

# Division for Research and Methodology

## *Frequently Asked Questions*

We have compiled a list of questions and answers that may provide the information you are looking for. If none of these answers address your query, please send us a follow up message to [psyssadrm@psyssa.co.za](mailto:psyssadrm@psyssa.co.za)

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## PsySSA and the DRM

### Who is PsySSA?

The **Psychological Society of South Africa (PsySSA)** is the professional body representing psychology professionals in South Africa.

PsySSA was structured as a transformed entity to deal with the fast-changing dispensation and speaks authoritatively on behalf of the discipline on matters concerning the mental health and psychosocial well-being of all South Africans.

PsySSA's vision is to "*advance South African Psychology as a science and profession of global stature and promote psychological praxis as relevant, proactive and responsive to social needs and well-being*". – [PsySSA Webpage](#)

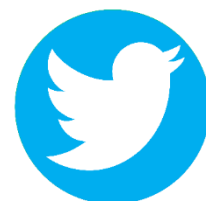
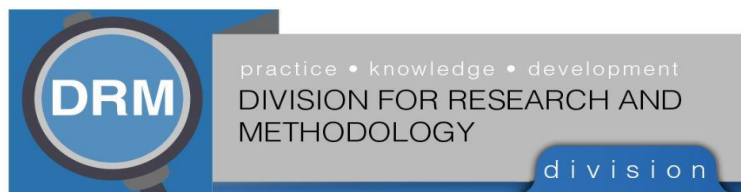


For more information on membership benefits and upcoming workshops or conference details, please visit the **PsySSA webpage** (click picture below).

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### Who is the DRM?

The Division for Research and Methodology aims to continue the promotion of theory and research in South African psychology; to improve the training of psychologists and the teaching of psychology; and to provide a forum for persons who are involved in the teaching of, and research in, psychology. Visit us on social media:



## How do I become a member of your organisation?

Please see membership information on the PsySSA website:

<https://www.psyssa.com/membership/membership-2019/>

You don't have to wait until you are a Masters graduate to be a DRM member of PsySSA!  
Students get reduced fees and have excellent networking opportunities when joining the  
Division for Research and Methodology.

### Becoming a member of PsySSA and the DRM is easy!

#### Step 1:

Go to <https://www.psyssa.com/membership/membership-levels/> and select the appropriate membership category



#### Step 2:

Fill in your information and relevant details



#### Step 3:

Under the section "***Divisions***", select "***Division of Research Methodology***".  
*NOTE: Leave the HPCSA registration category part blank, unless you are registered with the HPCSA. Most students and some Research Psychologists are not registered*



#### Step 4:

Submit and pay

PsySSA will send you a membership certificate and you'll be all set for the remainder of the year. All membership *expires 31 December*. Remember to renew annually!

## Psychological Support for Mental Health

**I require psychological support because I am suffering from depression, anxiety, suicidal thoughts or another mental health issue.**

*Free Counselling Support Services:*

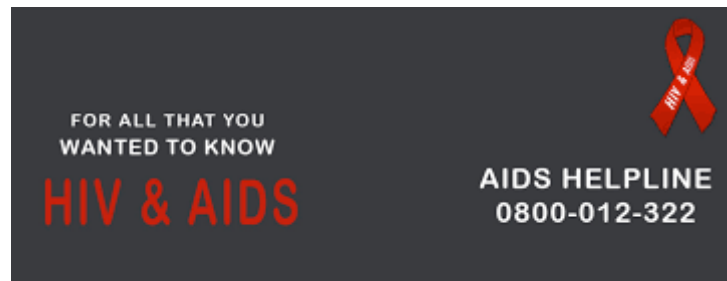


*Please call the South African Depression and Anxiety Group (SADAG) and a trained counsellor will assist you immediately for free! Call 011 234 4837 or 0800 20 50 26.*



*If you require face-to-face counselling, please search for the LifeLine centre nearest to you and phone them to book a free counselling session. Contact information can be found by visiting*

*<http://lifelinesa.co.za/south-africa/>*

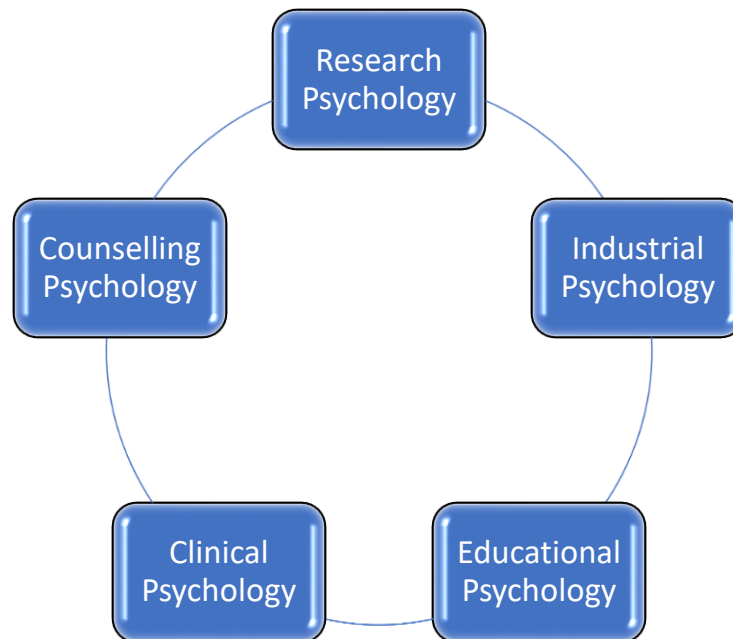


<b>SADAG Office</b>	<b>011 234 4837</b>
<b>Suicide Crisis Helpline</b>	<b>0800 567 567</b>
<b>Dr Reddy's Mental Health Helpline</b>	<b>0800 21 22 23</b>
<b>Pharma Dynamics Trauma Helpline</b>	<b>0800 20 50 26</b>
<b>Adcock Ingram Depression and Anxiety Helpline</b>	<b>0800 70 80 90</b>
<b>ADHD Helpline</b>	<b>0800 55 44 33</b>
<b>Destiny Helpline</b>	<b>0800 41 42 43</b>
<b>HDI "You Decide" Youth Helpline</b>	<b>0800 33 33 77</b>
<b>24 Hour Substance Abuse Helpline</b>	<b>0800 12 13 14</b>

## Practicing as a Psychologist

### Are there different types of psychologists?

Yes, there are five recognised branches of psychology in South Africa:



For a more adequate understanding of each branch of psychology, you can read the Scope of Practice on the Health Professions Council of South Africa (HPCSA) website: <https://www.hpcsa.co.za/PBPsychology/Rules>

### What does a research psychologist do?

Research psychologists apply skills in research design, research methods development, quantitative and qualitative data analysis, statistics, computing and data analysis in an attempt to answer a variety of questions in the field of psychology and to generate new knowledge.

For example, a university might employ a research psychologist to explore methods to improve teaching and learning. Alternatively, a research psychologist working for a non-profit human services organisation might study ways to improve the bonding experience between adopted

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children and their adopted parents. Research psychologists also conduct research on behalf of governmental agencies. For example, a research psychologist may research the efficacy of psychosocial intervention programmes implemented by the Department of Correctional Services, looking for positive outcomes for participants in the program.

As a research psychologist, one can work for private companies or organisations conducting studies pertinent to the purpose of their employer. See the article “The ins and outs of being a freelance researcher” by Ms. Lynn Hendricks: <http://psytalk.psyssa.com/ins-outs-freelance-researcher-drm/> as she talks about working in private practice as a Research Psychologist registered with the HPCSA.

In “Beyond therapy, career opportunities for emerging psychologists”, Dr. Sherianne Kramer has compiled experiences of Research Psychologists working in South Africa in varying fields: <https://www.psyssa.com/wp-content/uploads/2015/11/Beyond-Therapy-DRM-EPub-for-website.pdf>

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### **What is the difference between a counselling psychologist and a psychiatrist?**

“Psychologists and psychiatrists both work in mental health but have different backgrounds in terms of their studies and their scope of practice. There are a number of areas where these two professions overlap.

Both are professionally trained individuals that are committed to treating any form of mental illness.

A counselling or clinical psychologist will treat patients through therapy to relieve symptoms of psychological distress or illness.

A psychiatrist is a medical doctor that has specialised in psychiatry. Psychiatrists are able to prescribe medication as a form of treatment for mental health disorders.

## Preparing for a Career in Psychology



Visit the [DRM webpage](#) and read [Psychology @ UNISA - a complete guide to preparing yourself for career opportunities](#)” (click on title to download attachment) if you are wondering about following a career in Psychology.

### What matric subjects do I need to take in order to apply for an undergraduate degree in psychology?

There are no specific requirements, however if you have not completed mathematics as a subject in matric, you may be required to do a bridging course. Entrance requirements for psychology



differ per university or institution. For more information, please contact the universities directly or contact our [Student Division](#). *The Student Division is a student-led PsySSA division that aims to create a space to gain insight into the discipline, academically and practically.*

If you are **currently in high school** and are considering a career in psychology, there are some details you may or may not know about what

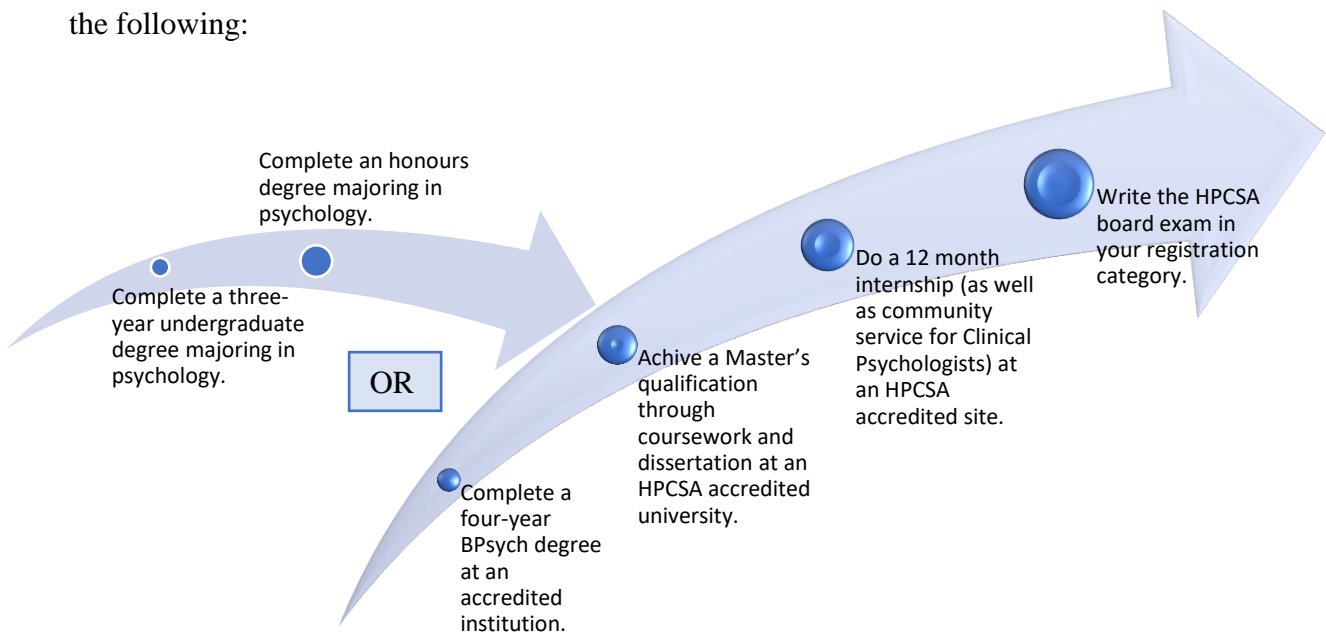


psychology is and what the route to becoming a psychologist entails. For more information, please visit the [Cognition & Co](#) page.

*Cognition & Co strives to create awareness about studying psychology in South Africa and gives students an understanding of what it entails, along with the policies, protocols and procedures that shroud the field.*

## How do I become a psychologist?

In order to practice psychology in South Africa, individuals require a Master's level education followed by a practical internship. Both the university and the internship institution need to be recognised and accredited by the HPCSA. In order to become a psychologist, you need to do the following:



Visit the DRM webpage for the *accredited internship list* for research psychology:

<https://www.psyssa.com/divisions/division-for-research-and-methodology-drm/>

You can also visit the HPCSA and Cognition & Co websites for more information about which [internships](#) or [university](#) master's courses are accredited.

## Can I practice as a psychologist without a Master's degree?

Unfortunately, you cannot practice as a *psychologist* without completing a Master's degree from an *accredited* institution. If you do not get into a Master's programme there are other jobs you can do with an undergraduate or Honours degree in psychology.



For more guidance on the types of jobs available to individuals without a Master's degree, please refer to the [Student Division FAQ page](#).



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## What advice can you give to students who are trying to get through the stringent Honours and Master's psychology selection process?

Students can get involved in community projects, volunteer work and research projects at their universities to demonstrate their commitment to the discipline. It is also never too early to start networking in the field and attending the annual PsySSA conference: <https://www.psyssa.com/psyssa-congress/psyssa-congress-2018-2/>.

Great recommendation letters are always helpful, so select your referees carefully. The more involved you are as tutors, teacher's assistants and research assistants, the better recommendations you will have.

You can always research the interest area you want to pursue in the discipline and reach out to a professional you look up to in that area of interest for mentorship. Use this opportunity to either assist in being published or to assist in research project management. This mentorship will not only give you further insight into the area of interest, but you will also establish a network and reference.

Academic achievement is especially helpful for Industrial and Research Psychology Master's programmes. Being insightful and self-aware will also be useful for the Clinical, Counselling and Educational Psychology programmes.

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## Psychology Board Exams

### How do I know what to study for the board exam and when do these take place?

You can get information about the board exam dates and what to study from the HPCSA Board of Psychology: <https://www.hpcsa.co.za/PBPsychology>.

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## Internships and Volunteering

### Does the DRM offer internships?

No, we do not. However, we do regularly update our social media pages with internship opportunities, so keep an eye out for those. Visit any of our pages below.



You can also refer to the Board of Psychology on the Health Professions website for information on accredited psychology internships:

[https://www.hpcsa.co.za/Uploads/editor/UserFiles/downloads/psych/FORM\\_77\\_REVISIED\\_09\\_2018.pdf](https://www.hpcsa.co.za/Uploads/editor/UserFiles/downloads/psych/FORM_77_REVISIED_09_2018.pdf)

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### I am a student and would like to volunteer at your organisation. Please advise.

Please contact our Student Division or Cognition & Co in this regard. Click on logos to be redirected to their pages.



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## Alternatives to Psychology: Psychometrists and Registered Counsellors

### How do I become a Psychometrist in South Africa?

Psychometrists work within the field of psychological assessments and provide a range of services related to the needs of their clients. Psychometrists are directly involved in administering a variety of cognitive and psychological tests to patients and helping to assess their conditions.

Psychometrists, under the Health Professions Act (Act No. 56 of 1974) are psychology practitioners registered with the HPCSA and hold a four-year BPsych or equivalent pre-graduate and Honours qualifications, with a six-month psychometrics internship programme (i.e., 720 practical hours) at an accredited institution.

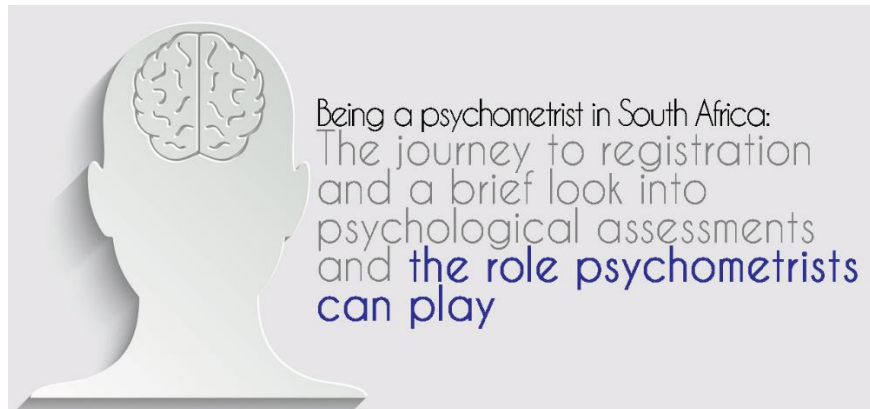
Psychometricians can find work in many different fields and job environments, including market research, hospitals, mental health clinics, large corporations, software development companies, and educational settings. All of these potential employers benefit from hiring a professional who is trained to measure psychological responses.

For more information, please look at the four-year BPsych programmes offered by these universities:

<b>Institution</b>	<b>Useful Information</b>
Stellenbosch University	<a href="https://www.sun.ac.za/english/faculty/economy/industrial-psychology/professional-bodies-internships/b-psych-equivalence-programme/description-of-the-programme">https://www.sun.ac.za/english/faculty/economy/industrial-psychology/professional-bodies-internships/b-psych-equivalence-programme/description-of-the-programme</a>
Nelson Mandela University	<a href="https://psychology.mandela.ac.za/Postgrad-Programmes/BPsych-Equivalence-(Psychometry)">https://psychology.mandela.ac.za/Postgrad-Programmes/BPsych-Equivalence-(Psychometry)</a>
University of Johannesburg	For a six-month equivalence programme after an Honours degree, contact 011 559 1221

For more information about what psychometrics entails and its practices in South Africa, read the following article by Cobi Hayes from JvR Psychometrics:

<http://psytalk.psyssa.com/psychometrist-south-africa-journey-registration-brief-look-psychological-assessments-role-psychometrists-can-play/>



Also visit [Cognition & Co](#) for more information.

### How do I become a registered counsellor?

Registered Counsellors are trained in a BPsych qualification and it is important to note that a BPsych or its equivalent comprises both academic and professional training. A BPsych curriculum is an integrated one and cannot be achieved (as is often erroneously believed), by adding a six-month internship to an academic Honours degree. The academic honours degree is not sufficient, as it does not, and may according to the Health Professions Act (Act 56 of 1974), not include professional training.

A BPsych or its equivalent include the necessary academic training to equip Registered Counsellors with conceptualisation skills and knowledge of appropriate explanatory models in psychology. On a professional level, the curriculum should include the necessary intervention skills, programme development skills, presentation skills, preventative and developmental skills in group and community contexts, report writing skills, and ethical and professional practice.

Currently, accredited courses for registered counselling are offered at:

<b>Institution</b>	<b>Useful Information</b>
Nelson Mandela University	<a href="https://psychology.mandela.ac.za/Undergrad-Programmes/BPsych-(Registered-Counsellor)">https://psychology.mandela.ac.za/Undergrad-Programmes/BPsych-(Registered-Counsellor)</a>
South African College of Applied Psychology	<a href="https://www.sacap.edu.za/counselling/becoming-registered-counsellor/">https://www.sacap.edu.za/counselling/becoming-registered-counsellor/</a>



For more information on what a registered counsellor is or regarding job opportunities, please refer to the [Student Division FAQ](#) on the PsySSA webpage.

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## Fees and Funding

### **I would like to study psychology, but I cannot afford the fees. Please advise.**

You can apply for financial aid or a bursary scheme from NSFAS: <http://www.nsfas.org.za/content/>

Please also contact the various accredited institutions where you can study and try to get information on any other funding scholarship/bursary opportunities available for students wanting to study psychology. Also look up funding sites such as the NRF scholarship and bursary opportunities: [https://www.nrf.ac.za/Bursaries\\_Outcomes](https://www.nrf.ac.za/Bursaries_Outcomes).

Alternatively, try to apply for a position of tutor, research assistant or teacher's assistant in your university's psychology department. By working within the university, you will earn some money that may assist.

Should you struggle, reach out to our Student Division for further guidance.

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## Posting on the DRM Facebook Page

### **What can I post or share on the DRM page?**

We invite you to contribute to our social media spaces by sending us interesting articles and blog contributions. You are welcome to post:

- Calls for conferences
- Job or internships opportunities
- Scholarship opportunities

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Please note that all posts are moderated and must be approved by an administrator before it is posted. **No sales posts will be allowed! Malicious content will not be tolerated.**

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### **Can I post a call for research participants onto the DRM page?**

Please post the call with detailed contact information and instructions on our Facebook page and we will approve it for you.

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## **Publishing Research**

### **What is the best way to get my research published?**

If you want to publish your thesis, you should speak to your supervisor about this. You can also google the various journals online and check their requirements for submission. We do not provide any funding for publication fees.

For further tips on publishing, see the following link: <http://psytalk.psyssa.com/tips-researchers-drm-5/>

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*If you have any questions that are not contained in this document, please do not hesitate to send us an email to [psyssadrm@psyssa.co.za](mailto:psyssadrm@psyssa.co.za) or a message on our Facebook page: <https://www.facebook.com/psyssadrm/>*

*Thank you to the 2018-2019 executive committee team who has compiled this 'Frequently Asked Questions' list on behalf of the Division for Research and Methodology of the Psychological Society of South Africa.*

*In alphabetical order:*

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*Mandy Wigdorowitz*

*Megan Reeves*

*Sherianne Kramer*

*Tasneem Hassan*

*Vanessa Scherman*