

www.minddhara.com

A Decision-Clarity Guide for Psychology Students

Before You Choose a Country to Study Psychology



www.minddhara.com

Why this decision
feels overwhelming?

**Systems mismatch, visa
pressure, identity + family
expectations**



① Training Structure

Ask yourself:



Are you choosing your University based, service, rank, progression, location or a mix?



Is practical experience integrated during training, or expected beforehand?



How early do you specialise (clinical, counselling, neuro, research)?



Do I understand how people actually progress in this system, not just what the degree is called?





Funding is often the biggest unspoken driver in our culture,

because our cultural frequently ties class, status, and ego to educational choices.

So, consider



Funding Realities

Financial pressure shapes wellbeing, performance, and how long you can stay in the field.



Is training fully funded, partially funded, or self-funded?



Are scholarships realistic or extremely competitive?



Can you work legally alongside training?



What is the total cost, tuition, living, exams, supervision, licensing?



③ Licensing & Long-Term Mobility



Where all is this qualification licensed?



Can it be transferred, converted, or recognised elsewhere?



Does the country prioritise citizens, residents, or locals for registration?



What happens after graduation, work visas, post-study routes, restrictions?



Psychology training is demanding everywhere.

A context that erodes your wellbeing makes learning, reflection, and growth harder, even if the qualification looks prestigious.



④ Lifestyle & Wellbeing

Reflect on:



Cost of living vs expected income



Work culture (hours, boundaries, supervision)



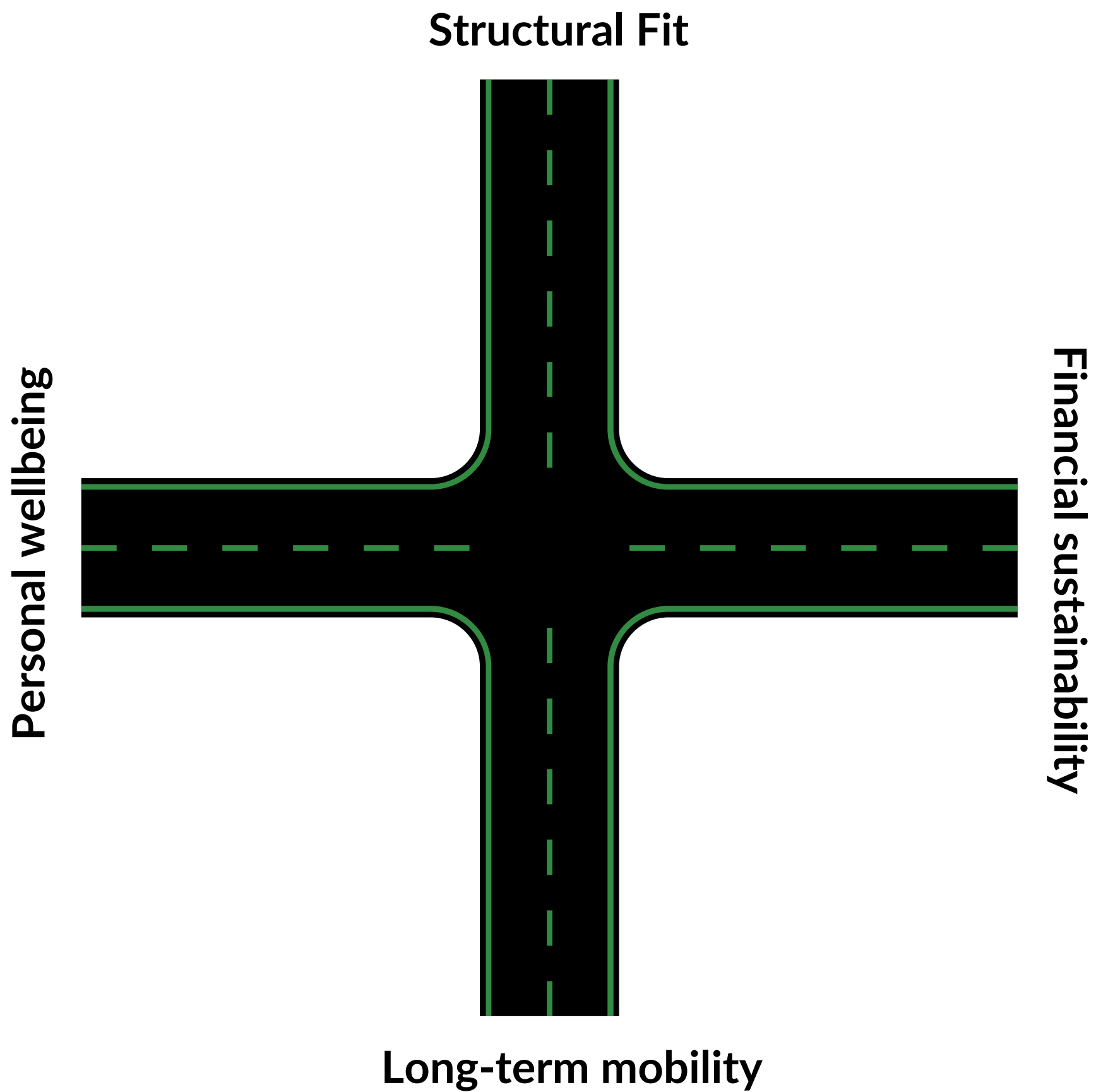
Cultural fit and community



Emotional load vs Support available



A strong decision usually sits at the intersection of:



www.minddhara.com

We're continuing this
conversation

**through two live, free
webinars designed for
international psychology
students**





International students with UK psychology qualifications considering a move to the UAE

UK visa rules changing: is the UAE your next step?



Friday,
20.02.26



Virtual: Google
Meet



18:30 GMT



**Mr. Muhammad
Ali Ilyas**

Clinical Psychologist, TEDx
Speaker, MSc Clinical
Psychology



**Shreeja Reddy,
GMBPsS**

Founder, MindDhara
Neuropsychological practitioner
and researcher

SIGN UP ON OUR WEBSITE

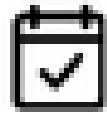
www.minddhara.com

[Whatsapp Us +91-9821113234](https://www.whatsapp.com/channel/0029va21113234)

hello@minddhara.com

How International Students Can Enter Doctoral Clinical Psychology & Counselling Psychology Training in the UK

A dedicated webinar for international psychology
students navigating the NHS pathway



Thursday,
26.02.26



Virtual: Google
Meet



18:30 GMT



**Madhumitaa Saravana
Sundar, GMBPsS**

DPsych Doctorate in
Counselling Psychology
Glasgow Caledonian University



**Ananya Mosur Sridhar,
GMBPsS**

DClinPsy, Doctorate in Clinical
Psychology
University College London (UCL)



**Shreeja Reddy,
GMBPsS**

Founder, MindDhara
Neuropsychological practitioner
and researcher

SIGN UP ON OUR WEBSITE

www.minddhara.com

[Whatsapp Us +91-9821113234](https://www.whatsapp.com/channel/0029va11113234)

hello@minddhara.com

Applying this kind of decision mapping, is the focus of our 1:1 practitioner-led sessions at MindDhara Forward.

Reach out to speak to me!

www.minddhara.com

In the UK? <https://topmate.io/minddhara/>

hello@minddhara.com

