



DCP England

Newsletter

November 2019

The DCP annual conference will be taking place in Solihull on 22 and 23 January 2020. It's themed around personal, professional and political partnerships, and includes a stream collated by our Children and Young People's Faculty.

England Chair's update – Roman Raczka

I am delighted with the feedback that we are receiving about this Newsletter. Among the comments sent, I have been asked to include more information on ways that we, as psychologists, can use our psychological knowledge to support the collective action to highlight and tackle climate change. To follow this up, we've got an article by Tony Wainwright – a leading psychologist and campaigner on climate change.

Wellbeing is another important concern for us all. Adrian Neal from DCP Wales has written a brief report on a recent event, held in Wales, which explored the need for a compassionate culture in the NHS workplace and its impact on various aspects of wellbeing including sickness, safety and patient mortality.

I have also been asked to highlight the DCP Leadership and Management Mentoring Programme – Clinical Psychologists as Leaders. A reminder that the scheme is open to psychologists at all career stages. You can find a mentor for yourself or offer your services as a mentor by clicking on the [mentoring tab](#).

There are a number of resources as well as lots of information concerned with mentoring – I would encourage you to have a look to see what is available and of interest.

This month will see the launch of the new online community – providing DCP members with an opportunity to connect with one another, share documents, ideas or questions as well as find out about the latest DCP news and events. Keep a look out for an email from the community manager inviting you to sign up. The 'soft launch' in late October is ongoing as I write and the online community resource is looking very promising!

I would like to highlight the article written by Hannah McLellan – a trainee on the Leicester course who has written about why she joined the DCP and why others should join. Many of Hannah's reflections apply as equally to qualified psychologists as pre-qualified. The DCP is a membership organisation and we need to increase our membership at all levels of the profession. So if you are already a DCP member, why not encourage a non-member colleague to join? And if you are a non-member then please consider joining and take advantage of the many benefits of being a DCP member.

Finally, if you have any comments, feedback or topical news items to be included in future editions, I would love to hear from you. Please [email me](#).

Dr Roman Raczka

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NHS Long Term Plan

Latest Announcement – New funding for psychological support from NHS mental health outreach to rough sleepers

It has just been announced that specialist mental health care outreach will be developed, as part of NHS services, for rough sleepers across the country.

NHS-funded services in seven areas across England will fund new posts for psychologists, psychiatrists and other health workers to work collaboratively with local authority workers to offer homeless people advice and treatment to tackle underlying mental ill health. Over half of the people sleeping on the streets have mental health problems and they will die, on average, 30 years earlier than the general population.

The first wave of funding is worth almost £12m over the next five years and will be used to build and scale up comprehensive services in Birmingham, Brighton, Hull, Lincoln, Luton, and the London boroughs of Lambeth and Haringey.

By 2024, a total of 20 areas with high levels of rough sleeping will be expected to have set up new teams as part of a wider national roll-out – backed by £30m as part of the [NHS Long Term Plan](#).

The new services will be part of coordinated efforts to ensure that rough sleepers have better access to NHS mental health support and will join up new support with existing outreach, accommodation, addiction and physical healthcare services.



Dr Roman Raczka
DCP England Chair

Workforce and Training Updates

Jan Hughes, our representative in clinical psychology training negotiations with Health Education England, reports that Hazel Smith, National Programme Lead for the Education Funding Reform Programme at Health Education England, has stated that:

HEE is progressing its review of the education funding associated with clinical psychology. This work is part of a bigger exercise reviewing HEE's approaches to supporting education funding across professions. The clinical psychology review has been undertaken with the support of a small working group drawn from the profession, training organisations and employers.

The review process has been co-developed with working group members. Through the process there is an emergent recommendation which has been tested with finance and education leadership teams within HEE and with the workforce core leadership group for mental health across NHSI/E and HEE. The next step is for further engagement on the recommendation both with national strategic finance colleagues in NHSI/E and with DHSC, and to engage wider stakeholders of the emerging recommendation.

The executive at HEE would like to conclude the review in December 2019 so that it can be implemented from September 2020. However, there will now need to be a judgement about how this is achieved without compromising purdah requirements for the general election.

HEE can confirm that, until there is a new agreement in place as a result of this review process, no other changes to the funding arrangements will take place. As a result of the last spending review settlement, this includes a commitment to contemporary AfC rates from 1 April 2020 at 100 per cent of salary plus currently agreed local additional associated payments, e.g. travel and accommodation. Any questions on this position should be directed through the normal HEE contacts or directly to Educationreform@hee.nhs.uk.

Chief Psychological Professions Officer

Sarb Bajwa, BPS chief executive, and leaders representing psychological professional groups and service users of psychological services call for a new role of chief psychological professions officer. See their letter [here](#)



Dr Jan Hughes
Chair of the Group of
Trainers in Clinical
Psychology



Hannah McLellan

The benefits for a trainee of being part of the DCP

Hannah McLellan, a second year trainee on the Leicester clinical psychology training course, has shared some of the reasons why she joined the DCP at the beginning of her training. Hannah has also shared why she would recommend that prequalified psychologists and trainees join.

I made the decision to join the DCP at the beginning of my training for a variety of reasons, not least as a way to feel connected to the profession as a whole and begin to establish my professional identity.

By providing access to various publications and conferences, the DCP offers a way to keep up to date with news and events relevant to the profession, and allows me to gain awareness of current research and wider issues pertinent to clinical psychologists. This has informed both my practice on placement and has been a useful resource during teaching. The automatic membership of the pre-qualification group has also been invaluable, providing helpful advice and resources relevant to being in training – I have drawn on these many times when needing support on placements!

I am the DCP representative for the Leicester course and act as an active link between my cohort and the DCP community, sharing relevant news, events and opportunities. I have been invited to apply for positions on DCP committees, and have also had the opportunity to be involved in the reinvigoration of the East Midlands Branch, which has been a rewarding and positive experience.

I've found that I have been valued as a member of the DCP and would strongly recommend joining the division during training. The opportunity to network and be part of the wider community is a great support, and helps to develop a greater appreciation of the wider landscape of being a clinical psychologist. I believe it's important for all trainees to feel confident to have a voice within the profession and being a member of the DCP allows us to do just that.

Join the DCP as a trainee member using this [application form](#)

Hannah McLellan

Government and Politics – Creating a culture of compassion in Government

Sarajane Aris, a consultant clinical psychologist and a coach and mentor for the Aspire Foundation for women leaders, writes about her work with MPs to influence change.

Introduction and Context

Our MP in North Somerset asked me to send him suggestions and ideas for creating a transparent and compassionate culture within government, and these suggestions will be taken forward and discussed with the Cabinet Secretary, Sir Jeremy Hayward.

The reflections, ideas and suggestions arise from discussions with the Clinical Psychologists Leadership and Management Forum and the Compassionate Mind Foundation email discussion groups. The key concluding points are below in and in no particular order, the

whole article will appear as a blog on the new online community.

Summary and Conclusions

To create a culture of compassion and transparency in government, the following need to be developed:

- Information on what is already in place that is working well - evaluation is a key component of the work that is needed.
- An approach of looking at and learning from international initiatives that foster a climate of transparency and compassion in government, organisations and politics more widely. Partnership with organisations like Transparency International would support this work.

Government and Politics – Creating a culture of compassion in Government – Continued

- The creation and development of a variety of training and mentoring initiatives and inputs for MPs, so that they have an opportunity to work and train with compassion experts.
- The creation of relevant forums and structures for sharing among MPs and the general public.
- Policies and practices that foster a climate of transparency and compassion in government.
- The creation of opportunities for dialogue locally, nationally and internationally between MPs themselves and the general public. The use of social media platforms, innovative collaborative processes and proven methods for enabling transparency.
- Placement of systems and measures to monitor and evaluate the impact of any interventions aimed at developing a culture of compassion and transparency in government.

Remember:

For leaders, the first task in management has nothing to do with leading others; step one poses the challenge of knowing and managing oneself.
Daniel Goleman.

Sarajane Aris



Sarajane Aris

‘Compassion starts with me’ – an event held in October

‘Compassion starts with me’ – an event held in October, co-produced by DCP Wales, Wales Wellbeing Network and Health Education and Innovation Wales.

DCP Wales co-produced a compassion focused event with Health Education Improvement Wales, involving Prof Michael West and local clinical psychologists. This was the fourth compassion themed event DCP Wales has supported in the past five years. Designed specifically as an outward facing event, we aimed to both share evidence-based psychological thinking with colleagues across NHS Wales, and to promote professional psychology. Much to our surprise, though perhaps an indication of the appetite for such an event in Wales, all 200 places sold out within 24 hours.

Given the sizeable popularity, and in order to share the event and potential for learning and influence as widely as possible, the morning part of the event was both live streamed and recorded. A link to the full version of the morning session is below – we plan to host a

short promotional video with interviews on the DCP Wales website in the near future.

It was a day of two halves, with the morning dedicated to the sharing of the new NHS Wales workforce strategy, though it was dominated by Prof West, who offered a powerful and well-evidenced message arguing the case for the urgent need for compassionate cultures within our NHS workplaces. Prof West made direct evidenced reference to how the experience of work can predict not only sickness absence, but also productivity, engagement, quality, safety and even patient mortality. While this revelation isn't, I hope, news to clinical psychologists, it was to an audience of nearly 200 NHS managers and clinicians and as such was powerful.

Following Prof West's presentation the focus of the afternoon was on workshops facilitated by local consultant clinical psychologists Julie Highfield, Benna Waites and Adrian Neal. The workshops offered attendees an experience of a Taking Care Giving Care Round, and also a chance to explore personal and organisational obstacles to embedding a culture of compassion at work.

You can view the whole event [here](#)

Dr Adrian Neal



Dr Adrian Neal

Psychology and the climate crisis

In recent months there has been a huge increase in public concern about the climate and environmental crisis we face. While there are many wonderful actions around the globe, there is clear evidence that we are not addressing the problem with anything like sufficient urgency or actions. Among the many other actions psychologists have been doing around the world, here are two from the UK.

UK psychologists warn of mental health crisis triggered by climate change

More than a thousand psychologists – including leading figures in the field – have signed an open letter sounding the alarm about the risk of widespread trauma associated with climate breakdown.

The signatories give their backing to peaceful protests in response to the environmental crisis, and support demands made by the campaign group Extinction Rebellion. Written and circulated by a small group of concerned clinicians, the letter rapidly garnered widespread support from across the discipline.

Dr Tony Wainwright, past chair of the British Psychological Society Ethics Committee and co-author of the letter said:

Over many years I have been concerned about the environmental impact of human activity and it is heartening that at last we are waking up to the problem. So many young people are now taking action and we must get behind this movement to achieve the urgent changes that are needed.

Dr Esther Cohen-Tovee, Chair of the DCP, said:
There remains a small window of opportunity to mitigate the worst impacts of climate change and environmental catastrophe, but that relies on people taking rapid action.

As psychologists we have an important role to play in communicating the complexity of our response to climate change, to help people and politicians understand their resistance to facing this urgent threat, and to grasp the positive opportunities if we face it head on.

The increased threats of climate change are linked with a rise in mental health difficulties, particularly anxiety. People feel helpless, afraid and even panic-stricken.

The letter can be viewed [here](#)

For more information contact:

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or **Annie Mitchell** [@openpsyclimate](https://twitter.com/openpsyclimate)



Tony Wainwright

Local DCP branch news

Upcoming events

13 November **APPTS annual forum** in York. APPTS is a service development, quality improvement and accreditation network for services providing psychological therapy to adults in the UK, led jointly by the Royal College of Psychiatrists and the BPS.

27 November – **NHS Long Term Plan**. Organised by East Midlands Psychologists to take place in the Leicester BPS offices

5 December 2019 **ACT and the Self – From Esteem to Acceptance**. Organised by the West Midlands Branch to take place in Birmingham.

9 December 2019 **New directions and building for the future for psychological professionals** – organised by the Leadership and Management Faculty at the BPS London offices.

22 and 23 January 2020 **New adventures in clinical psychology: Personal, professional and political partnerships – DCP Annual Conference** in Solihull. We're joined by our Faculty for Children, Young People and their Families, who are curating one of the conference streams which will feature a keynote by Max Davie.

Early rates, available until 25 November, now cost £70 and £100 for DCP members for one and two day registration respectively.

Local DCP branch details

If you are a member of the DCP you are automatically a member of your local DCP branch.

DCP Yorkshire and Humber

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DCP East Midlands

Following a successful teleconference, we've organised an event on the NHS Long Term Plan in Leicester on 27 November.

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DCP North West

A number of psychologists have expressed an interest in reinvigorating the North West Branch. I'm organising a teleconference to plan the next steps, if you're interested in being involved please get in touch

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Chair of DCP West Midlands



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