



CASE STUDY

EXPLORING CAREER PATHS IN MENTAL HEALTH



CHRISTIAN ALIFERIS

ROLE: Registered psychologist

PLACE OF WORK: Turning Point Alcohol and Drug Centre, and Banyule Community Health

What does your role as a psychologist involve?

My role as a psychologist at Turning Point Alcohol and Drug Centre involves providing face-to-face assessments and therapy to people who are struggling with addictive behaviours like gambling, and alcohol or substance abuse. I also provide support, via telephone or webchat platforms, to people who are worried about their own or loved ones' gambling, use of alcohol, and/or drugs.

At Banyule Community Health, my role involves providing counselling and assessment services to people with complex mental health issues.

An integral part of my profession is to attend various meetings with other healthcare practitioners including psychiatrists, mental health nurses and social workers to collaborate on the care plans of clients.

What educational pathway did you take to become a psychologist?

In Australia, the path to becoming a registered psychologist requires a minimum of six years full-time equivalent study.

To become qualified, I completed a three-year undergraduate degree in Psychology followed by a one-year Graduate Diploma in Psychology. From there I completed my Masters of Professional Psychology and a one-year internship.

What do you like most about working in mental health?

I find working as a psychologist to be incredibly rewarding and fulfilling, as I have the opportunity to make a difference to the lives of people and families every day.

What would you say to someone considering a career in mental health?

I would strongly encourage anyone to pursue a career in Psychology. There is a significant need for psychologists across Australia to provide support, advocacy and assessment and treatment services to communities and you will have the chance to make a positive impact.

Are you ready to make a difference? Take the next step and visit health.gov.au/mental-health-careers or scan the QR code to learn more about pursuing a career in mental health today!

