordinator

**Organisations:** Scope, Aruma, Life Without Barriers, NDIS providers.

**Skills Gained:** Person-centred planning, behavioural intervention, disability inclusion.

**Qualifications/Training Notes:** NDIS Worker Screening, First Aid, Manual Handling.

**Career Pathways:** Pathways into Clinical Psychology, Behavioural Therapy, Occupational Therapy.



# Research and Academic Support



**Summary:** Assist with literature reviews, data collection, tutoring, and supporting research projects.

## Job Titles:

- Research Assistant
- Tutor (Undergraduate Psychology) (Honours Usually Required)
- Student Support Mentor

**Organisations:** Universities, research centres, government research bodies.

**Skills Gained:** Research design, data analysis, academic writing, teaching.

**Qualifications/Training Notes:** Strong academic performance required. Honours is often required.

**Career Pathways:** Research Psychology, PhD pathways, Academic careers.



# Organisational and Corporate Settings

**Summary:** Apply psychology to recruitment, workplace wellbeing, and staff development.

## **Job Titles:**

- HR Assistant
- Organisational Development Intern
- Recruitment Officer (Entry-level)

**Organisations:** Private corporations, government departments, consulting firms.

**Skills Gained:** Recruitment processes, data analysis, employee wellbeing strategies, organisational culture insights.

**Qualifications/Training Notes:** HR or business electives beneficial. Some roles may require psychometric testing certification (postgraduate).

**Career Pathways:** Organisational Psychology Masters, HR, Consulting.





# Aged Care and Older Adults



**Summary:** Support older adults with daily activities, mental health, and wellbeing. Roles may involve dementia-specific care and social engagement programs.

**Job Titles:**

- Aged Care Support Worker
- Dementia Support Worker
- Lifestyle Coordinator
- Activities Officer

**Organisations:** Aged care facilities, dementia programs, community aged care services.

**Skills Gained:** Empathy, communication with older adults, dementia support, program facilitation.

**Qualifications/Training Notes:** First Aid, Manual Handling, Aged Care Certificate III/IV is advantageous.

**Career Pathways:** Geropsychology, Clinical Psychology (older adults), Social Work, Occupational Therapy.



# Health Promotion and Public Health

**Summary:** Deliver and evaluate programs that promote mental health, resilience, and wellbeing in communities.

**Job Titles:**


- Health Promotion Officer
- Community Health Educator
- Program Support Worker

**Organisations:** Local councils, public health NGOs, Department of Health, Cancer Council, Heart Foundation.

**Skills Gained:** Program planning, health education, evaluation, community engagement.

**Qualifications/Training Notes:** Public Health or Health Promotion electives advantageous.

**Career Pathways:** Health Psychology, Community Psychology, Public Health.





# Rehabilitation and Injury Support



**Summary:** Support individuals recovering from injury or illness with vocational, physical, and psychological rehabilitation.

**Job Titles:**

- Rehabilitation Assistant
- Vocational Support Worker
- Return-to-Work Coordinator (entry-level)

**Organisations:** Rehab centres, occupational health services, WorkSafe, NGOs.

**Skills Gained:** Case management, workplace accommodations, vocational support.

**Qualifications/Training Notes:** Basic rehab training desirable. Some roles require First Aid and Manual Handling.

**Career Pathways:** Rehabilitation Counselling, Health Psychology, Organisational Psychology.



# Policy, Advocacy and NGO Sector

**Summary:** Support policy development, advocacy campaigns, and program evaluation in NGOs and government.

**Job Titles:**

- Policy Assistant
- Advocacy Officer
- Program Support Officer
- Research & Evaluation Intern

**Organisations:** Australian Red Cross, Oxfam, Amnesty International, Beyond Blue, government departments.

**Skills Gained:** Policy analysis, advocacy, community engagement, evaluation.

**Qualifications/Training Notes:** Strong research and communication skills essential.

**Career Pathways:** Community Psychology, Policy, Public Health, Research.



# Technology and Digital Mental Health



**Summary:** Support users in online mental health platforms through moderation, facilitation, and peer support.

**Job Titles:**

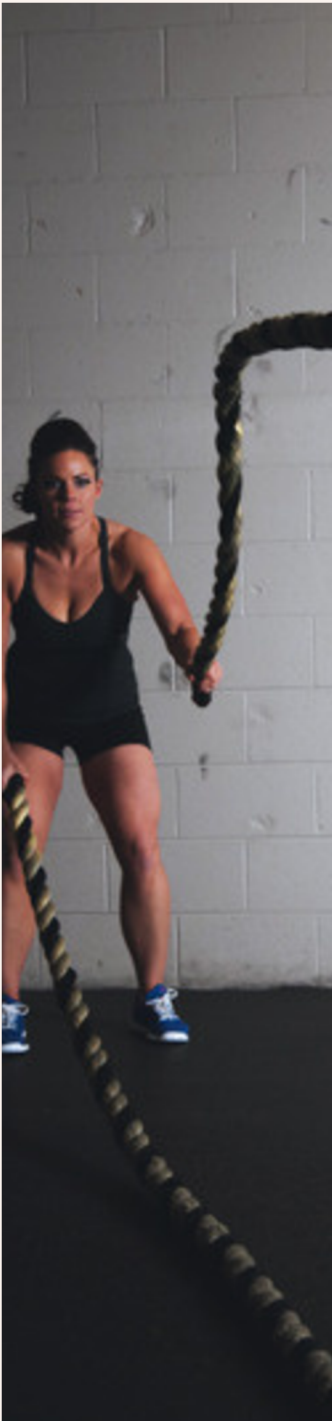
- Digital Mental Health Moderator
- eHealth Program Facilitator
- Online Peer Worker

**Organisations:** Beyond Blue forums, ReachOut, SANE Australia, digital wellbeing start-ups.

**Skills Gained:** Online communication, risk moderation, digital literacy, health tech awareness.

**Qualifications/Training Notes:** Some training provided by organisations. Tech-savviness valued.

**Career Pathways:** Clinical Psychology (digital focus), eHealth research, program development.



# Sport and Exercise Mental Health

**Summary:** Promote wellbeing in sporting environments, deliver workshops on resilience, and support athletes' mental health.

**Job Titles:**

- Sports Wellbeing Officer
- Assistant Coach (with wellbeing focus)
- Youth Sport Program Facilitator

**Organisations:** Local sports clubs, YMCA, community sport initiatives, schools, Outside of the Locker Room (OTLR)

**Skills Gained:** Motivation, resilience training, teamwork facilitation, coaching support.

**Qualifications/Training**      **Notes:** Coaching certificates beneficial. WWCC often required.

**Career Pathways:** Sport and Exercise Psychology, Counselling, Youth Work.



# Humanitarian and International Aid Work



**Summary:** Support vulnerable populations through international or local aid programs.

## **Job Titles:**

- Program Support Officer
- Community Development Assistant
- Volunteer Coordinator

**Organisations:** Red Cross, Save the Children, UN Volunteers, World Vision

**Skills Gained:** Cross-cultural communication, program delivery, resilience, advocacy.

**Qualifications/Training Notes:** International experience or volunteering often required. Language skills can be an asset.

**Career Pathways:** Community Psychology, Trauma-focused Psychology, International Development



# Community Arts/ Creative Therapies

**Summary:** Delivers creative programs to support mental health through music, art, and community participation.

**Job Titles:**

- Arts Program Facilitator,
- Music Therapy Assistant,
- Community Arts Officer.

**Organisations:** Local councils, art therapy programs, hospitals, NGOs such as Artful Dodger Studio or Creative Arts Therapy associations.

**Skills Gained:** Group facilitation, creativity, program planning, therapeutic communication.

**Training/ Qualification Notes:** Creative arts therapy requires postgraduate study; undergrad roles are often support or facilitation-based.

**Career Pathways:** Creative Arts Therapy, Counselling, Community Psychology.





# Brain and Behaviour



**Summary:** Supports neuropsychologists and researchers with cognitive testing, patient rehabilitation, and neurological assessments.

**Job Titles:**

- Neuropsychology Assistant
- Cognitive Tester, Research Technician
- Rehab Assistant.

**Organisations:** Hospitals, rehabilitation centres, aged care facilities, research labs.

**Skills Gained:** Cognitive testing, neuro-assessment, patient observation, data entry, interdisciplinary teamwork.

**Training/Qualification Notes:** Some roles require psychology undergrad with neuroscience or cognitive psychology electives.

**Career Pathways:** Clinical Neuropsychology Masters, Cognitive Neuroscience Research, Rehabilitation Psychology.

# Wellbeing & Ethics: Self-Care and Burnout Prevention

Working in psychology and related helping professions can be deeply rewarding and emotionally demanding at the same time. Self care is an important part of working in this profession, to support ourselves and to be as effective as possible as practitioners.

## Why Self-Care Matters

- Prevents burnout, compassion fatigue, and secondary trauma.
- Improves professional effectiveness, empathy, and decision-making.
- Supports ethical practice by ensuring practitioners remain grounded and clear-headed.

## Core Self-Care Strategies

### 1. Boundaries

- Set clear limits between work, study, and personal life.
- Learn to say no to tasks or commitments that exceed your capacity (“No” is a complete sentence!)

### 2. Emotional Check-Ins

- Regularly assess your emotional state: journaling, mindfulness, or debriefing with peers.
- Recognise early signs of stress, exhaustion, or emotional overload.

### 3. Physical Wellbeing

- Sleep, nutrition, and exercise are foundational for resilience, and ensure to design this in a way that suits you best.

### 4. Professional Support

- Seek supervision, mentoring, or peer consultation regularly, not just when there is a difficult case.
- Participate in professional development and reflective practice groups.

### 5. Social & Recreational Engagement

- Maintain hobbies, friendships, and community involvement outside work.

### 6. Mindfulness & Stress Management

- Hopefully, you’ve picked up a few of these on your journey in studying psychology, but there’s a few below that can be helpful too!
- Techniques: meditation, breathing exercises, progressive muscle relaxation.



# Resources - Free or Low Cost Training

## 1. **Mental Health Professional Online Development (MHPD)**

- Overview: A government-funded platform offering over 100 hours of evidence-based training across 70+ topics, including recovery, cultural awareness, and eating disorders.
- Features: Self-paced modules, micro-learning, self-assessment tools, and CPD tracking.
- Ideal For: Health professionals seeking flexible, accredited learning.
- Access: [mhpod.gov.au](http://mhpod.gov.au)

## 2. **Mental Health First Aid Australia (MHFA)**

- Overview: Provides accredited training to help individuals recognize and respond to mental health crises.
- Offerings: Courses for workplaces, schools, communities, and tertiary institutions.
- Access: [mhfa.com.au](http://mhfa.com.au)

## 3. **Stay Afloat – Free Mental Health Training**

- Overview: Provides free mental health training nationwide, focusing on starting conversations and providing support to those in need.
- Access: [stayafloat.com.au](http://stayafloat.com.au)

## 4. **Black Dog Institute – Training for Health Professionals**

- Overview: Delivers evidence-informed workshops and resources to enhance the mental health skills of Australian health professionals.
- Access: [blackdoginstitute.org.au/education-services/health-professionals/](http://blackdoginstitute.org.au/education-services/health-professionals/)

## 5. **Headspace – Online Training for Health Professionals**

- Overview: Offers accredited modules on youth mental health.
- Access: [headspace.org.au/professionals-and-educators/health-professionals/online-training/](http://headspace.org.au/professionals-and-educators/health-professionals/online-training/)

# Accreditation Bodies

## **Psychology Board of Australia (PsyBA)**

Regulatory body for registration of psychologists, provisional psychologists, and supervision requirements.

[psychologyboard.gov.au](http://psychologyboard.gov.au)

## **Australian Health Practitioner Regulation Agency (AHPRA)**

Oversees health practitioner registration, including psychologists.

[ahpra.gov.au](http://ahpra.gov.au)

## **Australian Psychological Society (APS)**

Professional association providing guidance on accreditation, ethics, and continuing professional development.

[psychology.org.au](http://psychology.org.au)

## **PACFA / ACA**

Accrediting bodies for counselling and psychotherapy training programs (non-AHPRA pathways).

[pacfa.org.au](http://pacfa.org.au) / [theaca.net.au](http://theaca.net.au)

## **APAC (Australian Psychology Accreditation Council)**

Accredits psychology undergraduate and postgraduate programs in Australia, and has a course finder for all sequences.

[apac.au](http://apac.au)



**CONSCIOUS  
RECOVERY**  
Counselling for Humans In Progress