

## Division of Clinical Psychology

April 2021

### **DCP in Focus**

#### **A monthly news digest for our members**

Welcome to the April edition of this newsletter, which provides a mix of news, updates and opportunities for our members. As usual it is a packed edition and you can get more information on most of the items via the links provided.

In this edition, I would like to draw your attention to some of the important benefits you get from being a DCP member, including the mentorship scheme and the virtual reflective practice sessions. We also feature some of the key benefits for DCP and DCP members of being part of the BPS, such as the workforce and training initiatives and the new policy teams.

Finally, I would urge everyone to vote in the BPS presidential elections. There is information on the candidates and the process in the newsletter with links to more detail. Historically, there has been a low 'turnout' in this vote and we hope to change this. As DCP members, this is your opportunity to make your voice count in the vote for a key role in the BPS.

Julia Faulconbridge

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### **Mentoring programme - Patrick Roycroft**

If you haven't already signed up, now is a good time to consider joining the DCP mentoring programme as a mentor, a mentee, or both. Evidence suggests that the benefits for clinical psychologists can include increases in wellbeing,

resilience, goal attainment, leadership and management skills.

The mentoring programme has a new webpage designed and run in conjunction with the BPS web editor Andrew Walmsley, to make it even easier for members to join our evolving programme - free to DCP members. [Simply log on to the DCP members page](#), select mentoring from the headings near the top, and you'll find details of the evolution and evaluation of the programme, free resources about mentoring and leadership, and easy access to sign up.

The DCP programme is co-ordinated by the Leadership and Management Faculty which has created a highly experienced steering group to develop and evaluate the programme over many years. It follows on from two successful mentoring schemes for junior and senior psychologists (2015-2017), the Clinical Psychologists as Leaders Programme (CPL) was set up in 2018 and built on the two previous mentoring schemes to develop a mentoring infrastructure across the career span.

The CPL programme engaged clinical psychologists of all grades to support the development of the full range of skills that psychologists can offer beyond direct therapy roles, particularly the clinical leadership, management and organisational development skills which can have major impacts on teams and services. The [Clinical Psychologists as Leaders Project report](#) (Pote, Taylor et al 2020) outlines the development and evaluation of the programme, which has now evolved into the DCP Mentorship Programme.

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## **Workforce and training update - Professor Tony Lavender**

Professor Tony Lavender has given an update from the workforce and training sub-committee on five key areas:

- National assessors - New interim chief national assessor Eric Karas has been working with Hannah Farndon and the lead national assessors to establish a revised operational system to improve the effectiveness of the scheme. This will launch on 4 May.
- Increase in training commissions - HEE has announced a significant increase (more than 25%) in commissions for 2021/22, which is extremely welcome news and in addition to last year's 25% increase.

- HEE funded EDI initiatives - The initiatives funded by HEE to help address the diversity and inclusion issues in clinical psychology are under way.
- Aligning training to the NHS Long Term Plan - Two workshops have taken place between HEE, NHSE/I and the training community to discuss the alignment between clinical psychology and the plan.
- Approved clinician training funding - HEE has made funding available for individuals to train to take up the role of approved clinician under the mental health legislation.

A more detailed update from Tony is [available on the DCP website](#).

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## 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 - 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](#).

# A REFLECTIVE SPACE

FREE Monthly wellbeing group sessions for  
Clinical Psychologists facilitated by  
Amra Rao & Sheelagh Rodgers

4pm-5.30pm

24.2.21 | 23.3.21 | 29.4.21 |  
26.5.21 | 22.6.21 | 22.7.21 |  
25.8.21 | 28.9.21 | 28.10.21 |  
24.11.21 | 14.12.21

British Psychological Society's Division of Clinical Psychology  
members only. For joining instructions see  
<https://www.bps.org.uk/member-microsites/division-clinical-psychology/events>

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## Join our communications sub-committee - Julia Faulconbridge

Good communications are essential for the DCP to be an effective organisation for our members, for the people we work with and for the wider public. We already have a comms sub-committee and want to expand the number of people to increase what we can achieve. We are looking for people with commitment, energy and new, creative ideas to help us move forward and would love to welcome you to our group.

The sub-committee needs to be truly diverse in its composition and to have members at all levels of their careers. You do not need to have experience in

this field - the aim is for it to be a dynamic and supportive team with shared learning and mentoring integral to its operation. We are also hoping to arrange some training, for instance on engaging with the media.

If you're interested in joining the sub-committee, a full role description and details on how to apply are [available on our website](#).

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## **Award winners**

We're delighted to be able to announce the winners of some key DCP awards. Congratulations to all members who have received an award - we'll have more in-depth profiles of the winners and their work available to read on the DCP website in the near future.

**MB Shapiro Award** - Professor Pauline Slade

**Pre-qualification Group Award** - Homen Chow, Meltem Osman, Kevin Beckles and Chelsea Church

**DCP Pandemic Award** - Dr Roman Raczka and Professor Nichola Rooney

**May Davidson Award** - Dr Christopher Taylor

**DCP Chair's Award for Distinguished Contribution to the DCP and the Profession** - Richard Pemberton

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## **Building a caring work culture - Amra Rao**

Wellbeing is fundamental to everything we are and everything we do at work, as well as outside of work. Wellbeing is key at the level of the individual (and their family), the team, the workplace, the organisation, and the system.

Building a caring work culture is a proactive approach that will reap enormous rewards.

It has been a matter of increasing concern that our annual surveys have highlighted impaired wellbeing of psychological practitioners year-on-year. We have been working in partnership to try to understand the key factors at play, and to develop supportive guidance and strategies to engender change.

Although written prior to the pandemic, this is a resource which is more valuable than ever as we continue to navigate a world that has changed so quickly and so radically, impacting on wellbeing in both obvious and more subtle ways.

This [important document](#) is the fruit of many years' labour by the authors and their colleagues and we are delighted to be able to share this resource for wider benefit.

This document is recommended to all psychological professionals, and to anyone involved in managing, leading, planning or commissioning psychological services.

It will be launched, along with a wellbeing survey, at an event on 7 June - save the date!

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## Physical health group

There are many clinical psychologists working in the field of physical healthcare in both direct patient care and staff/team support.

There has been an increase in posts in physical health over the pandemic and we have become aware that there are issues around governance and other workforce matters across this field of work.

As a result, the Workforce and Training Subcommittee has set up a Task and Finish Group to scope out what is needed and work with other key groups in the BPS and NHSE.

This group has met twice and we will be posting more information over time.

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## Clinical psychology in primary care

The DCP has funded a project where the Centre for Mental Health, working with us and the BPS Policy Team, was commissioned to write a report on Clinical Psychology in Primary Care. The [report was published](#) in autumn 2020.

There is now a free lunchtime webinar on 13 May, 12-1pm, which is a collaboration between the NHS Confederation, the Centre for Mental Health and the DCP. It will showcase the innovative work of two clinical psychologists, Dr

Suzanne Heywood-Everett and Dr Vanessa Tobin, in primary care and is aimed at GPs, commissioners and psychologists. The relevant information is below, please share with anyone you feel would be interested.

"A lunchtime webinar for GPs and commissioners on 'New Ways of working with physical and mental health in primary care' on 13 May, 12-1pm. Psychologists and a GP will talk about their work with patients who can be hard to help including those with MUS, frequent attenders and eating disorders, and how it made a difference to the patients, the GPs and use of resources. [Register now.](#)"

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## **Statement on Professor Susan Michie**

Professor Susan Michie is a highly distinguished clinical and health psychologist who has devoted many years to high quality, peer-reviewed research in the field of behaviour change in relation to health issues. We are disappointed to have read the personal attacks directed at her in the media recently.

The DCP executive has worked together with the BPS to release a joint statement stating our unanimous support for our colleague, our respect for her work and admiration for her courage in standing up for the importance of evidence. You can [read it on our website.](#)

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## **Response to Telegraph article**

Professor Carol McGuinness, interim chair of the BPS Board of Trustees, has [responded to a recent article](#) about the society in the Telegraph.

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## **Policy and public affairs update**

Over the past few months, the BPS has been looking at how to improve the effectiveness of policy development and public affairs work. Part of the remit of the review was the need for BPS to have a stronger, bolder voice externally - this is something that we know is of great importance to our members.

The outcome of the review is that a new dedicated public affairs team is being developed within the communications and engagement directorate and an enhanced practice policy team located in the knowledge and insight directorate. The DCP welcomes the outcome of this review and will be working closely with the new teams described below:

**Practice policy team.** Hannah Farndon will lead the practice policy team and Nic Murray and Nigel Atter will join that team. Their function will be to further develop the BPS's policy and member guidance by working with members to ensure policy documents accurately articulate member views on key issues. Hannah gives an update on the work so far below.

**Public affairs team.** This team will be led by Hannah Randle and Joe Liardet will become public affairs coordinator. Hannah will soon be recruiting two public affairs professionals to join the BPS to increase our public profile, help manage our external relationships, and enhance our ability to influence decision makers on key areas of interest to members. With a stronger focus on supporting our members to campaign on key issues, this will provide much more opportunity for DCP members to engage with this work and be supported by the team in matters that are of significance to clinical psychology. Hannah also gives an update below.

Genevieve Ileris will continue in her role as interim head of policy and public affairs to oversee the transition of the functions.

### **Practice team update - Hannah Farndon**

This month has seen the practice team double in size as we welcome Nigel Atter and Nic Murray from the policy team. This will mean our capacity will expand and we should be able to do more and be more helpful to members.

The team has recently taken over the support of the National Assessors scheme, which has seen a big review and overhaul of the processes. The new scheme will be launching on 4 May and my team will be facilitating the finding of assessors meaning a much slicker service for recruiters. We will also be monitoring the scheme for continuous improvement.

We are also working on guidance for psychologists on various topics, currently: assistant psychologists - we know this is long awaited and urgently needed; assessment, diagnosis and formulation; specific learning difficulty assessment -

this group has only recently been recruited and is yet to meet; best interest process - this guidance, produced by the mental capacity advisory group, is with our preparation for publication team and should be published soon; expert witness guidance - this one is currently out for consultation - do send in a response if you are able.

As well as this we are starting work on some guidance for commissioners on integrated physical healthcare - we had a positive first meeting of this new group with lots of ideas and passion for the topic.

We are here to help and advise on practice, policy and more so if you have a project idea do [get in touch](#).

### **Public affairs update - Hannah Randle**

It has been a busy return to Parliament following the Easter recess, with Covid-19 still very much dominating the political agenda.

Over recent weeks, members of the DCP and DECP have met with Robert Halfon MP, chair of the Education Select Committee, and Dr Alex George, the recently appointed UK mental health ambassador. As well as building relationships with key influencers, the purpose of these meetings is to identify where we can offer the support and expertise of our membership and where our objectives are aligned. For the BPS, issues around children's and young people's mental health have been particularly prominent over the course of the pandemic, and will continue to be so as its impact continues to be felt and the country moves in to the recovery phase. This has been reflected in some of our political and broader stakeholder engagement.

It is clear that issues around mental health are increasing in prominence and frequency of mentions amongst parliamentarians, and this is something that the BPS is responding to with our contact with MPs, including through direct requests from MPs and their offices on a number of issues, such as parity of esteem between mental and physical health.

On Wednesday 28 April, the All-Party Parliamentary Group (APPG) for Psychology held its AGM. The BPS supports the group, chaired by Lisa Cameron MP, which allows an in depth look at issues related to psychology with a cross-party group of politicians. Now the APPG has been confirmed, we will be working with its

members to plan activity for the year ahead.

The coming weeks are set to be busy: on May 6 there will be the Scottish and Welsh elections, local and mayoral elections, and London Assembly elections, which we will be monitoring closely. The State Opening of Parliament will take place on Tuesday 11 May, in which the Queen's Speech will set out the Government's agenda for the next session.

If you have any questions, or require any further information about our public affairs activity, [please contact me](#).

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## Your vote is your voice

Voting is now open for our 2021-22 President-Elect - it's your chance to have your say on the society's next leading member representative.

Four candidates are seeking election:

**Jamie Hacker Hughes** (Proposed by: Professor Zenobia Nadirshaw MBE, Seconded by: Professor Stephen Reicher)

**Nicky Hayes** (Proposed by: Joanna K Horne, Seconded by: Stuart Duff)

**Alan Kessedjian** (Proposed by: Dr Esther Cohen-Tovee, Seconded by: Julia Faulconbridge)

**Peter Mitchell** (Proposed by: Peter Branney, Seconded by: Sarah Rose)

You can read the four candidates' statements on [our website](#). The winning candidate will become our President-Elect in 2021-22, President in 2022-23 and Vice-President in 2023-24.

Online voting is simple - just visit the [Mi Vote website](#) and enter the unique code recently sent to you via post.

If you haven't received your code, please get in touch with the [Mi Voice support team](#). You can also vote using the ballot paper and pre-paid envelope recently sent out to members.

Voting closes at noon on 14 June 2021. The winning candidate will be announced at our AGM on 26 July 2021.



Your vote   
is your voice



Voting for our President-Elect for 2021–2022 is now open

Vote online: [www.mi-vote.com](http://www.mi-vote.com) – Voting closes at 12 noon on Monday 14 June 2021

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## News in brief

The BPS is continuing with the membership grades review, and a survey is open until 17 May for you to have your say on the proposals. All of the information is available on a [dedicated web page](#).

An [internal consultation](#) on psychologists as expert witnesses is underway - send your comments to Hannah Farndon by 7 May to ensure they're included.

Did you know that the DCP has 13 faculties catering to different areas of professional practice and interest? If you're not a member of one yet, check out the [find your network tool](#) to see which would work for you.

The BPS recently put its name to a [call to ensure community rehabilitation](#) for all intensive care patients.

The BPS has [issued a response](#) to the report of the Commission on Race and Ethnic Disparities.

## Upcoming online events

Consultant clinical psychologist Sahil Suleman, from the DCP Faculty for Oncology and Palliative Care, is one of the panellists for an [event on living with and beyond cancer](#) (18 May), hosted by The Psychologist.

Our Faculty for the Psychology of Older People is [hosting a webinar](#) on working psychologically with people with multiple sclerosis (19 May).

This year's Faculty for Holistic Psychology [one-day conference](#) is taking place virtually (21 May), which speakers now confirmed.

Supporting psychological wellbeing in young people with chronic health conditions is the theme of a [Faculty for Children, Young People and their Families webinar](#) (25 May).

The Faculty for the Psychology of Older People's two-day virtual conference is now [available for booking](#) (21 and 22 June).

