

Title of event: Responding to the Covid-19 Pandemic: Contributions from Across Psychology

Date & times: 24 September, 10.30 am – 3.30 pm

Location: Webinar

Organised by: DOP Scotland

Description:

This interdivisional event looks at the contribution of psychology in the COVID-19 pandemic, with a special focus on the Scottish context, through a selection of topics presented from the perspectives of clinical, educational, health, occupational and counselling psychology, as well as neuropsychology. Speakers include Louise Macdonald and Lindsay Broadfoot, Louise Cumbley, James Anderson, Liza Morton, Vivien Swanson and Noreen Tehrani.

Presentations will cover:

- Wellbeing provision for NHS Scotland staff and the public
- Resilience, recovery and reconnection: Three themes identified in the Glasgow Educational Psychology Service's Response
- The impact of covid-19 on the mental health of adults with congenital heart disease
- Supporting self-management for people living with an underlying condition under the threat of Covid-19
- How practitioners and researchers in health psychology in Scotland and around the UK have contributed to the Covid-19 response
- Ways to protect against the future health consequences of Covid-19
- Identifying and addressing the risk of secondary trauma while homeworking when your job involves dealing with trauma exposed material

Programme

Welcome – Janet Fraser, Vice Chair. DOP Scotland (Event Chair)

Presentations

Mini Plenary

Lunch break

Presentations

Plenary

Final Comments

Close

The running order for the presentations will be confirmed closer to the time.

Presentations

Covid Response in Scotland – wellbeing provision for NHS staff and the public. Louise Cumbley, NHS Dumfries and Galloway, (Sponsored by Division of Clinical Psychology – Scotland); James Anderson, NHS Grampian, (Sponsored by Division of Neuropsychology – Scotland).

Resilience, recovery and reconnection: Glasgow Psychological Services response to the COVID 19 pandemic. Louise Macdonald, Educational Psychologist and Lyndsay Broadfoot, Senior Educational Psychologist (Sponsored by the Scottish Division of Educational Psychology).

We need to develop a psychologically informed framework to support those most vulnerable from Covid-19. Dr Liza Morton, University of Strathclyde, (Sponsored by the Division of Counselling Psychology – Scotland).

Health Psychology in the time of COVID-19, Dr Vivien Swanson, University of Stirling. (Sponsored by the Division of Health Psychology – Scotland)

Taking trauma work home: Advice for reducing secondary trauma during the CV-19 Pandemic and beyond, Dr Noreen Tehrani (Sponsored by the Division of Occupational Psychology – Scotland).

Titles, Abstracts and Speaker Information

Resilience, recovery and reconnection: Glasgow Psychological Services response to the COVID 19 pandemic. Louise Macdonald and Lyndsay Broadfoot. *Sponsored by the Scottish Division of Educational Psychology*

Educational Psychologists in Scotland provide a statutory service for young people (0-24) within their educational context. This would typically involve collaborative and multi-agency work within an ecological context in order to identify and address barriers to learning. In response to the significant challenges presented by the current COVID-19 pandemic, Glasgow Psychological Service (GPS), along with other Educational Psychology services across Scotland, have gone through a process of reviewing service delivery. In Glasgow, change was informed by standard GPS service delivery, a needs analysis with stakeholders, and cross referenced with colleagues nationally. The three broad themes that emerged were, 'Resilience, Recovery and Reconnection'. These themes were useful to shape thinking and guide our core offers of support for children, their families, and educational establishments both during the period when they were at home, and when reintegrating back into education. We hope to outline some of the ways in which we have done this and consider how practice will evolve as we navigate through a continually changing landscape.

Louise Macdonald is an Educational Psychologist working for Glasgow City Council who has been practising in Scotland for seven years. She has a particular interest in the impact of whole school Restorative Approaches, and in supporting education staff teams to effectively implement positive change. She has particular expertise in supporting young people with English as an Additional Language (EAL) having previously worked as both a mainstream teacher, and EAL specialist.

Lyndsay has been a practising Educational Psychologist for 9 years, working as a Senior Educational Psychologist in the North East of Glasgow for 5 years. Lyndsay has a particular interest in Restorative Approaches within a school context and is currently completing a PhD in relation to whole school implementation. She is a VIG supervisor and is keen to explore how video can support her role both in relation to intervention and staff training.

We need to develop a psychologically informed framework to support those most vulnerable from Covid-19. Dr Liza Morton, *Sponsored by the Division of Counselling Psychology- Scotland*

Those already most vulnerable face the greatest psychosocial impact of the covid-19 pandemic. People across the lifespan live with underlying health conditions which may increase the risk of serious complications and fatality from the virus. Prior to the pandemic such individuals were already at an increased risk of mental health problems. Shielding and prolonged social distancing may exacerbate this vulnerability by presenting challenges with work, finances, parenting, relationships, accessing medical care and concern about becoming infected. While media narratives about covid-19 'only' affecting people with an underlying health condition and talk of 'herd immunity' have fuelled ableism leaving such individuals feeling further marginalised and dispensable. Yet, such individuals are arguably well placed to manage the current crisis; experts in self-managing their health, threat to life, dealing with uncertainty and working with healthcare providers to make shared decisions. As we move to a chronic phase of the pandemic we need to develop a psychologically informed, strategic framework to mitigate increasing health inequalities. Here, I consider these unique challenges drawing from lived experience and preliminary findings from our study (conducted in collaboration with Strathclyde University's Dr Nicola Cogan and Calum Calderwood and Jacek Kolacz, University of Indiana) exploring the impact of covid-19 on the mental health of adults with congenital heart disease. Further, I will outline a framework (as detailed in the articles below) to better support self-management for those of us living with an underlying condition under the threat of covid-19 to enable us to resume as normal a life as possible.

Liza is a Chartered (BPS) and Registered (HCPC) Counselling Psychologist working in Private Practice in Stirling and as a Teaching Fellow at The University of Strathclyde where she contributes to the Clinical Health Psychology MSc and Counselling and Psychology BSc undergraduate programme. With a strong background in research she gained a PhD in Psychology from The University of Glasgow in 2003. She worked as a Clinical Associate of Applied Psychology in Primary Care for over ten years in NHS Fife whilst training in Counselling Psychology via the BPS Independent Route, qualifying in 2015. Liza is actively involved in research and her current interests bridge her research, clinical and lived experience. They include developing a Polyvagal Theory informed measure of psychological safety, psychologically informed medicine, the impact of the hospital gown on mental health and wellbeing and the impact of the covid19 pandemic on mental health for people with congenital heart disease (CHD). Liza has been actively involved in advocacy work to improve care for people with CHD since petitioning the Scottish Government for healthcare standards in 2012. Since she has sat on various NHS boards/networks to this end with national healthcare standards being launched in 2016. She also sits in the BPS Scotland Counselling Psychology Division committee as research lead. For more information and links to publications and presentations see www.drlizamorton.com or <https://pureportal.strath.ac.uk/en/persons/liza-morton>

Health Psychology in the time of COVID-19, Dr Vivien Swanson, *Sponsored by the Division of Health Psychology - Scotland*

Psychology has been at the heart of UK Governments' response to COVID-19, and behavioural science has played a key role in developing policies to help manage the pandemic. Health psychologists, working with the British Psychological Society, in academia and healthcare contexts have made a huge contribution to our understanding of the human behaviours that need to change to reduce individual and community risk, and improve health during the early phases, adjust to changes in day to day working and living, and manage the consequences and recovery from this unprecedented series of events. This talk will summarise some of the work carried out by health psychology colleagues across the UK, including responses by researchers and practitioners in Scotland, and suggest ways to support and help build resilience to protect against the future health consequences of COVID-19.

Vivien Swanson is a health psychologist based at the University of Stirling, Scotland, where she is Co-Director of the Professional Doctorate in health psychology. Her research has focused on health behaviour in two broad areas, infant nutrition and maternal well-being, and diabetes care. Recent projects have developed, tested and delivered interventions to improve health professionals' skills in behaviour change, nationally and internationally - including work with diabetes teams, nurses and midwives.

She was responsible for development of one of the first UK MSc courses in health psychology at Stirling. Supported by the BPS Division of Health Psychology in Scotland, and NHS Education for Scotland (NES), she led on the development of the first fully funded Stage 2 (doctoral level) training programme for health psychologists in the UK. Established in 2008, this programme has trained over 40 health psychologists to date and has attracted international attention.

She has held a seconded post with NES as Programme Lead for Health Psychology since 2013, where she has led the development of the MAP training programme – delivering behaviour change skills to health and social care professionals across Scotland.

Taking trauma work home: Advice for reducing secondary trauma during the CV19 Pandemic and beyond, Dr Noreen Tehrani *Sponsored by the Division of Occupational Psychology - Scotland*

Exposure to distressing material – such as traumatising conversations, images and written or auditory testimony – occurs in the work of many people. However, the Covid-19 pandemic has resulted in this type of work being undertaken in the home. In this presentation Noreen describes the production of guidance for the BPS Covid Response Working Differently Workstream, publication of which has opened up a new area of thinking in relation to this aspect of homeworking. She will introduce a 5 R framework, developed specifically for the workstream's guidance document, to help employers fulfil their duty of care, enabling them to recognise, review and respond to risks for individual employees, make changes and improvements, and ensure that respect underpins their response.

Noreen is Past Chair of the Crisis, Disaster and Trauma Section of the British Psychological Society and has worked with various aspects of trauma for a long time. She has worked on the Shoreham air crash, the Westminster and London Bridge terrorist attacks and the Grenfell Tower disaster. She has also supported first responders and victims of a wide range of traumatic incidents including child abuse, murders, rapes, fatal accidents and road crashes.

Currently she is working with several police forces to reduce the incidence of primary and secondary trauma in police officers and staff involved in working in undercover operations, firearms, road deaths and child abuse.

Noreen has written many articles, papers and book chapters including two books on trauma Workplace Trauma – concepts, assessment and intervention and Managing Trauma in the Workplace.