



# DCP England

## Newsletter

October 2019

STOP PRESS – The DCP Annual Conference is on 22 and 23 January 2020 – New adventures in clinical psychology: Personal, professional and political partnerships. Make sure it's in your diary!

### England Chair's update – Roman Raczka

Last month's article on the contribution that psychologists may make to highlight the impact of climate change led to a number of supportive emails from DCP members. You suggested including a regular update on the topic in this newsletter, and I'd be happy to hear any contributions from members on it.

It was inspiring to witness the actions taken by millions of children and young people around the world marching in September to protest against their governments' inaction on climate change. We need to listen to children when they talk about climate change so that we can all learn how we should take responsibility and act.

In this edition, we have got a very relevant article by West Midlands Psychologists on developing and supporting different approaches to avoiding damage being done to people by austerity. I would be interested in hearing about what's going on in this area in other parts of England.

Really important guidance just published, that I would encourage everyone to read, is the IAPT Black, Asian and Minority Ethnic service user Positive Practice Guide. This lays out the challenges experienced by people from a BAME background, including poorer access and less clinical improvement, and begins to highlight some potential solutions. The audit tool has relevance for all psychology services, not just IAPT.

We have recently had a change in our pre-qualification group representatives on the DCP Executive. The previous chairs, Sandy Harper and Alice McNamara, have handed on the roles to Leanna Ong and Katie Knott. Many thanks to Sandy and Alice for their contributions over the past year. You can find out more about Leanna and Katie in the 'focus on' section of the newsletter.

We all need to reach out to colleagues, pre-qualified and qualified, to encourage psychologists at all stages of their career to join (or re-join if lapsed) and ensure that the DCP continues to be the membership body to support clinical psychologists. I have included an easy to follow guide to joining in this newsletter. We have new cohorts of trainees starting this month, so this is a great opportunity to tell them about the benefits of joining the DCP and encourage them to get involved.

Finally, as we rapidly approach the latest Brexit date, remember to support our EU27 colleagues who are still experiencing the deeply unsettling impact of Brexit and that sense of being an 'outsider' or 'the other', having to apply for settled status in the country that they considered to be their home. The DCP continues to stand side-by-side with any psychologist who is treated as the 'other', whether that is due to their country of birth, nationality, sex or sexuality, race or religion – and we will continue to support colleagues in any way that we can.

### In this issue

1. Update from DCP England Chair, Dr Roman Raczka
2. Workforce and training – latest updates
3. DCP Online Community
4. Make my city fair – Challenging austerity in Birmingham
5. Community Mental Health Framework
6. The need for culturally adapted and culturally responsive IAPT services
7. Focus on the DCP UK Executive Committee
8. Local DCP branch news

### Get in Touch

 @UKDCP

 DCPEngland@bps.org.uk

Edited by:

**Lawrence Moulin DCP**  
Communications Lead

## England Chair's update *continued*

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**



**Dr Roman Raczka**  
DCP England Chair

## Workforce and training – latest updates

### Consultation on revised standards for training programmes for Associate Psychologists

The consultation period on the revised draft standards for the accreditation of applied psychology training programmes for associate psychologists has been extended. The revised deadline for submissions is now 11 October. Click [here](#) to view the briefing document, which provides background to the development of the proposed accreditation standards, and to submit your comments.

### How can I join the Division of Clinical Psychology?

If you have been given a copy of this newsletter and are not yet a member of the DCP but would like to join, membership of the division is open to members of the British Psychological Society.

You can join the Division of Clinical Psychology at the same time as applying for membership of the Society.

Follow the relevant link, complete the form and return to the Leicester BPS office with payment.

There are three grades of divisional membership:

- Full Divisional membership – for fully qualified psychologists who are eligible for Chartered Status.  
[Application for Full Divisional Membership \(2019\)](#)
- In-training Divisional membership - for psychologists in training who hold Graduate Basis for Chartered Membership and are enrolled on an accredited postgraduate professional training course.  
[Application for In-Training Membership of a Division \(2019\)](#)

- General Divisional membership - for members of the Society who are not currently eligible for the above grades, to join as a general member.  
[Application for General Membership of a Division or Member Network \(2019\)](#)

### New BPS member benefit

Are you thinking of writing up a paper for publication? Has that feeling of guilt that you never got round to publishing your thesis never completely gone? Have you thought about submitting to one of the BPS journals? If the answer is yes, it's time to search the spare room/attic/dog bed for a copy of your thesis and get typing.

The BPS publishes a number of journals and, as is true for most academic journals, potential readers normally have to pay to access articles in them. Many journals include an option for submitting authors to pay for open access, which means that anyone can read the article for free, but this can sometimes be a considerable amount. The BPS has announced that if you are the corresponding author on a submission to any BPS journal, you can request open access and get it for free. So if your article gets accepted anyone can read it, and you will become even more famous!

### Digital healthcare – The implications of new technologies on our clinical work

Technology has changed our lives in multiple ways over the last few years, to the extent that we now take much of it for granted. We become frustrated when we lose a mobile signal momentarily, when the idea of instantaneous communication with someone else via a device that fits in a pocket would have seemed like science fiction 20 years ago.



**Gary Latchford**  
Joint Chair of the Group of Trainers in Clinical Psychology

## Workforce and training – latest updates continued

Clearly there are multiple implications for healthcare, as outlined by the [Topol review](#) earlier this year, It's worth it, and not just for the flashy website. It outlines several ways in which technology will revolutionise healthcare, from genotyping and telemedicine, to driverless ambulances and big data. More surprisingly, perhaps, is the emphasis on psychology and compassion, and an acknowledgement that new technology brings with it a danger of 'dehumanisation'.

Of direct relevance to clinical psychologists are the implications of utilising new technology in our interventions, for example by delivering therapy via a video link. This requires

consideration of the competencies required. For the last 18 months a group has been drawing up some draft competencies, and will be developing online training hosted by the BPS. This group has also provided the foundation for a new digital healthcare subcommittee of the DCP, chaired by Helen Pote.

This group will help keep the DCP, and practicing clinical psychologists, aware of the implications of these developments and how we may all keep on top of them, and to link with other divisions to support digital healthcare strategy across the BPS.

**Gary Latchford**

## DCP Online Community

As we reported in September's newsletter, an online community for members of the DCP will be launching soon. This is a platform which will allow us to discuss current hot topics within clinical psychology, and to give news and updates to you much more quickly and easily than we've been able to before.

The community will give members the chance to share documents and files with each other,

connect with other clinical psychologists with similar interests, and find out about the latest DCP news and events in one place.

You should keep an eye out for an email inviting you to join the community in the next few weeks – we're looking forward to sharing the new community with you and increasing engagement between the DCP and our members.

## Make my city fair – Challenging austerity in Birmingham

A group of psychologists are working with Birmingham City Council to look at how we can link with people across the city to counter austerity. We launched the 'Make My City Fair' initiative with a seminar including people who have experienced the impact of austerity, and people from education, business, voluntary organisations, the NHS, unions and the police and crime commissioner's office.

We aim to use our combined knowledge to:

- Challenge austerity – We are clear that austerity is unethical as a political approach, unsuccessful as an economic policy, and inhuman in its application. We reject it absolutely.
- Mitigate the impact of austerity – We will help to develop and support different approaches to avoid damage being done to

people by austerity, for example by pressing agencies to pay the living wage, and increasing statutory agencies purchasing of services and goods from local businesses and social enterprises.

We've met with the councilor who leads on finance for the city council - they had had more than £700 million taken from their budget in the past decade, and we face further cuts to come. We have also been invited to be part of the Birmingham health and wellbeing board, and using that platform and drawing on the breadth of expertise in the seminar we want to link with other organisations who share our goals across the city. We hope we can bring our psychological expertise and a focus on bringing other people with a range of skills to build 'win-wins' across organisations.

## Make my city fair – Challenging Austerity in Birmingham *continued*

In January 2020 the DCP conference will be held in Birmingham. The public event part of the conference will be a presentation on the 'Make My City Fair' initiative, and coinciding with the conference we plan to hold a series of 'Psychology and friends in the pub' events across the city. We hope to bring together clinical and academic psychologists as well as political and green groups with a shared focus

on challenging austerity, to enable a discussion across our city.

While it can be easy to get a group of like minded people together, the real challenge is how to make anything actually change, so watch this space!

**Martin, Emma, Carl, Angela, Lawrence**

## Community Mental Health Framework

The [Community Mental Health Framework for Adults and Older Adults](#) was published recently. This describes how the NHS Long Term Plan's vision for a place-based community mental health model can be realised, and

how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new primary care networks.

## The need for culturally adapted and culturally responsive IAPT services

The Improving Access to Psychological Therapies (IAPT) programme has made great progress towards meeting the need for therapies for common mental health problems.

People from all communities have benefited from the increased availability of evidence-based therapies. However, in England, members of Black Asian and Minority Ethnic (BAME) communities with mental health problems are currently less likely to access therapy, less likely to have good outcomes and more likely to report negative experiences in therapy, compared to white majority service users.

The [BABCP IAPT BAME Positive Practice Guide](#), launched on 25 September, updates the principles of the 2009 guide and provides a framework for IAPT service managers, supervisors and clinicians to work towards better access and outcomes. The guidance draws on the current body of evidence around which factors determine equitable access and therapy outcomes for BAME communities in mental health settings.

### Focus on the DCP UK Executive Committee

**This month we've spoken to three more members of the DCP Executive Committee.**

#### Focus on Linda Wilkinson

**What is your role on the DCP Executive?**

I am working as the faculty co-lead with Amra Rao – I am also Chair of the Psychosis and Complex Mental Health Faculty (PCMH).

**What do you hope to achieve in your role during the next year?**

Building better relationships within the faculties, and working with faculties on any changes next year. For example, whether some faculties want to become special interest groups, scoping options around an adult faculty.

Supporting any opportunities that emerge for joint work between faculties, branches and nations with the other relevant leads.

**Where else do you currently work (if you are in work)?**

I work as the director of psychological services and as a consultant clinical psychologist in the Sheffield Health and Social Care Trust

**What are your interests outside of psychology?**

I love going to the theatre and concert hall to watch opera, ballet and classical music.

#### Focus on Leanna Ong

**What is your role on the DCP Executive?**

My role (joint with Katie Knott) is to be the link between the DCP Executive and the DCP pre-qualification group, sharing updates across committees and linking jointly with projects that impact our members.

**What do you hope to achieve in your role during the next year?**

I hope to continue to increase conversations around and support for creating a workforce which represents our clients more. From the momentum of conferences about identity and events about racism, I would hope to support members on their journey to and through training who may have previously felt unsupported. Our continued partnership with the minorities group will hopefully support this too.

**Where else do you currently work (if you are in work)?**

Currently I am in my second year of training at the University of East London, and about to start my six month placement in child and adolescent settings.

**What are your interests outside of psychology?**

Having moved to London when starting training, I am really enjoying exploring the city in multiple ways; cycling or running around new areas, trying out the amazing range of restaurants, and through the theatre and exhibitions. I love travelling as much as I can outside of training so am always planning my next city break or adventure away.

#### Focus on Katie Knott

**What is your role on the DCP Executive?**

I am co-chair of the DCP pre-qualification group, alongside Leanna. My role is to support all members' journeys to and through DClinPsy training, ensuring their voices are heard within the BPS and wider psychological discussions.

**What do you hope to achieve in your role during the next year?**

I hope to continue supporting members through events, publications and representation. I recognise the vast psychological interests our membership holds and hope to unite those voices, encouraging feelings of belonging and empowerment. As an aspiring clinical psychologist, I understand that our journeys are unique and challenging. As co-chair, I aim to support all pre-qualified members to feel their voice is being heard and their journey is supported.

**Where else do you currently work (if you are in work)?**

I currently work for an NHS psychology service integrated with the police. If you bump into me, ask me more!

**What are your interests outside of psychology?**

After work, I enjoy spending my evenings with nice food and a great box set. I have a large family and love spending time with them at the weekends. In particular, I love going for walks in the countryside!



Leanna Ong

Co-Chair of the DCP pre-qualification group



Katie Knott

Co-Chair of the DCP pre-qualification group

## Local DCP branch news

### Upcoming events

11 November 2019 **Reducing violent crime**, organised by the London Branch to take place at the London BPS office.

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.

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.



**Lawrence Moulin**  
Chair of DCP West Midlands



**Dr Barry Ingham**  
Chair of DCP North East



**Dr Frances Blumenfeld**  
Chair of DCP East of England



**Dr Annette Schlosser**  
Chair of DCP Yorkshire and Humber

## 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

**Chair:** Dr Annette Schlosser

**Contact details:** [a.schlosser@hull.ac.uk](mailto:a.schlosser@hull.ac.uk)

**Twitter:** @DCPYANDH

### DCP East Midlands

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

### DCP West Midlands

**Chair:** Lawrence Moulin

**Contact details:** [lawrencemoulin@outlook.com](mailto:lawrencemoulin@outlook.com)

**Twitter:** @wmidsdcp

### Facebook:

[Division of Clinical Psychology – West Midlands](#)

### DCP London

**Chair:** Dr Lorna Farquharson

**Contact details:** [l.farquharson@uel.ac.uk](mailto:l.farquharson@uel.ac.uk)

**Twitter:** @DCP\_London

### DCP South West

**Chair:** Dr Alex Dibley

### Contact details:

[alexandrabley@gmail.com](mailto:alexandrabley@gmail.com)

**Twitter:** @DCPSouthWest

### DCP South East Coast

**Chair:** Sophie Holmes

### Contact details:

[sophie.holmes@sussexpartnership.nhs.uk](mailto:sophie.holmes@sussexpartnership.nhs.uk)

**Twitter:** @DCPSEC

### DCP East of England

**Chair:** Dr Frances Blumenfeld

**Contact details:** [fblume@essex.ac.uk](mailto:fblume@essex.ac.uk)

**Twitter:** @DCPEoE

### DCP North East

**Chair:** Dr Barry Ingham

**Contact details:** [barry.ingham@ntw.nhs.uk](mailto:barry.ingham@ntw.nhs.uk)

**Twitter:** @nebranchdcp

### 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

**Contact details:** [DCPEngland@bps.org.uk](mailto:DCPEngland@bps.org.uk)

### DCP South Central

**Chair:** Dr Chris Allen

**Contact details:** [chris.allen@berkshire.nhs.uk](mailto:chris.allen@berkshire.nhs.uk)