

**UNIVERSITY OF SOUTHAMPTON  
DOCTORAL PROGRAMME IN CLINICAL PSYCHOLOGY**

**FROM MENTORS TO TRAINEES  
GUIDELINES ON WHO WE ARE AND WHAT WE DO:**

Training as a Clinical Psychologist can be a stressful experience at times and we encourage the development of an on-going model of support seeking from the start of training and onwards into your career as a Clinical Psychologist. When psychologists qualify they will almost invariably benefit from having a mentor of some sort or another. During training your Mentor is a source of external support, independent of the training programme. Having such an experience as a trainee can facilitate and normalise the support seeking model. The Programme will help facilitate you in finding a mentor, and we encourage supervisors to be supportive of this scheme.

- Your relationship with your Mentor should be supportive. Mentors are not personal therapists. Instead they are in the position of offering you support, advice, to normalise and validate the training experience, and offer friendly problem solving.
- Your Mentor is working on your behalf and has your interest at heart.
- A psychologist will not be a Mentor and a Supervisor to the same Trainee at the same time.
- A Mentor will only have one Trainee per intake.
- On becoming a Trainee you should try to choose a Mentor as soon as possible and we recommend you try to stick with the same mentor throughout training. However there is the possibility of changing your Mentor if that would work better for you.
- If a mentor has significant concerns about a trainee they will aim to chat about this with the trainee before contacting the Programme Team to discuss the best way of supporting the trainee.