

# HOW TO

## The Psychology Guide to CPD

### LEARN, GROW, SUCCEED

#### 1 Follow the 70-20-10 Rule

- 70% Learning by Doing – Seek hands-on experience: volunteer, assist in research, or shadow professionals.
- 20% Learning from Others – Find a mentor, engage in peer discussions, and attend networking events.
- 10% Formal Learning – Take online courses, attend workshops, and read the latest research.

#### 2 Get Comfortable with Research

Read journals like *Frontiers in Psychology* or *The Lancet Psychiatry*. Not a fan of dense papers? Follow researchers on LinkedIn or listen to psychology podcasts.

#### 4 Network, Network, Network!

Engage with psychologists, APs, and researchers on LinkedIn. Ask insightful questions. The right connections open doors.

#### 5 Attend Conferences & Webinars

Online free events are abundant. Many well-known conferences and seminars events welcome students! Look out for BPS, BABCP, and Division of Neuropsychology webinars.

#### 6 Develop Digital Skills

Knowing how to use SPSS, R, NVivo, or EEG/fMRI software gives you an edge in research and clinical roles.

#### 7 Engage in Reflective Practice

Keep a CPD diary, write about what you've learned, challenges faced, and how you'll apply new knowledge.

#### Keep a CPD Portfolio

Treat CPD like a career journal: log courses, certifications, conferences, key takeaways, and personal reflections.



## Professional Psychology Associations

- British Psychological Society (BPS) – <https://www.bps.org.uk/events>
- American Psychological Association (APA) – <https://convention.apa.org/>
- Division of Neuropsychology (DoN, BPS) – <https://www.bps.org.uk/member-microsites/division-neuropsychology>
- Royal College of Psychiatrists (RCPsych) – <https://www.rcpsych.ac.uk/events>
- Association of British Neuropsychologists (ABN) – <https://theabn.org.uk/>

## Research & Neuroscience Conferences

- *Federation of European Neuroscience Societies (FENS)* – <https://www.fens.org/Meetings/Calendar>
- Society for Neuroscience (SfN) – <https://www.sfn.org/meetings>
- Cognitive Neuroscience Society (CNS) – <https://www.cogneurosociety.org/annual-meeting/>
- Human Brain Mapping (OHBM) – <https://www.humanbrainmapping.org/>

## Mental Health & Therapy Events

- Mind (UK Mental Health Charity) – <https://www.mind.org.uk/news-campaigns/events/>
- British Association for Behavioural and Cognitive Psychotherapies (BABCP) – <https://www.babcp.com/Events>
- UK Clinical Psychology Training Events – <https://clinpsy.org.uk/>

## Online & International Psychology Events

- Eventbrite (Search 'Psychology CPD' or 'Neuropsychology') – <https://www.eventbrite.co.uk/>
- Psychwire (Webinars & Online Training) – <https://psychwire.com/>
- Udemy & Coursera (Psychology CPD Courses) – <https://www.udemy.com/> | <https://www.coursera.org/>

- **BABCP (British Association for Behavioural & Cognitive Psychotherapies)** – Focuses on CBT and psychotherapy training. | <https://babcp.com/events>
- **ACAMH (Association for Child and Adolescent Mental Health)** – Great for child psychology and neurodevelopmental topics. | <https://www.acamh.org/events>
- **Kings College London IoPPN Events** – Cutting-edge neuroscience and psychology seminars. | <https://www.kcl.ac.uk/ioppn/events>
- **UCL Clinical, Educational & Health Psychology Events** – Talks from leading psychology researchers. | <https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/events>
- **PsychHub UK** – Online CPD courses tailored for mental health professionals. | <https://www.psychhub.co.uk>
- **Meetup (Psychology & Mental Health Groups)** – Join discussion groups and local psychology meetups in the UK. | <https://www.meetup.com/topics/psychology/gb/>
- **SNHU Psychology Guide** – A comprehensive resource offering access to scholarly books, databases, journals, and web resources related to psychology. SNHU Libraries | <https://libguides.snhu.edu/psychology>
- **Virginia Tech Psychology Research Guide** – Cross-search major psychology databases like PsycINFO, PsycBOOKS, and PsycARTICLES for a deep dive into psychological research. VT Libraries | <https://guides.lib.vt.edu/subject-guides/psyc>



- **Coursera & FutureLearn** – University-led courses from institutions like King’s College London and UCL | <https://www.coursera.org/browse/health/psychology>
- **The Tavistock & Portman NHS Trust** – Specialised courses in psychotherapy, neuropsychology, and mental health. | <https://www.futurelearn.com/subjects/psychology-courses> | <https://tavistockandportman.nhs.uk/training/>
- **Maudsley Learning** – High-quality CPD training from world-leading experts at the South London & Maudsley NHS Trust. | <https://www.maudsleylearning.com>
- **KnowNeuropsychology** – Provides free didactic lectures and educational materials for students, trainees, and professionals interested in neuropsychology. | <https://knowneuropsych.org>
- **Neuropsychology Resources by Prof. Narinder Kapur** – Features engaging case videos, theory-practice links, and user-friendly materials to make learning accessible and enjoyable | <https://neuropsychologyresources.com/>
- **Meyers Neuropsychological Services** – Offers webinars and workshops on administration, scoring, and advanced interpretation in neuropsychology | <https://meyersneuropsychological.com/workshops/>
- **National Academy of Neuropsychology (NAN) DistanCE E-Learning** – Offers online continuing education credits for psychologists, developed by leading neuropsychologists. | <https://nanonline.org/Nanweb/DistanCE.aspx>
- **NavNeuro Podcast** – global resources and perspectives on neuropsychology. | <https://www.navneuro.com/global-neuropsychology-resources/>



- **OSU Resources for Psychology Research** – Offers links to journals, datasets, and writing support tailored for psychology research endeavors. | <https://psychology.osu.edu/resources-psychology-research>
- **PsycINFO**: The go-to database for peer-reviewed literature in behavioral science and mental health, boasting over 3.7 million records. Wikipedia | <https://www.apa.org/pubs/databases/psycinfo>
- **PubPsych** – A free retrieval system offering access to a wide range of psychology resources, including articles and datasets. Wikipedia | <https://www.pubpsych.eu/>
- **PsyArXiv** – An open-access preprint repository where you can find the latest research papers before they undergo peer review. | <https://psyarxiv.com/>
- **Simply Psychology** – Research Methods: A user-friendly guide covering various research methods used in psychology, perfect for brushing up on study designs and data analysis. | <https://www.simplypsychology.org/research-methods.html>
- **Psychology Research Guide by Princeton University** – Offers access to databases, journals, and articles, helping you navigate the vast landscape of psychology literature. | <https://libguides.princeton.edu/psychology/articles>
- **Psychology.org Online Research Guide** – Provides strategies and tools for conducting effective online research in psychology, ensuring you find credible and relevant information. | <https://www.psychology.org/resources/online-research-guide/>



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