



The British Psychological Society

Promoting excellence in psychology

one on one



We dip into the Society member database and pick...

Constantina Demosthenous, a Clinical Psychologist at Limassol Hospital, Cyprus, and a PhD candidate at the University of Cyprus studying family caregivers of people with dementia.

One book all psychologists should read

Three classics have reflected the evolution of my interests in psychology. Sigmund Freud's *The psychology of everyday life*; *The situation is hopeless, but not serious: The pursuit of unhappiness* by Paul Watzlawick; and *The man who mistook his wife for a hat* by Oliver Sacks.

One thing that you would change about psychologists

To be more assertive, market orientated in the sense of promoting our know-how, and believe in the capacities and knowledge our discipline has offered us. We must become acknowledged not only as therapists but also as scientists and important contributors in various fields of intervention.

One reason I'm a member of the BPS

The richness of opportunities it offers to members for stimulation and thought.

One motto

Treat others as you would like them to treat you. This guided me during my first years as a Clinical Psychologist. I found it empowering, especially while working with older people and people suffering with dementia. If you were old, fragile and incapable, how would you like others to treat you?

One moment that changed my career

When I first started studying Psychology in Montpellier, France I had a particular interest in working with children. However, during the third year of my Licence (the equivalent of a Bachelor's degree) I was volunteering in the Internal Medicine Department in one of the University Hospitals in Montpellier. There, I first realised that working with older

people suited me more. This triggered a special interest into clinical psychology and neuropsychology of the elderly.

One proud moment

Motherhood has been a life changing experience... to witness the development, evolution, and accomplishments of a little human being. It has helped me appreciate daily life and achievements in a completely different way.

One place

Upi Bay in the Isle of Pines in New Caledonia. If you have the opportunity to be in that area of the Earth it's not to be missed. A real paradise!

One ballet performance

The *Swan Lake* ballet with Tchaikovsky's enchanting music in the Vienna State Opera... The combination of the place, the performance and the music mesmerised me.

One article from The Psychologist

Christina Richards on the restorative power of the natural world (July 2018). Its personal tone touched me and reminded me of the importance of contact with nature as a means to cope with emotions and pressure in life.

One alternative career path

I had the option of getting into Law School but circumstances were such that I ended up choosing to study Psychology in France! Even though the idea of law is sometimes lingering in my mind I'm really grateful to have had the opportunity of becoming a Clinical Psychologist and I wouldn't change it.

One nugget of advice for aspiring psychologists

We are not born psychologists, we become one! It can be a harsh process with ups and downs. Enjoy the process of learning, from others and from yourself. Be respectful to yourselves and others. Be patient in the pursuit of your own unique path of becoming a psychologist and a better you.

coming soon...

a special feature on alcohol use and abuse; plus all our usual news, views, reviews, interviews, and much more...

contribute...

reach 50,000 colleagues, with something to suit all. See www.thepsychologist.org.uk/contribute or talk to the editor, Dr Jon Sutton, jon.sutton@bps.org.uk, +44 116 252 9573

comment...

email the editor, the Leicester office, or tweet @psychmag

to advertise...

reach a large and professional audience at bargain rates: see details on inside front cover

maybe you missed...

...June 2013, David Dunning on 'the paradox of knowing'
...Search it and so much more via www.bps.org.uk/thepsychologist

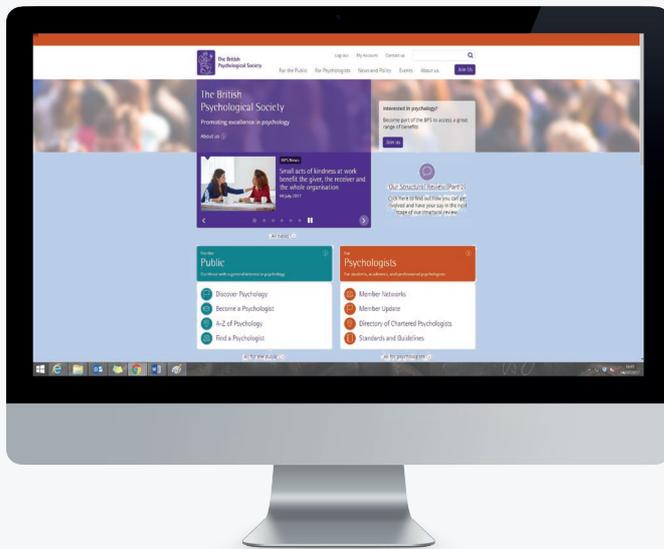


Read more in the online version



**The British
Psychological Society**
Promoting excellence in psychology

Find out more online at
www.bps.org.uk



society notices

CPD workshops 2019 *See p.10*

BPS conferences and events *See p.28*

BPS/POST postgraduate award *See p.34*

President

Professor Kate Bullen

President Elect

David Murphy

Vice President

Nicola Gale

Honorary General Secretary

Dr Carole Allan

Honorary Treasurer

Professor Ray Miller

Chair, Education and Training Board

Dr Juliet Foster

Chair, Practice Board

Alison Clarke

Chair, Public Policy Board

Vacant

Chair, Research Board

Professor Daryl O'Connor

Chief Executive Sarb Bajwa

Change Programme Director

Diane Ashby

Director of Communications

Rachel Dufton (Interim)

Director of Corporate Services

Mike Laffan

Director of Finance Harnish Hadani

Director of Membership Services

Annjanette Wells (Acting)

Director of Policy Kathryn Scott

Director of Qualifications and

Standards Karen Beamish (Interim)

Governance Manager

Christine Attfield

The British Psychological Society was founded in 1901, and incorporated by Royal Charter in 1965. Its object is 'to promote the advancement and diffusion of a knowledge of psychology pure and applied and especially to promote the efficiency and usefulness of Members of the Society by setting up a high standard of professional education and knowledge'.

The Society has offices in Belfast, Cardiff, Glasgow and London, as well as the main office in Leicester (see inside front cover for address).