

Breaking Through



Welcome to
Breaking Through Mentoring
Scheme!

The scheme is a Plymouth and Exeter Dclin initiative, aimed at helping people of colour (PoC) to break through into the profession of clinical psychology and land a place on a doctorate course

Founded and co-led by Dr
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Why has this mentoring scheme been established?

Research has shown that PoC applicants seeking to pursue a career in the field often experience a lack of support both personally and professionally (Meredith & Baker, 2007). Many of the applicants have also encountered racial discrimination leading to a loss of confidence and a limited sense of belonging within the profession or within their own clinical team (Ragaven, 2018). The mentoring scheme will operate as part of a broader system approach, seeking to address social and systemic inequalities within the field of clinical psychology and mental health.

Who can sign up to the scheme?

The scheme is open to anyone who self-identifies as a person of colour who is considering applying, or has applied, for clinical psychology training – this does not need to be at the University Plymouth or Exeter but we welcome applications as part of our ongoing work in improving the inclusivity of clinical psychology training and practice. Having a first degree in psychology is not a requirement, we acknowledge and encourage applicants who have taken other routes within their career.

What is mentoring?

Mentoring is a protected relationship which supports learning and helps individuals to reach their potential. With consideration of the barriers to pursuing a career in clinical psychology, the mentoring scheme will aim to provide support to mentees who may be considering a career in the field.

The mentor and mentees can decide between them what kind of activities might be useful. This might include advising on application form drafts, interview practice, and, careers advice to gain relevant experience to apply for training.

Who are the mentors?

The scheme hopes to allow mentees to develop relationships with both trainee and qualified clinical psychologists, who can provide guidance, support, and encouragement to potential candidates. [Mentoring will involve group sessions](#) with an ethnic minority qualified Clinical Psychologist and a Trainee Clinical Psychologist currently on a DClin programme at Exeter or Plymouth university.

The scheme will also organise workshops at key points over the year (e.g. before application deadlines, before interviews, etc) to offer support to members as a whole group and learn from each other. We are operating the scheme as a collaboration between members and so may offer other events or activities based on member requests.

How to apply?

If you are interested in applying for the
scheme, please send an email to

breakingthrough@plymouth.ac.uk

Special thank you
to Valued Voices Mentoring scheme
(founded by Kat Alcock at UCL in 2011 &
further developed by Kat Alcock, Chelsea
Gardener and Judy Addai-Davis in 2014)
for helping inspire and support the
establishment of the scheme.