

# Psychologists

A guide for newcomers to British Columbia



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## Contents

1. Working as a Psychologists, NOC 4151 .....	2
2. Skills, Education, and Experience.....	6
3. Finding Jobs .....	8
4. Applying for a Job .....	12
5. Getting Help from Industry Sources .....	13

## 1. Working as a Psychologists, NOC 4151

### *Job Description*

Many psychologists work directly with clients or patients but the field of psychology is extremely broad.

Working as a Psychologist you will perform some or all of the following duties:

- Assess clients' psychological needs
- Provide treatment through individual counselling, group therapy or other techniques
- Take notes, and maintain records and files
- Use standard psychological tests for assessment
- Plan intervention programs and conduct program evaluation
- Some teach, conduct research and perform experiments
- May specialize in counselling, clinical, or another area of psychology
- Deliver presentations at conferences, workshops or symposia
- Provide consultation services to government and other organizations.

Most psychologists specialize in particular sub-fields such as: behavioural psychology, child psychology, cognitive psychology, developmental psychology, industrial psychology, neuropsychology, or sports psychology.

Sources:

NOC, <http://www5.hrsdc.gc.ca/NOC/English/NOC/2011/QuickSearch.aspx?val65=4151>

And

*Career Cruising* database (Profiles for Psychologist and Industrial-Organizational Psychologist).

Available from the VPL Digital Library:

<http://www.vpl.ca/digital-library/career-cruising>

## *Industry Overview*

There is growing demand for Psychologists in British Columbia. The highest demand is in neuropsychology and forensic psychology. However, there are few permanent full-time positions. You may be offered contracts for set periods of time or combine various part-time positions, for example, between public institutions, private practice and teaching.

As a Doctoral graduate interested in research you are more competitive if you have extensive training in quantitative research methods and a computer science background.

Employment is concentrated in the Lower Mainland and Vancouver Island regions, where the population density is highest but northern B.C. also requires more practitioners.

Sources: WorkBC Career Profiles <http://www.workbc.ca/Careers/> [search 4151]

## *Job Outlook in BC*



Chart from WorkBC

The **Employment Outlook for BC** provides job openings projections for Psychologists within BC regions:

<b>Region</b>	<b>2010 Estimated Employment</b>	<b>2015 Estimated Employment</b>	<b>Avgas Annual % Change, 5 Yrs, 2010 to 2015</b>
Vancouver Island	310	340	1.9%
Lower Mainland / Southwest	1,400	1,530	1.8%
Thompson-Okanagan	160	170	1.6%
Kootenay	40	40	2.9%
Cariboo	50	60	2.8%
North Coast & Nechako	30	30	2.3%
Northeast	20	20	3.4%

Source: Regional Employment Projections, BC Stats. Projections for development regions.  
<http://www.bcstats.gov.bc.ca/StatisticsBySubject/LabourIncome/EmploymentUnemployment/RegionalEmploymentProjections.aspx> [accessed October 2014]

### ***Types of Employers***

Psychologists work in many settings including:

- Private or public clinics,
- Correctional facilities
- Hospitals
- Mental health facilities
- Rehabilitation centres
- Community service organizations
- Businesses
- Schools and universities
- Government and private research agencies

## **Salary**

In BC the average annual salary for psychologists is between \$66,000 and \$95,000 a year. By mid-career psychology professors often make between \$60,000 and \$110,000 a year.

Full-time, salaried psychologists usually receive benefits in addition to their salaries. Benefits generally include paid vacation time, paid sick leave, and dental and additional health insurance.

Source: WorkBC

Job Bank Canada provides hourly wages for Psychologists in BC regions:

Location	Wage (\$/hr)		
	Low	Median	High
<b>British Columbia</b>	12.83	33.86	60.73
<a href="#">Lower Mainland - Southwest Region</a>	11.40	31.79	59.62
<a href="#">Vancouver Island and Coast Region</a>	14.66	36.72	59.60

Source: Job Bank, Canada <http://www.jobbank.gc.ca/>

## **Working Hours**

Typical working hours depend on the specific job and level of responsibility. Some psychologists have a standard 40-hour week; others may work more.

Psychologists working in private practice or in clinical, school or counselling psychology tend to set their own office hours. They often work evening hours to accommodate client schedules

Those employed in institutions, such as correctional facilities, hospitals and other health facilities, may be required to work evenings and weekends on an as-needed basis. Psychologists employed by academic institutions generally have flexible schedules but may work long hours.

Source: WorkBC Career Profiles [search 4151]

## **2. Skills, Education, and Experience**

### ***Skills***

- excellent listening and interpersonal skills
- creative approaches to problem solving
- ability to work independently and as part of a team
- excellent analytic skills
- patient and detail oriented
- emotional stability
- interested in caring for people

### ***Education and Experience***

- A Doctoral degree in psychology is required for the designation 'Psychologist' in British Columbia
- A Masters degree in psychology is required for the designation 'Psychological Associate' in British Columbia
- A period of supervised practical experience is required
- Successful completion of the written and oral examinations is required
- Registration with the provincial regulatory body is required

### ***Qualifications***

**Psychologist is a regulated occupation in British Columbia**

## **Licensing Requirements for Psychologists and Psychological Associates**

You must be licensed by the College of Psychologists of British Columbia in order to practice the profession or use the title *Psychologist* or *Psychological Associate*. An applicant may apply to be registered as either a *Psychologist* (a person who has a doctoral degree in psychology that meets the registration criteria) or as a *Psychological Associate* (a person who has a master's degree in psychology that meets the registration criteria).

Further details about the registration process are available at:

- **College of Psychologists of British Columbia**  
[www.collegeofpsychologists.bc.ca](http://www.collegeofpsychologists.bc.ca)

## ***Internationally Trained Psychologists***

In addition to meeting the above requirements, applicants trained outside of Canada or the United States must provide documentation showing their degrees have been reviewed by an international credentials agency acceptable to the Registration Committee, and must provide documentation attesting to the foreign training being equivalent to a Canadian degree.

The academic credential evaluation service in BC is:

- **BCIT International Credential Evaluation Service (ICES)**  
<http://www.bcit.ca/ices/>
- **Canadian Information Centre for International Credentials (CICIC)**  
<http://www.cicic.ca/684/Psychologists.canada?prof=4151>

More information about international Psychology Professionals is available at:

- **College of Psychologists of British Columbia**  
<http://www.collegeofpsychologists.bc.ca/ftpp.php>  
<http://www.cicic.ca/684/Psychologists.canada?prof=4151>

### 3. Finding Jobs

You'll find job advertisements in local newspapers, electronic sources, and through professional associations.

#### ***Local Newspapers***

You can look at the *Vancouver Sun* & *The Province* at Vancouver Public Library for free. Check the job postings daily and the careers section in the *Vancouver Sun* on Wednesdays and Saturdays and in *The Province* on Sundays.

#### ***Job White Pages***

- Available in print at the Central Library or online at <http://www.vpl.ca/digital-library/jobfreewaycom>

**NOTE:** *You can only access this database from the Central Library or VPL branch libraries. Access is NOT available from home or outside the Library.*

#### ***Online Job Postings***

- **BC Public Service Employment Opportunities**  
[https://search.employment.gov.bc.ca/cgi-bin/a/searchjobs\\_quick.cgi](https://search.employment.gov.bc.ca/cgi-bin/a/searchjobs_quick.cgi)
- **Careers in the Federal Public Service**  
<http://jobs-emplois.gc.ca/index-eng.htm>

BC has five regional health authorities that provide acute care and community programs (acute care hospitals, **mental health**, public health, addictions, and home and community care services)

- **Fraser Health Authority**  
<http://careers.fraserhealth.ca/>
- **Interior Health Authority**  
<http://www.interiorhealth.ca/sites/Careers/Pages/default.aspx>
- **Northern Health Authority**  
<http://careers.northernhealth.ca/>
- **Vancouver Coastal Health Authority**  
<http://www.vch.ca/careers/>
- **Vancouver Island Health Authority**  
<http://www.viha.ca/careers/>
  
- **BC Provincial Health Services Authority**  
<http://careers.phsa.ca/> and <http://careers.phsa.ca/InternationalApplicants/default.htm>  
Operates agencies that provide province-wide health care services including, *BC Mental Health and Addiction Services*, BC Cancer Agency, BC Children’s Hospital, BC Womens Hospital)
  
- **Providence Health Care**  
<http://www.providencehealthcare.org/careers>  
A Catholic health care community operating four hospitals in the Metro Vancouver region.
  
- **Indeed.com**  
[http://ca.indeed.com/advanced\\_search](http://ca.indeed.com/advanced_search)  
Find jobs posted on a multitude of company career sites and job boards

### *Professional Associations' Career Resources*

- **British Columbia Psychological Association**  
<http://www.psychologists.bc.ca/jobs>
- **Canadian Psychological Association (CPA)**  
<http://www.cpa.ca/careers/>

### *Identifying the Right Position*

When you browse job advertisements, you'll find a wide range of different job titles that are relevant. For psychologists, look at these related job titles (from NOC 4151):

- Clinical psychologist
- Experimental psychologist
- Psychological associate
- Behaviourist
- Research psychologist

Source: NOC

### ***Creating a List of Potential Employers***

You can use directories to produce lists of potential employers in the Lower Mainland or BC. Contact them directly to find out if they're hiring.

- **The red book: directory of services for the Lower Mainland**  
Available at the Central Library, 360.6 C734di  
Or online at: <http://redbookonline.bc211.ca/>  
Browse listings under "Counselling"
  
- **Directory of Canadian healthcare personnel**  
Available at the Central Library, 362.11025 C21a  
Provides contact information for hospitals, clinics and other health facilities in BC and Canada
  
- **Reference Canada**  
Available from the VPL Digital Library:  
<http://www.vpl.ca/digital-library/reference-canada>

Click on "Start Search" beside Canadian Businesses, then select the "Advanced Search" button. Select both "Keyword/SIC/NAICS" under Business Type and "City" under Geography. In the top search box enter "psychology" and click SEARCH. Select the appropriate headings. Lower down, select the Province, choose the cities, and click the "View Results" button.

**NOTE:** *You can access this database from a Library computer. If you are using a computer from outside the Library, you will need a Vancouver Public Library card to login to this database. After clicking on the database name, you will be asked to enter your library card number and PIN (usually last four digits of your telephone number).*

#### 4. Applying for a Job

In Canada, employers usually expect to receive a resume (curriculum vitae) and a cover letter that identifies the position you are applying for and summarizes your relevant experience.

Use the library catalogue, <http://vpl.bibliocommons.com/> to find books on writing resumes and cover letters specific to your industry.

To learn about applying for jobs in Canada, use the following pathfinders which are available in print at the Central Library or online at <http://skilledimmigrants.vpl.ca/>.

- **Writing Resumes and Cover Letters**  
Go to <http://skilledimmigrants.vpl.ca>  
[Search Writing Resumes and Cover Letters]
  
- **Getting Canadian Work Experience**  
Go to <http://skilledimmigrants.vpl.ca>  
[Search Getting Canadian Work Experience]
  
- **Networking for Employment**  
Go to <http://skilledimmigrants.vpl.ca>  
[Search Networking for Employment]
  
- **Learn More About Working in BC and Canada**  
Go to <http://skilledimmigrants.vpl.ca>  
[Search Learn More About Working in BC and Canada]

## 5. Getting Help from Industry Sources

### *Industry Associations*

There are associations for psychologists in BC and Canada. These associations provide assistance to individuals working in this sector.

- **British Columbia Psychological Association (BCPA)**  
<http://www.psychologists.bc.ca>
- **College of Psychologists of British Columbia**  
<http://www.collegeofpsychologists.bc.ca/>
- **Canadian Psychological Association (CPA)**  
<http://www.cpa.ca/>
- **Association of State and Provincial Psychology Boards (ASPPB)**  
<http://www.asppb.org>  
Creates the Examination for Professional Practice in Psychology

### *Industry Journals*

Search the Vancouver Public Library catalogue for journals related to your profession. For example, available at the Central Library:

- **British Columbia Psychologist** / British Columbia Psychological Association  
Available at the Central Library 150.5 B862a  
And online at <http://www.psychologists.bc.ca/content/bc-psychologist>

***Questions? Please ask the Information Staff in the Central Branch,  
Vancouver Public Library or telephone 604-331-3603.***

*Please note that the information in this guide is also available online through the Skilled Immigrant InfoCentre website at <http://skilledimmigrants.vpl.ca/> .*