

# Mind-to-Mind

## MENTORING SCHEME

The 2023-2024 Mind-to-Mind mentoring scheme was co-ordinated by:



**Dr Reena Vohora**

EDI and mentoring scheme  
lead, Academic Tutor and  
Consultant Clinical  
Psychologist



**Rebekah Wilson**

Assistant Psychologist and  
mentoring scheme  
support

**We are pleased to have been able to provide 70 individuals from a range of ethnic minority backgrounds with a place on the Mind-to-Mind mentoring scheme between 2021-2023.**

Mentees were provided with an opportunity to meet with two mentors each (i.e. a trainee and qualified clinical psychologist) and attend workshops as part of the scheme.

Feedback received from the mentees participating in the scheme indicated that this scheme has: supported DClinPsy applicants in their journey onto training, supported aspiring assistant psychologists, broadened knowledge of psychological therapies, and increased overall confidence.

We are continuing to evaluate the scheme and are committed to continue to strengthen our efforts to support aspiring clinical psychologists from diverse ethnic backgrounds.



**We wanted to share some feedback from our mentees:**

**“I have found the Oxford Mentoring scheme so helpful and engaging. It has been so lovely having face-to-face workshops and being in this warm community of aspiring psychologists. The specific advice and overall support and encouragement helped with my application, and I am so excited to start on the Dclin at oxford. So much gratitude to everyone on the mentoring scheme”.**



**Daniel Hua**

“Being part of mind-to-mind mentoring programme has been such an exceptional experience that I feel privileged to have been a part of. Being around like-minded and supportive people that understand my journey and aspirations was my favourite part. The programme has provided me a community of people on the same journey as me, which has been invaluable and allowed me to feel seen. My mentors have been better than I could have ever expected, and I am so thankful for all their support. I also want to thank the mentoring scheme team (Reena and Becky) for all the time and energy invested into the programme, they are both making such a meaningful impact on the next generation of clinical psychologist, and I am incredibly thankful”.



**Rachel Glover**

“The sessions gave me a great opportunity to reflect on my own reasons for pursuing psychology, my personal practice/attitude and my position in clinical psychology as someone from a minority ethnic background. They also helped clarify applications and support me on routes into clinical psychology. These sessions gave me an opportunity to meet new friends and make wonderful connections with people who are in a similar position or with similar values to me. As a result, I felt more confident in myself, my abilities and working towards overcoming imposter syndrome”.



**Elisha James**

“I found the Mind-to-Mind mentoring scheme really helpful not just in terms of preparing me with future DClinPsy applications but also in providing me with an opportunity to know and understand myself better in the context of my own experiences as a person from a minoritised background and how these can interact with my aspirations of working in a mental health profession.

The workshop on Social Graces and Imposter Syndrome were particularly useful, and I appreciated the conversations we had on issues of race, ethnicity, and culture in light of power and privilege especially whilst working in the NHS”.



**Meriam Estacio**

“The mentoring scheme has been really useful to get you in the right mindset for applying to the doctorate. It feels great to meet other people from different ethnic backgrounds to share experiences and get the support that we find hard to source or accept! Also, a big thank you to the mentoring scheme team (Reena and Becky) for always doing their best and setting up such a thoughtful and open space”.



**Saffiya Tariq**

“Overall, I have found the scheme to be a very valuable experience as a person from an ethnic minority background in the field of psychology. The guidance and support I have received has been instrumental both in my personal and professional growth. I really appreciate the personalised approach of the scheme, having had my mentors tailored to some of my preferences. My mentors have been incredibly supportive and understanding, providing valuable insights and guidance. The sessions I attended felt very structured and addressed lots of helpful topics and challenges I may face. The mentee workshops have allowed me to build my network and gave me the opportunity to connect with other mentees which has been great. I am very grateful for the opportunity to have been a part of this scheme and the positive impact it has had on my journey in psychology.

Also a special thanks to the mentoring scheme team, Reena and Becky, for facilitating the sessions. It really has been a great experience and hopefully it is something that will continue in the future!”

**Hassan Khan**

“This mentoring scheme helped me to think more about future prospects and to take the next step needed to progress in the clinical psychology field.

Listening to my mentors’ experiences on applying for the doctorate and also working in the doctorate was really insightful too”.

**Vinisha Chaudry**

“I’ve really enjoyed being part of the Mind-to-Mind mentoring schemes. It has been so helpful to get to know my mentors, hear about their journeys to clinical psychology and get their thoughts and advice on my own next steps.

The workshops have been really well organised, and I feel like I’ve learnt so much, particularly in terms of reflecting on identity in both the doctorate application process and in clinical work. It’s also been lovely to meet other mentees and build a sense of community”.

“This year’s round of Dclin applications had been so much better than the last one. Last year I received 4/4 rejections. This year I received 2 interview offers and 1 reserve list for interview!!

As you can imagine, this had been a mentally and emotionally exhausting process, but I am so grateful to have had the help, guidance and support of my mentors. THANK YOU SO MUCH. I truly believe that talking with my mentors helped me build up my confidence, to be more aware of my strengths and to be aware of the skills, knowledge, and qualities I can bring. This space really helped me reflect on my experiences and do myself justice in the application form.

Thank you so much again to my mentors for their time and help!!! I hope this mentoring scheme keeps supporting others like me getting their foot on the door”

**ER**