



CASE STUDY

EXPLORING CAREER PATHS IN MENTAL HEALTH



JO OGDEN

ROLE: Registered psychologist

What educational pathway did you take to become a psychologist?

I studied a Bachelor of Science at University of Canberra which I followed up with an Honors year. I then did a two-year Clinical Master of Psychology.

What do you like most about working in mental health?

How I continue to learn about how strong our mind is and how much of a difference you can make to those who are needing help. How rewarding it is, is probably not talked about enough I never leave a day feeling like I haven't done something to help someone.

What does your role as a psychologist involve?

I have a particular interest in working with young children and their families. Taking a strength-based approach to therapy and ensuring therapeutic interventions are tailored to meet the needs of my clients and their families. My job involves working collaboratively with individuals and families to create a supportive environment and achieve their desired goals. I have experience delivering Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, and Unified Protocol.

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

I would say get into the community and really expose yourself to what working in this profession looks like and take whatever role you can find. Talk to people who work in the mental health space, we all love to talk about what we do and will always be happy to have a conversation with you!

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!

