

Division of Clinical Psychology

March 2021

DCP in Focus

A monthly news digest for our members

Welcome to the March edition of DCP in Focus. Although I have been doing communications work for the DCP since January 2020, I would like to formally introduce myself as the DCP communications, marketing and training lead.

In this edition we have some very good news about an increase in training numbers and EDI support structures. This includes a mentorship scheme for Black, Asian and Minority Ethnic psychological professionals. We will be relaunching the DCP-wide mentorship scheme shortly and will bring you more details in a future edition.

I hope you find this edition interesting and informative - please [contact me with any comments or feedback](#).

Julia Faulconbridge

Great news on workforce and training

Increase in training commissions for 2021 - Tony Lavender, Jan Hughes and Paul Salkovskis

Health Education England has announced that there will be a very significant increase in clinical psychology commissions for the 2021 entry in England. Last year (2020), places expanded by 25 per cent at the last minute, and on top of this there will be a further increase of up to 30 per cent for 2021.

As Adrian Whittington (National Lead for Psychological Professions, NHS England/ Improvement and HEE) wrote in making the announcement there is now the “huge challenge of delivering this” and thanked all involved in for their “contribution and willingness to take up this opportunity. The increase of >60 per cent for the new intake over the past two years is going to make a really significant difference to the public. Needed now more than ever.” This news comes on top of Scotland and Northern Ireland consolidating the 2020 increase into the 2021 intake, and Wales agreeing a smaller increase.

This will be demanding for the programmes and services which are working together to successfully deliver the expansion without compromising the quality of training. The need for services and supervisors to increase the number of trainees they take is clearly vital to delivery and will be required at a time when we will, hopefully, be in the midst of services returning to a more usual mode of operating.

It will mean services and supervisors offering an increased number of placements on a routine basis in order that we can meet the future and growing demand for psychological services. The DCP, and in particular the Group of Trainers in Clinical Psychology, are working with multiple stakeholders, including NHSE, HEE, and the Chief Psychological Professions Officers at a national, regional and local level.

A number of issues are being considered including the consistent utilisation of placement tariff money and the creative expansion of placement areas and populations. Using a strap line from Obama’s election campaigns, working together “yes we can” deliver.

2021 Equality, diversity and inclusion training initiatives - Paul Salkovskis

Another highly welcome development in the clinical psychology training community has been the commissioning of two EDI initiatives. Clinical psychology training courses across England bid for and have been awarded a one-off payment (typically £74K) by HEE.

Here is the substance of the announcement. Firstly:

(An) “action plan forms part of Health Education England's plans for delivering:

- The Five Year Forward View for Mental Health's commitment to improve Black, Asian and Minority Ethnic people's experiences of mental health care
- The NHS Long Term Plan's commitment to respect, equality and diversity across the NHS workforce”

And in terms of delivery:

“To support delivery of this action plan, it is our intention to increase funding for each of our existing contracts for clinical psychology training providers by £74,000 within 2020/21. This additional funding is aimed at improving equity of access and inclusion for Black, Asian and Minority Ethnic entrants and must be used as detailed below:

- To lead an Equality, Diversity and Inclusion (EDI) programme to support action to improve equity and inclusion for Black, Asian and Minority Ethnic trainees and deliver on the action plan. The EDI leadership will also deliver a broader EDI programme that ensures fair access to training across the protected characteristics and recognises the impact of socio-economic status as an intersectional disadvantage.
- Design and deliver a mentoring scheme for Black, Asian and Minority Ethnic aspiring clinical psychologists. £20,000 of the total should be allocated to this and should deliver a minimum of 35 mentoring opportunities that support Black, Asian and Minority Ethnic career starters with their progress towards a successful application for clinical psychology doctorate training.

Nine actions were specified, and courses were required to apply for this funding in terms of meeting these actions, which are:

1. Leadership Commitment
2. Anti-racist education for course staff and supervisors
3. Curriculum review
4. Support for Black, Asian and Minority Ethnic trainees
5. Introduction of contextual and anti-racist recruitment processes
6. Reporting of student recruitment and retention data by ethnicity
7. Positive action initiatives

8. Establishing racially and ethnically representative selection processes
9. Improving equity of access to experience

Courses have begun work on this exciting programme, with strong support across the entire training community at all levels. This is a truly marvellous and welcome development.

Secondly, funding was provided in order to promote offers of paid experience to minoritised groups (consistent with action 9 above). We do not know the full national picture, but Dr Bill Tiplady (head of psychology for Oxford Health NHS Foundation Trust), commented:

“We secured paid Placements for aspiring CPs - on this we have received c56k which we aim to use to offer up to 9 half time 6 month placements paid at Band 4.”

Taken altogether, this is a great start. However, given that the funding is for this year only, the aim is to make these initiatives sustainable, and that will be the challenge going forward.

RISE mentoring project

Health Education England (HEE) is investing in developing leadership coaching and mentoring opportunities to support Black, Asian and Minority Ethnic psychological professionals to reach their full potential.

It has allocated funds to deliver leadership coaching and mentoring opportunities for Black, Asian and Minority Ethnic psychological professionals who aspire to leadership positions.

The RISE mentoring project is set up for diverse leadership is set up to deliver on the above ambition. NHS Trusts and other providers of NHS commissioned healthcare were invited to identify suitably qualified staff members (bands 5 to 8a).

The scheme was advertised to all professional bodies representing psychological professionals, and to NHS trusts for expressions of interest to develop a cohort of experienced professionals to offer mentoring and set out training and peer support. The mentoring project started in March 2021 with a framework

for evaluation to monitor impact.



Conference and AGM reports

DCP annual conference - Sarah Butchard

The global pandemic of 2020 brought incredible challenges across health, education, public life, industry and all sectors of society. It also brought into sharper focus the inequalities that have long existed. With the high levels of obvious distress evident in society, psychological wellbeing has been foregrounded in a way rarely seen previously.

At the same time, the global tide has been shifting in relation to communities coming together to recognise and challenge oppression and discrimination, illustrated powerfully through the Black Lives Matter movement. A fundamental principle of clinical psychology is to support those who experience inequality and oppression. However, the profession has been criticised for identifying such significant issues but failing to act in a way that brings meaningful and sustained change aligned with that essential principle.

In recognition of this gap between values and action, the theme of the 2021 DCP annual conference, held on 2 and 3 March, was 'Doing What Matters: Value-Driven Clinical Psychology in Action'. With invited and keynote speakers talking

to a variety of prominent topics for clinical psychology, the conference challenged us to consider how we practically apply our values to situations we find ourselves in.

This year the conference was, for the first time, fully remote. While this restricted the opportunities for networking, informal discussions and chatting over a glass of wine it did allow for speakers to present from across the country and internationally. The remote nature of the conference certainly did not put off many people, with 360 delegates registering for the conference.

The keynote address on day one came from Professor Susan Michie, who is a Professor of Health Psychology at University College London with a background in clinical psychology. She spoke about the impact of Covid on society and what we may learn from the experiences in relation to creating a society which is kinder, more honest and contextually resilient.

Many commented that they were impressed by her openness and her tireless work with Independent Sage to influence the wellbeing of the nation during this difficult time. Equally inspirational was our keynote on day two, from Russ Harris. Russ joined us while on holiday at Byrom Bay, Australia (highlighting the utility of remote access).

In his presentation, entitled 'The Reality Slap: How to survive and thrive amidst grief, loss and crisis', he shared with us his insights into using an Acceptance and Commitment Therapy (ACT) approach at times of challenge and encouraged us to all take time to 'drop anchor'. It was a delight to hear ACT described with such passion and in such an accessible way.

In addition to the keynote speeches there was a range of presentations on topics such as human rights, climate change, supporting people on inpatient wards to vote, community psychology and withdrawal from prescribed medication. All linked with the values of clinical psychology and provided practical ways that individuals could make a difference in their particular area.

There was also a variety of posters, which had 820 views over the course of the conference. A common theme among the posters was a commitment to understanding the barriers for under-represented groups to access services and to facilitate better access.

The conference ended with a presentation from Dr Alan Kessedjian, Professor Suman Fernando and Roger Kline addressing systemic racism within clinical psychology. It ended with a call to action for each of us to address issues of racism in the system we exist within. It was clear that people were left with a sense that now is the time for action!

AGM report - Julia Faulconbridge

Our AGM was held on 2 March. Esther Cohen-Tovee gave a report on the work of the DCP over the previous year and we will be sharing some of the slides from this in future editions, on the website and on Twitter for those who were unable to attend. This includes the graphic on wellbeing resources which you can view below.

We said farewell to Richard Pemberton who has been a key member of the DCP executive for many years, including his time as chair. He was presented with the Chair's Award for Distinguished Contribution to the DCP and the profession.

We have made some changes to the executive structure to modernise it and to make closer working with our BPS colleagues more straightforward. The new roles are marked with an asterisk below.

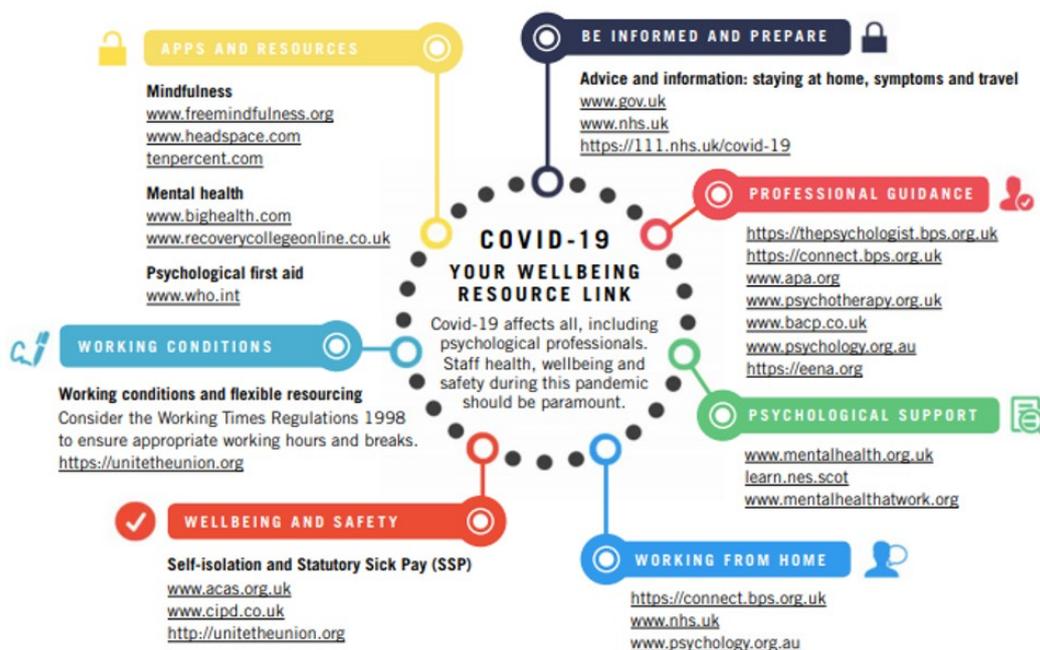
There were three people elected into these roles - Kalpita Kunde, Tony Lavender and Julia Faulconbridge. We also co-opted two people in Ryan Kemp and Annette Schlosser.

The full executive committee is:

- DCP chair - Roman Raczka
- Vice-chair - Esther Cohen-Tovee
- Treasurer - Simon Gelsthorpe
- Nation chairs
 - England - Kalpita Kunde
 - N. Ireland - Nichola Rooney
 - Scotland - Alison Robertson
 - Wales - Bethan Phillips
- Faculties lead - Amra Rao (with Linda Wilkinson)

- *Communications, marketing and publications lead - Julia Faulconbridge
- *Membership and professional development lead - Annette Schlosser
- *Workforce and training lead - Tony Lavender
- *Professional standards and research lead - Ryan Kemp
- GTiCP interim co-chairs - Paul Salkovskis and Rachel Handley
- Expert by experience lead - Jo Hemmingfield
- Pre-qual co-chairs - Leanna Ong and Katie Knott
- Leadership and management faculty chair - Adrian Neal
- Ordinary member - Vicky Reicher

Julia Faulconbridge



DCP reflective practice and wellbeing sessions

The DCP is developing a member wellbeing and support strategy to respond to fast-shifting horizons and support its members. Following on from the positive feedback from the wellbeing meetings last year, we are rolling out the next series.

These sessions provide an opportunity to talk in a supportive environment about the current situation from our different roles and perspectives, and consider what these new circumstances means for us personally, socially

and professionally.

Dates have now been confirmed for this year, all sessions from 4-5:30pm - 23 Mar, 29 Apr, 26 May, 22 Jun, 22 Jul, 25 Aug, 28 Sep, 28 Oct, 24 Nov, 14 Dec.

Sessions will be facilitated by Amra Rao and Sheelagh Rodgers. [Find out more details and access Zoom links on our website.](#)

Further information on the support available to healthcare staff during the pandemic is available in the [latest edition of our Covid Bulletin](#).

Sub-committee and project updates

Power Threat Meaning Framework update - PTMF sub-committee

The PTMF sub-committee, co-chaired by Jan Bostock and Gilli Watson, has the remit of facilitating the understanding and development of the framework through collaboration with lived experience practitioners, identifying and disseminating examples of good practice in using the PTMF in services, peer groups and communities, and supporting research on the framework in order to contribute to its evidence base and further development.

In the three years since the PTMF's launch in January 2018, it has attracted interest nationally and internationally. Both main and overview versions of the PTMF are now available in Spanish, and translations into five other languages are planned. The PTMF project team has been invited to speak and offer training at several hundred events across the UK and in Ireland, Greece, Denmark, Spain, Brazil, South Korea, Pakistan, Australia and New Zealand.

This national and international interest reflects the growing recognition of the need for psychological alternatives to medical diagnosis and medical models of distress and for psychological understandings of distress that take account of social inequalities and injustices. It is very heartening that the work of leading UK clinical psychologists in collaboration with lived experience experts is being received with such interest locally and internationally.

The PTMF sub-committee is working in partnership with lived experience

practitioners and draws from an increasingly diverse group of members. In developing the PTMF, we are committed to addressing intersectioning power processes, including of race, class, gender and sexuality, that are so important in the understanding of how power, threat and meaning operate in our lives.

We are developing PTMF training materials and resources, available on the PTMF website, and supporting the use of the PTMF in services and advocacy projects for people with a learning disability, within organisations, and mental health services. We are very keen to share examples of good practice through the PTMF website and we welcome and encourage people to [contact us and tell us](#) about your experience of using the framework.

The [main PTMF website](#) is gradually being populated with additional resources, and we encourage people to visit it.

DCP project on clinical psychologists working in primary care - Lucy Marks MBE

Our presentation at the annual conference generated a lot of interest and very positive feedback about the work of Dr Suzanne Heywood-Everett and Cathy Byard, demonstrating the value that clinical psychologists can bring to primary care and the opportunities this setting provides to innovate.

We are currently carrying out a survey to develop a national picture of clinical psychologists' work in primary care across the lifespan in order to:

- Inform a position paper on clinical psychology in primary care for the British Psychological Society
- Gauge interest in the development of a network for clinical psychologists with an interest in this area

We are taking a broad definition of primary care, so if you carry out some of your work in or for GP practices, work closely with members of a primary care team, or are interested in developing work in this area, we would be grateful if you could [complete this short survey](#) by 7 April.

If you are interested in contributing to this work or finding out more do [email me](#).

BPS campaigns

The BPS has been heavily involved in the recent campaign to make the £20 universal credit uplift permanent. DCP executive committee member Julia Faulconbridge was [quoted in the BPS response](#) to the decision to extend it by just a further six months.

The society also [responded to the release of the results](#) from the 2020 NHS staff survey, and called for the 'lessons of the pandemic to be learned' so that high stress levels in the NHS can be reduced. You can see the full [results of the NHS staff survey on its website](#).

News in brief

The Mental Health Foundation Scotland has [launched a new manifesto](#) calling for a 'transformational approach to mental health'.

The Department of Health and Social Care is seeking views to help inform the development of the government's [women's health strategy](#). To contribute to the BPS response, [send your comments to policy advisor Nic Murray](#) before 10 May.

The BPS is conducting a survey of members as part of the Member Network Review - [have your say before 6 April](#).

An update to the 'Adaptations to psychological practice: guidance during Covid-19' guidance [has been published](#).

A [new issue](#) of the Clinical Psychology in Europe Journal is now available.

The BPS Covid-19 Behavioural Science and Disease Prevention Taskforce has [published new guidance](#) to support the national vaccine rollout.

Upcoming online events

The Faculty of Psychosis and Complex Mental Health is [hosting a webinar](#) on implementing the NHS Long Term Plan on 31 March.

Our Faculty for the Psychology of Older People [has an event](#) on 21 April, on working psychologically with people with motor neurone disease and Huntington's disease.

A [DCP event](#) on guidance for psychologists working therapeutically with clients withdrawing from prescribed drugs is taking place on 26 April.

The Faculty for People with Intellectual Disabilities is holding its [online annual conference](#) on 27 and 28 April.



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