



Dr James Murray

Current Job Role: Consultant Clinical Psychologist

Brief descriptive snapshot of this role?

I see individuals and families, to assess and treat psychological problems. I also advise and support other professionals around psychology issues, and carry out research and audit. I act as a psychological therapist, mostly with teenagers.



What has been your journey into this role?

I started off doing a psychology degree at university. Originally I was planning to join the Army, but loved psychology so much that I changed career, spending three years doing a research doctorate, and then three years on a clinical psychology doctorate. After I qualified, I divided my time between clinical practice and university work, training new clinical psychologists. I decided to specialize in working with children, young people and families.

Key skills & qualities for this role?

The number one skill I have had to develop is to be able to listen and gather information. Psychologists need to be able to put together lots of pieces of information, to analyse and make sense of these, and to use them to help people understand themselves and find ways of making positive changes.

Other important skills include being able to understand and use statistics; to be able to write clearly; and to be able to help people who are distressed or struggling emotionally to feel more at ease and able to talk.

How does this role interact across the SOG and other external agencies?

Our mental health and wellbeing affects many aspects of our lives, and is also affected by multiple factors. Part of my role is to help make sure that this is understood across the States and beyond, so that when policy changes are being considered, their mental health impact is also considered. That has been particularly important during the recent COVID lockdown, when all the States' various teams have been having to work towards protecting the physical and mental health of the whole Bailiwick population.

Why is this work important to you?

My work is important to me for two main reasons. Firstly, there is a great deal of satisfaction to be had in helping a person move from unhappiness and distress towards better mental health, and to see them thriving. Secondly, I believe that positive mental health and wellbeing is so important for our quality of life, and want to do what I can to improve this for everyone.

If you would like to find out more about getting into a career in Mental Health, contact a Careers Adviser at careersguernsey@gov.gg



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