Caring for the Community

Create a Successful Career in Psychology with RMIT

Postgraduate Psychology Programs

Psychology is one of five disciplines in the School of Health Sciences. It has a proud record of high quality teaching, research and community service, and is known for its application of psychology to real world problems.

Situated on the City and Bundoora campuses, psychology offers a full suite of APS-accredited programs at undergraduate and postgraduate levels.

Research is concentrated in the following major areas:
  — Psychobiology of cognition
  — Stress, fear and anxiety
  — Wellbeing and resilience
  — Development across the lifespan
  — Innovations in clinical interventions
  — Adult and adolescent mental health.

An emerging research area is chronic disease and the ageing population.
Psychology Clinic

The RMIT University Psychology Clinic was established in 1976 and students study here as part of the University’s postgraduate clinical psychology degrees. Since its inception, the clinic has grown considerably and has developed an excellent reputation for high-quality psychological services for children, adolescents and adults. Clinical sessions are conducted primarily by postgraduate psychology interns completing their fifth or sixth year of study. Interns are registered provisional psychologists. They are supervised by, and work closely with, senior psychologists who are RMIT staff members. Please contact the clinic on tel. +61 3 9925 7603 for details or visit www.rmit.edu.au/psychology/clinic.

Cover Student
Andrew Teley, PhD (Psychology)

Acknowledgement of Country
The Wurundjeri people of the Kulin Nation are the traditional custodians of the land on which this organisation stands. We pay our respects to owners and Elders, both past and present.
Influence Lives Through Research

RMIT University has world-leading strengths across a wide variety of areas in applied and theoretical research.

Psychology Research at RMIT

Main areas of focus include the psychobiology of cognition; stress, fear and anxiety; wellbeing and resilience; development across the lifespan; innovations in clinical interventions; and mental health.

Psychology at RMIT has research expertise in the areas of clinical and health psychology, behavioural neuroscience, lifespan developmental psychology, and cross-cultural psychology. New areas of research include a focus on chronic disease and the ageing population.

Psychology principally concerns the study of mental functions and behaviour. Biological, psychological (thoughts, emotions and behaviours), and social factors play significant and interactive roles. This biopsychosocial approach drives the research activities. RMIT shares the focus of the College of Science, Engineering and Health on providing practical solutions to real-life problems, and better understanding and applying knowledge and new ways of thinking about health and wellbeing, and the ageing population.

The research involves multi-disciplinary projects in areas that include:

- exploring the biological underpinnings of fear and anxiety responses and the roles they play in regulating social behaviours (e.g., maternal, drug-seeking and socio-sexual). Analysis is conducted at the behavioural, physiological and neurobiological levels, with a particular emphasis on the role of sensory processing and its integration with emotional centres of the brain in relation to fear and anxiety. Work in this area has implications for the treatment of anxiety related disorders, chronic pain, sensory dysfunctions such as tinnitus, and milder disturbances in social behaviour.
- evaluation of mild cognitive impairment in a variety of patient groups that suffer from chronic disease. Cognitive performance is correlated with the presence of biomarkers, such as serum measures of inflammation, in order to extend our understanding of the biological factors that influence cognition. This research may improve the clinical management of a range of disorders, including obstructive sleep apnoea, dementia, diabetes and cardiac surgery.
- how stress in early life, exposure to infection, and under- or over-eating can permanently influence psychological functioning and wellbeing. This area is especially relevant to the development of strategies to treat and prevent eating disorders, and to broader issues of community health.
- motor disorders and musculoskeletal related diseases and the psychological understanding of chronic pain.
- the integrative and holistic nature of our behaviour in the study of areas such as drug use, mental health and wellness, sleep and shiftwork, complementary alternative medicine, nature experience and wellness, spirituality and health.
- examining the factors that promote or hinder resilience outcomes and general wellbeing in children and families, particularly in disadvantaged and vulnerable populations. Developing, delivering, and evaluating early intervention programs that promote healthy parent and family functioning and children’s socio-emotional and behavioural development. Extensive collaboration continues with researchers in Peru and Brazil to inform the development of evidence-based practices with children and families.
- research that uses our own model for operationalising resilience in order to investigate predictors of resilience across a range of populations.
- health psychology, including the psychological wellbeing and quality of life of people experiencing chronic health conditions. Training and practice behaviour of health professionals, and the dissemination of research findings to clinical practice, are evaluated. This area of research also examines resilience and wellbeing among vulnerable groups, including children, families and older adults. Current collaborative research includes an investigation of e-learning in the Australian GP registrar training and education sector.
- innovations in cognitive, blended and e-health interventions, including targeted approaches to cognitive behaviour therapy in obsessive compulsive disorder and mindfulness-based treatments for anxiety and depression, personality disorders and other disorders. We also undertake cutting-edge research on new e-health interventions including the use of virtual reality in rehabilitation. Work in these areas is recognised for its multi-disciplinary focus in health assessment and Intervention.
- evaluation of cognitive-behavioural and mindfulness-based interventions for sleep and psychiatric disorders, including personality disorders, anxiety disorders, mood disorders, obsessive-compulsive disorder and other mental health disorders. Collaborators include the Melbourne Sleep Disorders Centre and The Melbourne Clinic.

Methods used by our researchers include program evaluation in community-based settings, case studies for unique groups, large survey-based techniques, longitudinal studies of development, lab-based experiments using behavioural, electrophysiological and neurobiological measures, and qualitative and narrative techniques. Importantly, the research involves collaborations with local and international researchers, and it has a broad funding base, including competitive and industry grants, and contractual research.
Research Programs

Master and PhD by Research

You will undertake a research project under the guidance of your supervisor, culminating in the submission of a thesis or project. A master by research is completed over four semesters full-time, while a PhD is completed over eight semesters full-time.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Specialist Discipline</th>
<th>Further Information</th>
</tr>
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</table>

You can find further details about individual programs by typing in the specific URL listed above or visit www.rmit.edu.au/healthsciences/researchprograms.

For more information about College of Science, Engineering and Health research centres, affiliations and research expertise visit www.rmit.edu.au/seh/research.

To find out about research programs, supervision and entry requirements visit www.rmit.edu.au/graduateresearch.

You can find full details about application processes and key dates at www.rmit.edu.au/programs/apply/research.

Research Staff

A list of psychology research staff and their areas of speciality is available online at:

To Start Your Career in Research:

1. Complete your bachelor degree with high grades.
2. Complete an honours degree or a master degree by research.
3. If you excel in your honours degree or master degree by research, you can continue your research in a doctorate (PhD). This involves four years of research under the supervision of a senior researcher.

For further information about entry requirements and the application process for postgraduate by research programs, please refer to the How to Apply section of this brochure.

A postgraduate research degree can pave the way to a career in research, or demonstrate your problem-solving, work and technical skills to prospective employers. With a research degree, you will stand out from the crowd.
Psychology (Honours)

This cognitive behavioural-focused honours program introduces you to professional issues, theories, and methods of data analysis in contemporary research psychology. The program will prepare you for further postgraduate studies in the Master of Psychology.

Learning and Teaching
You will experience a range of learning environments—lectures, individual research, and group work. Lectures are used extensively in the program to communicate knowledge and guide student learning and are complemented by online learning materials where appropriate. These methods and approaches have been selected so that you will be equipped to undertake postgraduate studies in psychology or have the skills required to adapt to and work competently in workplaces that value knowledge and training in psychology (e.g., human resources, psychosocial rehabilitation).

Program Structure
The program consists of 96 credit points. You’ll complete six courses (a mix of 12 or 24 credit points each).

The program will provide you with a thorough education in the scientific discipline of psychology and introduce you to the application of the discipline.

As a graduate you’ll have sound evidence-based knowledge as a foundation for entering either employment where the knowledge and approaches of psychology can be used, or advanced level psychology programs (e.g., Master of Psychology or a postgraduate research degree).

The following is an example of courses offered:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Points</th>
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</thead>
<tbody>
<tr>
<td>Professional Issues and Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Psychological Assessment and Intervention</td>
<td>12</td>
</tr>
<tr>
<td>Thesis 1</td>
<td>24</td>
</tr>
<tr>
<td>Thesis 2</td>
<td>24</td>
</tr>
<tr>
<td>Select 24 Credit Points</td>
<td></td>
</tr>
<tr>
<td>Advanced Research Methods</td>
<td>12</td>
</tr>
<tr>
<td>Advanced Topics in Psychology</td>
<td>12</td>
</tr>
<tr>
<td>Psychopathology</td>
<td>12</td>
</tr>
</tbody>
</table>

Career
Graduates may either apply to enrol in a master level degree or seek employment. Human services organisations offer many work opportunities. Typically, provisional psychologists work in in education, human services and in community medical supervised by an experienced registered psychologist.

Professional Recognition
The program is accredited by the Australian Psychology Accreditation Council (APAC). Graduates are eligible for associate membership of the Australian Psychological Society (APS) and are eligible to apply for provisional registration allowing you to practise in any Australian state or territory.

To be eligible to apply for full registration as a psychologist, you must complete the Master of Psychology.

The Psychology Board of Australia Standards and guidelines determine that all applicants for registration need English language skills at IELTS academic level 7.0, or the equivalent, within the two years preceding registration.

Pathway
You may be eligible to apply to study for the Master of Psychology.

Entry Requirements
You must have completed a three-year degree in undergraduate psychology approved by the Australian Psychological Society as a partial requirement for membership to the Society. To be considered for Honours you’ll need a minimum distinction grade (70–75%) in each year of your undergraduate psychology program. Other relevant factors, such as work experience, may be taken into account.
Student Profile

‘Psychology provides an avenue for me to pursue my interests in people and science, while also making a positive contribution to improving the wellbeing of others.

‘I chose to study at RMIT for its strong links with industry, which allowed me to embrace fruitful collaborations in my honours research.

‘I have gained the critical thinking skills, broad knowledge base, and confidence to lead a research project, publish a manuscript in a scientific journal and undertake training as a Provisional Psychologist.

‘I most enjoyed the research component of the program because I worked in collaboration with a supervisor and felt a great sense of achievement having contributed to a body of scientific knowledge.’

Jasmin Trigwell
Bachelor of Applied Science (Psychology) (Honours)
This program offers you the necessary training to become a registered psychologist. It is oriented towards cognitive-behavioural psychology and you’ll be trained and expected to work according to the scientist-professional model.

RMIT provides training in clinical psychology.

Learning and Teaching
You will experience a range of learning environments—lectures, individual and group work. Lectures are used extensively in the program to communicate knowledge and guide student learning.

A large proportion of time is spent under supervision in the on-campus psychology clinic treating clients presenting with a variety of psychological, educational and developmental problems.

In addition, you’ll be required to undertake two practicum placements off campus in supervised psychological practice (minimum of 40 days and 60 days, respectively) in agencies such as hospitals, clinics and other health facilities.

Casework courses and field placements comprise a minimum of 132 days of practicum experience. You’ll also do a supervised research thesis.

Program Structure
The program consists of 192 credit points. The main areas of focus in psychology at RMIT are:

— mental health of children, adolescents and adults
— clinical interventions
— motor and cognitive development in children and adolescents
— wellbeing and resilience
— cognitive, blended and e-health innovations.

The Master of Psychology is divided into coursework, clinical training and research.

Career
Clinical psychologists are specialists in the assessment, diagnosis and treatment of mental health problems and mental illness.

You’ll work in:

— private practices
— hospitals
— universities
— general medical practices
— community health centres
— mental health services.

Professional Recognition
This program is accredited by the Australian Psychology Accreditation Council (APAC).

On completion of the program you’ll be eligible for membership of the Australian Psychological Society (APS) and associate membership of the APS College of Clinical Psychologists.

On completion of the program you’ll also be eligible to apply for registration with the Psychology Board of Australia. Registration will allow you to practice in any Australian state or territory. Specialist endorsement as a clinical psychologist is possible after two years of supervised practice.

Entry Requirements
You must have completed an Australian Psychological Accreditation Council (APAC) approved fourth year of study in psychology (Honours or Graduate Diploma) at an upper-second class Honours level (H2A or 75% level or higher).

Selection Tasks
You will need to complete the Psychology supplementary information form available from www.rmit.edu.au/programs/apply/forms, including two confidential referee reports. Short listed applicants will be required to attend an interview.
The table below shows a student’s annual tuition fee for a full-time study load in 2015, for students in a full-fee place. For information about full-fee places and other fees and expenses refer to Fees Explained on page 10.

<table>
<thead>
<tr>
<th>Program Code</th>
<th>Award Title</th>
<th>Full-time Duration</th>
<th>2015 Annual Program Fee</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>BH000</td>
<td>Bachelor of Applied Science (Psychology) (Honours)</td>
<td>1 year full-time</td>
<td>$24,000*</td>
<td>6</td>
</tr>
<tr>
<td>MC002</td>
<td>Master of Psychology</td>
<td>2 years full-time</td>
<td>$24,000</td>
<td>8</td>
</tr>
</tbody>
</table>

* Commonwealth supported places are available for this program. For details refer to Fees Explained on page 10.

The tuition fees vary according to each program and are adjusted on an annual basis. Fees for 2015 are listed in this brochure or visit www.rmit.edu.au/programs/fees from October 2014.

RMIT reserves the right to adjust fees for full-fee places on an annual basis by an amount that will not exceed 7.5% each year (subject to rounding). For higher education fees, tuition fees are rounded up to the nearest $10 per credit point increment. The absolute fee increase may exceed 7.5%.

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**Graduate Profile**

‘I find psychology fascinating and I wanted a profession that focused on assisting others. I studied my undergraduate and honours degrees in psychology at RMIT because I appreciate the strong hands-on focus of the University, as well as the emphasis on social justice, which is well aligned with my own values.

‘The highlight of my undergraduate degree was the chance to do a work placement at GriefLine. This provided me with the opportunity to learn from experienced counsellors and psychologists and be a part of a really lovely and supportive community. I now volunteer with GriefLine as a telephone counsellor, which is allowing me to build invaluable practical skills that I hope to further with a Master of Psychology by coursework.

‘The highlight of my Honours year was having a variety of guest lecturers deliver material on their area of expertise. It was inspiring to learn about the wide range of contexts in which I may eventually work as a psychologist, as well as to learn from individuals who were passionate about their specialty areas.

‘I have applied for the Master of Psychology program which is the last hurdle before being a qualified psychologist. Eventually I hope to work with children and their families as a clinical psychologist, after some well-earned travel and adventure!’

Kate Landolina
Bachelor of Applied Science (Psychology) (Honours) (page 6)
Kate is now enrolled in RMIT’s Master of Psychology
Fees Explained

Postgraduate Studies by Coursework
What you pay will depend on whether you are offered a Commonwealth supported place (CSP) or a full-fee place. Financial assistance is available to eligible students regardless of the type of place you enrol in.

Full-Fee Places
Students in full-fee places are required to pay the full tuition costs of their program. Financial assistance may be available through the FEE-HELP scheme (see right for details).

Only students who are Australian citizens, New Zealand citizens or hold an Australian Permanent Resident Visa are eligible for a domestic full-fee place. Students who do not meet these citizenship and residency requirements may be offered a place as an onshore international student.

The tuition fees vary according to each program and are adjusted on an annual basis. Fees for 2015 are listed in this brochure or visit www.rmit.edu.au/programs/fees from October 2014.

Commonwealth Supported Places (CSP)
A Commonwealth supported place is a place at university where the tuition fee is jointly paid by you and the Commonwealth Government. Your share of the fee (student contribution) is set by the government and is determined by the discipline areas (bands) of your individual enrolled courses, not the overall program. For more information about what fees you will pay in 2015 visit www.rmit.edu.au/programs/fees/highered.

The Australian government has announced changes to funding of CSPs. These may affect the proportion of the fee paid by student contribution from 2016. For more information visit www.rmit.edu.au/programs/fees/highered and www.studyassist.gov.au.

Honours Degrees
All honours degrees have Commonwealth supported places (CSP) available (see above for details).

Postgraduate Degrees by Research
If you are an Australian citizen, Australian permanent resident or New Zealand citizen, you may be eligible for a Research Training Scheme (RTS) place where your tuition costs are funded by the Commonwealth Government and you therefore have full exemption from tuition fees.

Acceptance in an RTS place is very competitive and places are granted on the condition that you meet progress requirements and complete within the allotted time for your program and your status as a part-time or full-time candidate. www.rmit.edu.au/graduateresearch

Other Fees and Expenses
In addition to tuition fees, you may be charged a Student Services and Amenities Fee (SSAF) that is indexed annually. Eligible students can defer payment through SA-HELP. For more information: www.rmit.edu.au/programs/fees/ssaf.

You may also be required to purchase items related to your program, including field trips, specified textbooks and equipment. These material fees are not compulsory and you may choose to purchase these items independently. These expenses vary from program to program. For more information visit www.rmit.edu.au/programs/fees.

Financial Assistance

Scholarships
Before you let financial constraints or living arrangements get in the way of your decision to study, find out about the range of RMIT scholarships available.

Scholarships Office
Tel. 03 9925 2811
Email: scholarships@rmit.edu.au
www.rmit.edu.au/scholarships

HECS-HELP
HECS-HELP assists eligible students in a Commonwealth supported place to pay their student contribution. For more information visit www.rmit.edu.au/programs/fees/helploans/hecs-help.

FEE-HELP
FEE-HELP is an optional loan scheme that assists eligible students to pay all or part of their tuition fees. For more information visit www.rmit.edu.au/programs/fees/helploans/fee-help.

Income Support
The Commonwealth Government has approved a number of RMIT University postgraduate programs for student income support payments. The list of approved programs is available at www.rmit.edu.au/programs/fees/highered/masters.

To check your eligibility for student income support or rent assistance, please contact Centrelink or visit www.humanservices.gov.au.

Income Tax Deductions
Students may be eligible to apply for income tax deductions relating to the education expenses that are linked to their employment. The Australian Taxation Office (ATO) provides guidance on the taxation treatment of your fees. For more information visit www.ato.gov.au.
How to Apply

Postgraduate Studies by Coursework and Honours Degrees

Entry Requirements
To be considered for admission you must meet RMIT University entry requirements as well as program entry requirements.
Refer to the URL listed under individual program entries for entry requirements before applying.

Direct Application
Apply online at www.rmit.edu.au/programs/apply/direct.
Semester 1 timely applications for coursework programs open on 10 August and are due by 10 November.
Semester 2 (Midyear) applications open 1 May and are due by 31 May.
Applications will continue to be accepted until all places have been filled.
You are encouraged to lodge your application early.

Postgraduate Degrees by Research

Entry Requirements
To be considered for admission you must meet RMIT University entry requirements as well as program entry requirements.
Refer to the URL listed under postgraduate by research programs for entry requirements before applying. For more information visit www.rmit.edu.au/programs/research.

Finding a Supervisor
Before you apply, you need to find a qualified supervisor or supervisors with similar research interests to you and discuss a research proposal with them. It is recommended that you start by contacting the Higher Degrees by Research Coordinator in the academic school to which you are applying, as they can direct you to appropriate potential supervisors. The supervisor(s) will read and comment on your proposal and indicate if they are willing to supervise you. Your research proposal must be included in your application.
For more information about finding a supervisor visit www.rmit.edu.au/research/search-supervisors.

Application Process
Application for candidature involves three steps:
1. Find a program and confirm eligibility.
2. Seek academic advice and secure the support of qualified supervisor(s).
3. Complete and submit the application form and supporting documents.
For detailed information visit www.rmit.edu.au/programs/apply/research or contact the School of Graduate Research at www.rmit.edu.au/graduate-research.

Application Timelines
You are encouraged to lodge your application early and consider the scholarships closing date if you also wish to apply for a scholarship.
Applications for 2015 scholarships are open from 1 September until 31 October 2014.
Applications for 2015 Research Training Scheme (RTS) places are open from 1 September until 31 March 2015. Early offers will be made in December to applicants that apply by 31 October 2014. Applicants who submit their applications after 31 October will be advised of the outcome from early January.
Applications for midyear 2015 RTS places are open from 1 May until 31 August. Early offers will be made in June to applicants that apply by 31 May 2015. Applicants who submit their applications after 31 May will be advised of the outcome from early July.

Further Information

Info Corner
330 Swanston Street (cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260

Information for Prospective Students
Information sessions are run throughout the year.
For details visit:
— the RMIT postgraduate study page www.rmit.edu.au/postgrad
— the College of Science, Engineering and Health postgraduate studies page www.rmit.edu.au/seh/research
— the RMIT University Eventbrite web page http://rmituniversity.eventbrite.com.au
www.rmit.edu.au

The information in this guide is specific to Australian and New Zealand citizens and permanent residents of Australia.

RMIT University
Info Corner
330 Swanston Street (cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260
Email: study@rmit.edu.au
www.rmit.edu.au/publications