

Doctor of Psychology

(Sport & Exercise,
Clinical)

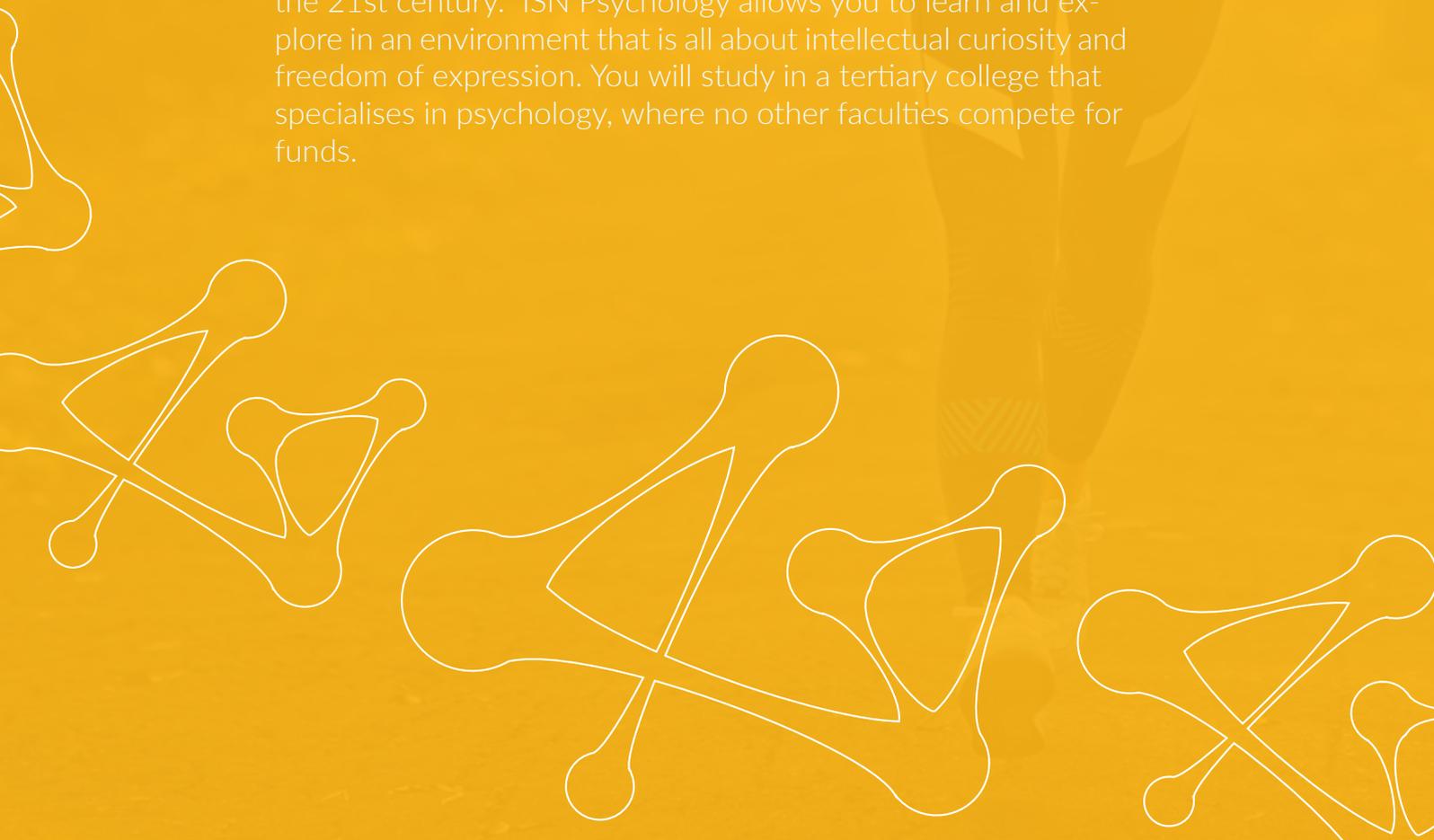
ISN.EDU.AU



Why choose ISN Psychology?

Mental illness is an issue that devastates lives and families, affecting millions of people each year. Problems such as anxiety, depression and addictive behaviours bring misery and put a strain on relationships, robbing life of joy and fulfilment. Programs and interventions that build resilience and help us perform across society and professional settings can assist individuals to improve our life focus and to better respond to mental health challenges. This combined program in Sport & Exercise and Clinical psychology provides skills to not only address performance but treat associated mental illness within a competitive and social context.

ISN Psychology offers several post-graduate programs that utilise evidence based approaches to train the next generation of psychologists to help people thrive and meet the challenges of the 21st century. ISN Psychology allows you to learn and explore in an environment that is all about intellectual curiosity and freedom of expression. You will study in a tertiary college that specialises in psychology, where no other faculties compete for funds.



DETAILS

Doctor of Psychology

(Sport & Exercise, Clinical)

The Doctor of Psychology (Sport & Exercise, Clinical) is designed to prepare students for professional practice as a Sport and Exercise, psychologist in addition to a Clinical psychologist. The program is accredited by APAC. Graduates would be eligible to pursue endorsement as Sport and Exercise, and Clinical Psychologists.

The Doctor of Psychology (Sport & Exercise, Clinical) provides skills and knowledge centred around understanding psychological factors which contribute to peak performance, wellbeing and mental health. The program consists of course work, practical placement, and research components. These factors are explored through assessment, exploring factors such as performance, sport medicine, rehabilitation, psychopathology, child and adult psychological disorders and methods to treat mental illness. Given ISN's philosophy is rooted in psychology and neuroscience, you will learn a well-considered approach to practical approaches in sport, exercise and clinical, which align with the accreditation requirements governed by the Australian Psychology Accreditation Council (APAC). ISN has access to leading academics in the field of psychology, as well as access to leading corporations who know the benefits of sport and exercise psychology. Our associated ISN Clinic has been set up to provide research informed treatments for mental illness, to restore mind body balance and to promote resilience and well-being. We use evidence-based techniques from across the world to apply and improve existing treatments. We carefully monitor the progress of each client to measure effectiveness and success.

Sport and Exercise Psychology involves exploring the psychological factors that are associated with participation and performance in sport & exercise as well as identifying risk factors that may contribute to mental illness thus also having a role to play in providing psychotherapeutic intervention for common psychological conditions.

An understanding of Sport and Exercise Psychology like never before with the added strength of Clinical Psychology.

Evidence based approaches are utilised to not only enhance performance but to provide expertise in such areas as health and wellness coaching, anxiety and stress management, concentration and mental preparation, overtraining and burnout, team building and leadership, weight management, debriefing and program evaluation, recovery and restoration, injury rehabilitation, psychological assessment, career transitions and coping and balancing sport and study, employment and/or family life.

Graduates of the Doctor of Psychology are also prepared for clinical work to address mental illness in a number of settings through psychiatric hospitals, specialist services, government, not-for-profit organisations, schools, forensic settings or private practice.



Eligibility and Entry Requirements

- Prospective students that have completed a four year, APAC accredited*, sequence in Psychology are eligible to apply for a place in the Doctor of Psychology (Sport & Exercise, Clinical) at ISN Psychology.
- The minimum academic entry requirement is the completion of an APAC accredited 4th year of study **at a study average equivalence across units of 75%**. Entry into a Doctor of Psychology (Sport & Exercise, Clinical) is competitive and requires consideration of academic results, relevant experience and the outcome of interviews/assessments.
- Applicants who can demonstrate that they are currently registered as a psychologist and complying with the CPD requirements of the Registration Board will be exempted from the aforementioned entry requirements and considered for entry into the postgraduate course based on experience in the field.
- Applicants must be eligible for registration as a provisional psychologist with the Psychology Board of Australia (PsyBA). Successful candidates will be asked to apply for provisional registration and provide a police check, working with children check and evidence of appropriate professional indemnity insurance and/or APS membership as part of the enrolment process.
- Applicants will be ranked on the basis of academic merit (based on the transcripts provided), previous work experience and/or training, academic and professional referee reports
- Short-listed applicants will be invited to attend an interview and scores will be derived during this process to select candidates for the program.
- Domestic students with Australian citizenship or Permanent Residency rights (or New Zealand Citizenship) can apply. ISN cannot currently accept applications for international students.

*Students who completed their undergraduate studies overseas but meet the domestic student criteria can apply for this course. ISN requires evidence of course equivalence in the form of an APS assessment document for all international qualifications. Additionally, candidates must meet minimum English language proficiency standards for entry to the Doctorate.

Course Structure

The course consists of course work, practical placement, and research components. Course work in the first year of the program will provide students with the academic foundations and therapeutic skills. The second year of the program has a strong focus on integration of skills through additional placements and advanced course units. In the third year of the program clinical psychology skills and placements are completed. Students will complete a research thesis as part of the program in a sport and/or exercise or clinical focused area of research. The course structure is based on seven full-time semesters (each of 12 weeks' duration).

While skill based and practical training through placements require face to face engagements, both 'live online' and 'face to face' onsite teaching options will be available with respect to course units at ISN Psychology – utilising the latest technologies and its extensive facilities to provide a rich learning experience with lifestyle flexibility.



ISN and Sport & Exercise Psychology

Doctorate students will:

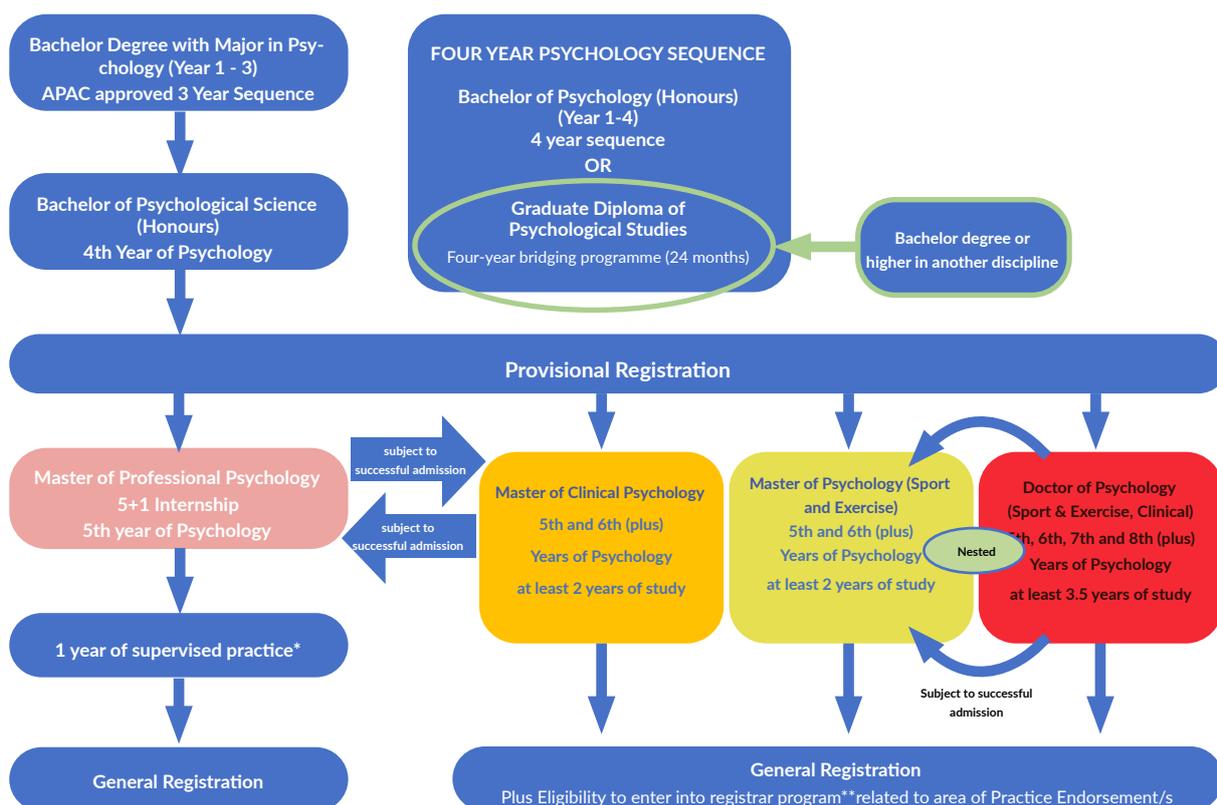
- study in ISN's purpose-built training and teaching facilities;
- receive teaching from experienced clinicians and academics;
- learn to apply principles of clinical psychology, as well as sport & exercise psychology into practice;
- be given the opportunity to gain skills from leaders in the field of Sport and Exercise Psychology; and
- be eligible for psychology registration with the Australian Health Practitioner Regulation Agency (AHPRA) upon completion of the course and further career prospects by commencing a registrar program towards endorsement as a Sport & Exercise and Clinical psychologist.

Career Prospects and Pathways

Graduates of the Doctor of Psychology (Sport & Exercise, Clinical) are prepared for work in a number of settings through sport and exercise organisations such as the Australian Football League and Cricket Australia, schools working with future athletes for example with rowing athletes, in gyms, in the performing Arts or private practice. The role of a Sport and Exercise Psychologist has become flexible and amendable to growing sport and exercise industry. ISN will look to provide you with a placement that reflects the real-world work required by everyday individuals as well as elite athletes.

This unique offering of combined endorsements in Sport & Exercise and Clinical adds another dimension to career prospects. Students will be equipped with the skills of to be a clinical psychologist. Sport performance may often be impeded by mental health problems, our clinicians will be best trained to identify the impact of mental illness in sport and exercise psychology and adopt evidence-based therapy to treat the condition.

The diagram below shows the course pathways with various programs offered at ISN Psychology. Master of Psychology (Sport and Exercise) students may be eligible for entry to the Doctor of Psychology (Sport & Exercise, Clinical) following successful admission, due to the nested structure of these programmes. Should students wish to exit the Doctor of Psychology (Sport & Exercise, Clinical), they can graduate with a Master of Psychology (Sport & Exercise) following successful completion of Years 1 and 2.



*5th Year ISN graduates must source their own 1 year of supervised practice/internship

** see <https://www.psychologyboard.gov.au/endorsement/registrar-program.aspx>

Placement Opportunities

ISN Psychology has developed MOUs with various sporting organisations such as fitness and exercise centres (such as Ultimate You) and Cricket & Sports Medicine Centre). Ultimate You bring together a revolutionary and game-changing concept for health and fitness. Ultimate You aim to establish a new relationship between people and their physical and mental wellbeing. Our additional associations with ISN Clinic in addition to the many service providers we now have agreements with allows students to broaden their skills into Clinical Psychology.

ISN Psychology will work with organisations to provide exciting and dynamic placement opportunities to provide an opportunity for Sport & Exercise and Clinical psychologists in training to:

- work with clients on setting goals as additional service to compliment the coaches;
- engage in small group psychoeducation on key psychological skills training topics as is relevant to the business;
- run individual/group sessions aimed at such aspects as passive recovery (i.e. relaxation training). Active recovery is well accepted in the exercise community in many respects but being able to teach passive recovery techniques has also been shown to have benefit; and
- develop clinical skills to treat and diagnose individuals with mental health problems.



Below are the fees for 2022:

YEAR 1

To apply visit our website at isn.edu.au/course-application

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2201	Ethics and Professional Issues	10	\$3,678
ISNP2202	Evidence Based Practice	10	\$3,678
ISNP2203	Psychopathology and Pharmacology	10	\$3,678
ISNP2204	Principles of Psychotherapy and Basic Counselling Skills	10	\$3,678
ISNP2205	Psychological Assessment	10	\$3,678
Semester 2			
ISNP2206	Introduction to CBT	10	\$3,678
ISNP2209	Placement 1	10	\$3,678
ISNP2211	Research Project 1	10	\$3,678
ISNP2213	Psychological Factors in Performance	10	\$3,678
ISNP2214	Sport and Exercise Intervention	10	\$3,678
Total cost (100 credit points)			\$36,780

YEAR 2

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2216	Placement 2 (Sport & Exercise)	20	\$7,355
ISNP2217	Sport Medicine and Physiology	10	\$3,678
ISNP2218	Research Project 2	10	\$3,678
ISNP2219	Clinical Health Psychology	10	\$3,678
Semester 2			
ISNP2222	Placement 3 (Sport & Exercise)	20	\$7,355
ISNP2224	Research Project 3	20	\$7,355
ISNP2225	Group Dynamics and Culture	10	\$3,678
Total cost (100 credit points)			\$36,777

YEAR 3

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2210	Adult Interventions 1	10	\$3,678
ISNP2212	Assessment and Intervention with Children and Adolescents	10	\$3,678
ISNP2215	Placement 2 (Clinical)	20	\$7,355
ISNP2220	Advanced Interventions	10	\$3,678
Semester 2			
ISNP2221	Placement 3 (Clinical)	20	\$7,355
ISNP2223	Adult Interventions 2	10	\$3,678
ISNP2226	Research Project 4	20	\$7,355
Total cost (100 credit points)			\$36,777

YEAR 4

Unit Code	Unit of Study Name	Credit Points	Tuition Fees
Semester 1			
ISNP2227	Research Project 5	50	\$subsidised no charge
Total cost (50 credit points)			\$0
Total cost of Course (350 credit points) at 2022 pricing not including CPI increases			\$110,334

****NOTE:** Pricing for 2023 will be in line with a price rise consistent with Education Consumer Price Index.

Get in touch



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