

DCP UK Chair's update

Roman Raczka



Reflections on the Covid-19 pandemic

WE ARE more than 20 months into the pandemic and we are seeing Covid-19 cases increasing across our four nations with growing pressure on the NHS and Social care as we move into winter.

As a DCP Executive we have responded to the pandemic in a range of strategic ways. We developed a strategy in the initial phase of the pandemic outlining what we identified as the most important challenges, and what our role as clinical psychologists might be, in addressing them.

Our overarching strategic aims were to:

Provide guidance and support to psychologists, to all who use our services, and to the general public, responding to the emerging demands presented by the coronavirus pandemic.

As the pandemic changed over time, we aimed to prioritise the focus of our support and work with Nation, Branch and Faculty leads, to prioritise implementation accordingly.

Across the range of services delivered, we encouraged clinical psychologists to continue to deliver psychological support to people who use our services, to psychologists and to the wider community in the following ways:

Supporting people who use our services in ways including:

- Adapting methods of delivery to maintain service delivery
- Acknowledging that inability to access digital support (due to financial or other reasons) means that creative alternatives must be identified
- Sharing resources to improve the wellbeing of individuals, families and communities
- Engaging with individuals with lived experience to listen and respond

- Engaging with communities who have been most significantly impacted by the coronavirus including Black Asian and Minority Ethnic and socially disadvantaged groups

To support clinical psychologists in ways including:

- Providing clinical governance and professional leadership to aspiring and qualified clinical psychologists impacted by Coronavirus
- Working with faculties and branches/nations to both listen and respond to the needs of different communities
- Providing support to psychologists who are experiencing significant stress as a result of the coronavirus pandemic including our DCP Wellbeing Support Groups
- Providing support to Heads of Services
- Further developing new ways of working such as digital online support

To support members of the wider Community networks in ways including:

- Engaging with communities who have been most significantly impacted by the coronavirus including BAME and socially disadvantaged groups
- Encouraging a Community Psychology approach
- Contributing to the Covid Coordinating group to develop a wide range of publications for both professionals and member of the public and all will continue to be freely available to download.

[BPS Covid resources \(available to all\)](#)

[DCP Covid publications \(members only\)](#)

Next steps

The Pandemic has had profound and long-lasting impacts on individuals, families, organisations, communities and nations. We now have a much greater understanding of the spread of the virus as well as the short and longer term effects including the impact of Long Covid. Although the full extent of the impact will not be known for some time there is real scope for reflecting on what has happened and opportunities for positive change as we now transition from Pandemic to Endemic to living and working with Covid-19. There has been loss and tragedy but also an opportunity to take stock of what really matters.

As a DCP executive our intention is to review and revise our COVID strategic priorities. We will evaluate where we have had most impact and develop new strategic priorities for action for the next year.

Group of Trainers in Clinical Psychology (GTiCP) update

Rachel Handley and Paul Salkovskis have been joint chairs of the Group of Trainers in Clinical Psychology (GTiCP) from March to November, with an initial focus on re-constituting the Board and widening representation. The Group of Trainers in Clinical Psychology (GTiCP) is a network for clinical psychologists involved in delivering training programmes in clinical psychology across the UK. It provides a forum for discussion and debate of matters of strategic importance to clinical psychology training, as well as more practical and operational support to those involved in different aspects of training delivery. There are separate groups for academic tutors, clinical tutors, research tutors, service users and carers.

The board meets monthly and a new constitution for the GTiCP is now in place. Having established the new governance, liaison with arm's length and accrediting bodies has been important, alongside working more closely with prequalification and minorities groups. Attention has also been paid to the devolved nations, who are represented on the board by Pauline Adair. The board has set up and hosted several general meetings to meet the

challenges facing training courses, trainees and candidates. Issues such as contextual admissions and Covid-19 adjustments have been reviewed both by the board and, more importantly, by the GTiCP subgroups which have been extremely active and collaborative.

The Clinical Psychology training community has had a more than usually busy time over this last period. The re-tendering of the contracts for English Clinical Psychology programmes has been announced and whilst the date has been recently pushed back, courses have been gearing up to write extensive bids. The process is now composed of two stages, the first being the provision of information to Health Education England during November. The full tender process will then begin in mid-January, to be completed by the end of February with outcomes announced in May. Following an early indication that this would take effect from the 2022 intake, it has now been moved to 2023, which allows time for all concerned to make appropriate arrangements. The situation in the devolved nations is still unclear, but some expansion seems likely.

All courses in England were invited to bid for additional development funding to support the implementation of Long-Term Plan in Clinical Psychology with a particular focus on secondary accreditation of DCLinPsy programmes (in CBT and Systemic Practice) and the continuation of mentoring initiatives to support aspiring clinical psychologists from racialised minority backgrounds. Programmes are now gearing up to deliver on these work-streams, with funding having been secured.

This additional activity takes place in the context of rapid expansion in HEE commissioned Clinical Psychology training places in England on an unprecedented scale and rate. The expansion of the profession is warmly welcomed by the training community whilst inevitably presenting challenges whilst programmes and their partner Trusts and Services scale up without compromising on training standards and quality of experience. Courses across England have experienced or are expecting an increase of around 100 per

cent, but the impact on qualified staff in the workforce able to provide supervised placements lags behind any increase by up to five years. GTiCP members are working closely on effective ways of introducing innovations to meet these requirements.

The involvement group have continued to make an important contribution to the GTiCP. The funding arrangements for Experts by Experience have been challenging as the DCP/BPS arrangements have bedded in, but we hope that this will be resolved in the next few weeks.

The GTiCP conference will take place in mid-November, with a range of topics linked to the challenges faced by clinical psychology training, including Equality, Diversity and Inclusion and the issues raised by the expansion of commissioned places, new roles and requirements as envisioned by the NHS long term plan and broader societal issues such as climate change and the continued impact of poverty and austerity.

We are happy to announce that new co-chairs will be ratified by the AGM on 15 November, with Rachel and Paul remaining on the board as past chairs, supporting the new chairs.

Minorities in Clinical Psychology Group update

The Minorities in Clinical Psychology Group has been in existence since 2012, initially as part of the Pre-Qualification Group. Following recognition that the work undertaken by the group extends beyond the pre-qualification stage, the DCP formalised and extended its role. The Minorities in Clinical Psychology Sub-Committee reports directly to the DCP Executive Committee and is comprised of DCP members who are post-qualification, in training and pre-qualification.

The committee comprises of lead organisers based on the areas of discrimination and protected characteristics as outlined in the Equality act 2010: Race, Faith, Disability, Gender and Sexuality, Religion, Parenting and Caring responsibilities. The committee and its members take an intersectional view of

discrimination in all the work produced or engaged with and always consider the interplay of factors such as low-socio economic status, immigration status etc.

Aims

- To provide support networks for those who identify as being of marginalised backgrounds within the profession of clinical psychology and to advise on issues of inclusivity and diversity across the DCP.
- To contribute towards a better understanding of the unique needs and experiences of marginalised groups within the profession and to help support the personal and professional development of those who have chosen a career in clinical psychology.
- To promote change in minority representation across the clinical psychology profession.

Activities over recent months

- Running application events for aspiring psychologists from minoritised backgrounds – these are advertised on the Group's social media pages.
- Running a Twitter application initiative – this is a Twitter thread where aspiring psychologists are linked with qualified or trainee psychologists for proofreading of applications.
- Liaising with the GTiCP regarding access to teaching and blended learning, particularly for trainees with disabilities and caring/parenting needs.
- Liaising with HEE regarding funding changes for aspiring psychologists applying for Clinical Psychology training.
- The Group are also having discussions on holding a conference in the New Year as previous conferences were well received.

Twitter: [@MinoritiesGroup](https://twitter.com/MinoritiesGroup)

Facebook: [Minorities in Clinical Psychology Training Group](https://www.facebook.com/MinoritiesinClinicalPsychologyTrainingGroup)

Get in touch at: minorities.cp@gmail.com

Pre-qualification group (PQG) update

The Pre-Qualification Group (PQG) represents members of the DCP who are interested in or working towards a career in clinical psychology. The (PQG) represents those who are on the journey to becoming clinical psychologists at both Pre-Training and In-Training levels of DCP membership. Members include those in postgraduate study or in a pre-training role, such as a Support Worker, Graduate Primary Care Mental Health Worker or Assistant Psychologist.

By joining the DCP at a Pre-Training or In-Training level, members will automatically become a member of the Pre-Qualification Group at no extra charge. If anyone is unsure about their membership status please contact membership@bps.org.uk

Aims

- To ensure members have a voice within the profession
- To provide support and opportunities for professional development and networking through our popular CPD events
- To distribute details of current developments that impact our members, via email updates and our annual newsletter
- To run a successful podcast 'Let's get to clinical' for all matters working towards a career in clinical psychology
- To enrich the journey for all those aspiring towards a career in clinical psychology

Activities over recent months

- The Pre-Qualification Group (PQG) have welcomed new committee members to a range of roles, including a pre-training co-chair Esther Gillett.
- The 2020–2021 committee members have been enthusiastic and dedicated, particularly over the challenging time of the pandemic.
- The PQG are looking forward to continuing to be creative and adaptive in the resources and advocacy offered to the aspiring clinical psychologist community and always welcome new ideas and involvement.

- The PQG are proud with the recent publication of the 2022 Alternative Handbook, Special thanks to the trainees who provided their time and thoughts as well as the BPS staff who supported the publication.
- In addition, a Q&A document has been collated and added to the PQG website to support applicants with the process. The Group hope these resources offer applicants insight to the DCP courses from trainee perspectives and support with the process and wish all those applying the best of luck!
- The PQG would like to congratulate the 2021 cohort of DCP trainees on starting their training and hope all are settling in to their new roles. The PQG have created a video for new trainees, which will soon be uploaded to the PQG website.
- The PQG continue to be involved in conversations with the wider DCP and psychological professions networks, including recent discussions with HEE.
- The PQG always welcome any feedback to ensure they continue to support and represent those pre-training and in-training.

The Co-Chairs

Katie Knott (In-training co-chair)

Esther Gillett (Pre-training co-chair)

Event Update – DCP Annual Conference 2022

The DCP Annual Conference has been scheduled to take place on the 15th and 16th March 2022. The Conference will be virtual and will be around the themes of recovery, restoration, adaptation as individuals and organisations and living alongside continued uncertainty. There will be a focus on the Pandemic, as well as Climate Emergency and Social Justice. There will shortly be a call for submissions for oral and poster presentations.

The DCP AGM will be held virtually on 15th March at lunchtime

Dr Roman Raczka

DCP-UK Chair