



Devina Patel

BSc(Hons) Psychology, 2006 and
MSc Cognitive Neuropsychology, 2007

Trainee Clinical Psychologist, Paediatric Autism
Spectrum Disorder Service/ Adult Asperger Service

From college to clinical practice

Devina Patel has always been interested in psychology – she started by studying it at college, before progressing to University, gaining her BSc(Hons) Psychology and MSc Research in Cognitive Neuropsychology.

After conducting her MSc thesis within a clinical setting, Devina is now a trainee clinical psychologist, splitting her work between the Paediatric Autism Spectrum Disorder Service and the Adult Asperger Service in her final year of training. *“My day to day work focuses on assessment and diagnosis for Autism Spectrum Disorder (ASD) within a multi-disciplinary team, which includes working with paediatricians, speech and language therapists and health visitors.”*

Autism and Asperger’s

However, working with individuals with autism and Asperger’s syndrome means that Devina can face some challenging situations. *“Part of my role is providing intervention to parents, children and working with schools dealing with a range of difficulties. This can include challenging behaviour, anxiety, aggression and violence.”*

Even though working as a clinical psychologist can be a

challenging role, Devina stresses that it is also hugely rewarding. *“I would definitely recommend persevering with a career in clinical psychology. I find it very satisfying to work with individuals and their families and know that we are helping individuals with different needs and improving their quality of life.”*

“In the future I would like to build on the paediatric work that I’ve done, and hope to work as a clinical psychologist in Child and Adolescent Mental Health Services, specialist ASD services or a brain injury service.”

Getting into Clinical Psychology

Devina still finds her degree invaluable for her day to day role. *“I often use theoretical knowledge from my degree, such as attachment theory, as well as applying neuropsychological approaches to my clinical practice.”*

For those interested in pursuing a career in clinical psychology, she recommends perseverance and volunteer work. *“After completing my MSc I undertook volunteer work as an assistant psychologist and research assistant in a medium secure unit. It was a great way to get my foot in the door and it led me to a role as an Assistant Psychologist in child and adolescent mental health services.”*



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