

DCP UK Chair's update

Esther Cohen-Tovée



Climate crisis

I'M VERY GRATEFUL to Editors Tony Wainwright and Annie Mitchell of the DCP South West Branch, and to all the contributors, for this excellent special issue of *Clinical Psychology Forum* on the global climate and environmental crisis. It comes out at a time when many if not all of us are re-evaluating our lives and lifestyles in the context of the Covid-19 pandemic. The issue is rich with relevant research and personal reflections, ideas and inspiration for change, at the individual as well as the community/organisational level. Ultimately global change is crucial, and the global pandemic has shown such change is possible. But we can all play our part to make that change happen. While the pandemic continues to bring tragedy around the world, paradoxically it may also bring hope of a new understanding of our interdependencies and the impact behavioural changes can make.

Working in partnership with Experts by Experience

On 10 July, we held our first Experts by Experience (EbE) network webinar session, entitled, *What matters most to us: Conversations about building compassionate communities together*. The webinar was chaired and facilitated by Nicola Armstrong, EbE & Service User and Carer Involvement Facilitator at CNTW FT, and Jan Bostock, Consultant Clinical Psychologist. We had previously intended to hold a face-to-face two-day EbE event in Newcastle upon Tyne at the Centre for Life, which had to be postponed due to the pandemic. This webinar included contributions from a wide range of people and organisations in the North East who were potential contributors, and we are hoping to reschedule the full event later in the year (see below).

Following welcome and introduction from Jan and Nicola, we heard about the work of *Freedom from Torture* from Natasha Nzazi and Tammy Jaftha, and the way in which a service user empowerment and peer-led model enabled the co-design of a pathway to help people who have suffered in this terrible way. Lou Thorpe then spoke about the work of *Fulfilling Lives*, a voluntary sector programme funded in 12 areas of England including Newcastle-Gateshead in the North East, and how they work with EbE networks. Richy Cunningham spoke about *Recovery Connections*, a social enterprise which has formed a community with a culture of recovery, and Angela Kennedy from TEVV FT spoke about trauma informed practice and peer support, the dual positions of staff with lived experience, and the importance of an inclusive narrative and opening up leadership opportunities. Jo Hemmingfield, DCP England Lead, Simon Mudie, DCP Wales EbE lead, and I then spoke briefly about the commitment to coproduction and EbE participation in the DCP, welcoming the BPS coproduction framework which we are working on in partnership. We also heard about the work of the Sunderland Recovery College from Sagara Citta, and Anne Clark and Tony Laverty spoke about their roles with Northumberland Carers and Tynedale Carers Support Group, and the value of peer support for carers. Finally Suzanne Wilson spoke about health literacy and the CNTW library and knowledge service. Nicola and Jan closed the session by sharing some reflections and discussing participants' ideas for the full event which we hope will take place in December. It was noted that for EbEs, the value of being part of a community was a key theme, and this is something the DCP can provide, as we are a community. We hope our EbE network does provide that sense of community for EbEs and DCP members.

I was amazed by how much was fitted in to a relatively short time, and was inspired and moved by the presentations.

BPS technical support for the webinar was provided by Mandy Hemsill, which was extremely helpful. The event was supported and co-convened by the DCP EbE Subcommittee. We are hoping to hold our postponed face to face EbE network event on 3–4 December 2020 at the Centre for Life, in Newcastle.

Changes among DCP network Chairs and CPF Editor

We are very sorry to share the news that Laura Golding has decided to resign from the role of Chair of the Group of Trainers in Clinical Psychology (GTiCP). Laura has been an excellent GTiCP Chair and a highly valued member of the DCP Executive and the wider DCP Representative Assembly, and will be missed by all of us. Thank you Laura for all your contributions since you took up the role.

Two of our Faculty Chairs have also stepped down recently; Katie Hunt (Chair of Faculty for Children, Young People and their Families) and Allan Skelly (Chair of the Faculty for People with Intellectual Disabilities). We would like to thank them for all their contributions in their roles. We are grateful to Helen Griffiths, who was CYPF Faculty Chair Elect, and Sophie Doswell, who was Chair Elect of FacPID, who have taken over as Chairs of their respective Faculties.

We also have a newly elected Chair of the Perinatal Faculty; congratulations and welcome to Rachel Mycroft, and thank you to former Chair Helen Sharp for all your work in the role.

Ben Donner has resigned from his role of Editor of Clinical Psychology Forum Editor, and this is his last edition as Editor. Ben has been our CPF Editor for over three years, and has made a very significant contribution during this time. Thank you for all your work for CPF and with the editorial group, Ben, and we wish you all the best for the future.

EDI & Anti-racism

We currently have a number of groups in which work on this agenda is being taken forward:

- Minorities in Clinical Psychology Subcommittee
- Pre-qualification Group
- Group of Trainers in Clinical Psychology
- The Racial and Social Inequalities in Health Covid workstream

The DCP Executive committee has decided to create a Task and Finish Group to help us join up, integrate and move forwards more quickly with our EDI and anti-racism work. A number of members from our DCP networks have helped with developing our [draft action plan](#) which led to the decision to form the group. The work of the group will be closely linked with the BPS EDI Taskforce.

The advert for Statements of Interest to join and to chair this group can be found here: <https://www.bps.org.uk/about-us/jobs/dcp-edi-group>

We hope that members will come forward from a wide range of backgrounds to contribute to the task and finish group so that we can move this very important and far-reaching work forwards in partnership.

We also want to take action now to improve the diversity of the DCP Executive committee, Exec subcommittees, and DCP network groups and committees. While some of these have been constituted to maximise diversity (e.g. the Minorities subcommittee), others are in need of an increase in diversity of members. We would therefore like to co-opt new members from a wide range of diverse backgrounds onto DCP committees and working groups. We will offer support and mentorship to co-opted members if this would be helpful.

DCP Representative Assembly and Experts by Experience Co-creation workshops

The first of our co-creation workshops took place on 24 June, facilitated by The Social Kinetic, who also facilitated the first phase of the BPS Member Journey Initiative. We will be sharing our progress very soon. We are aiming to address issues and opportunities including:

Issues

- Addressing EDI and anti-racism in the profession of clinical psychology and in the DCP.
- Developing a new & affordable model for the functioning of the DCP that will enable us to deliver what our members want and increase our impact.
- Increasing membership at all levels/career stages, but particularly clinical psychologists from BAME communities, and aspirant, newly qualified and early career qualified clinical psychologists.
- Integration with wider BPS balanced with autonomy for the DCP.

Opportunities

- Increase our coproduction work with Experts by Experience, and spread and share this approach across the whole of the BPS, supported by the new framework which is in development.
- Build on the excellent work we have done both as a Division and in partnership with BPS networks and colleagues in response to the Covid-19 pandemic.
- Increase our external impact in the fields of prevention & public health, and psychological workforce development & service transformation, in relation to priorities in the four nations.
- Continue to improve communication with, and increase engagement and involvement of members.

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