

## Division of Clinical Psychology

July 2021

### **DCP in Focus**

**A monthly news digest for our members**

Welcome to the July edition and , yet again, there is no shortage of news to bring you, including important professional information on the HCPC and workforce and training matters.

There are also a number of important consultations happening at present both from HEE and from the BPS, and we hope you may be able to find time to share your views as these will influence future developments.

We are keen to involve as many members as possible in the work of the DCP, while recognising that busy lives can make this a struggle for many. There are a number of opportunities which are limited in their time requirement and give you the chance to contribute and to support your own professional development through your participation.

There is now an [opportunities page](#) on the DCP website, where these will continue to be listed. For now, we need to recruit more mentors for our very successful mentoring scheme and are seeking people to join in key new groups supporting Clinical Psychology Forum. If you appreciate the increased information coming to you as a member, you might like to join our comms sub-committee.

Finally, we hope you will read Roman Raczka's short article on ethics in social media use - important words for us in our personal and professional lives.

We are always pleased to receive any feedback or ideas - please [email me](#).

Julia Faulconbridge

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## HCPC issues

We are aware that a significant number of members have experienced difficulties registering with the HCPC. There appears to be a variety of reasons for this, including the HCPC's decision not to send reminders by post but by email, which resulted in members who had changed their email address since last registering (and not told HCPC) not receiving reminders.

This particularly affected members in Scotland where there has been a change in the email addresses of all NHS staff. The problems did not end there, and many experienced various problems with the HCPC system which made reregistering rather difficult. This delay caused some issues with employers that required addressing locally. We will be writing to HCPC to point out our concerns and to ask what is being done to address the issues. For those experiencing difficulties, [here is some information from their website](#).

Unrelatedly, the BPS Practice Board has established an HCPC Working Group to address the issues that have arisen over the years about the working of HCPC for practitioner psychologists. The BPS used to have regular meetings with HCPC and the intention is to re-establish this contact. The group is chaired by Katherine Carpenter (newly elected BPS President) and has Tony Lavender as the clinical psychology member.

We have already identified a number of the issues, including misuse and evasion of titles, the approval processes for international colleagues, the relationship between BPS and HCPC accreditation processes and fitness to practice standards and processes. If any members have issues they would like to raise, could they [send them to Tony Lavender](#), and if members are 'HCPC partners' we would be grateful if you could let us know.

HCPC council

The HCPC is currently looking to appoint two new registrant council members and one lay member. This is an opportunity to play a pivotal role in health and care regulation, and help drive progress on key issues such as equality, diversity and inclusion.

The HCPC regulates approximately 290,000 professionals in 15 professions across the UK. Its statutory duty is to protect and promote the health, safety and wellbeing of the general public. The three new members will be joining at a critical moment as the Council responds to the Covid-19 pandemic.

Applicants for registrant membership must be on the HCPC register, while applicants for lay membership should not be HCPC registrants but may be, for example, members of the BPS.

The deadline to apply is 2 August 2021. Full details about how to apply are set out in the application pack on the [HCPC website](#).

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## **Social media ethics - Roman Raczka**

Unfortunately, it appears that a very small minority of DCP members have been using social media in ways that are disrespectful of other DCP members, of BPS staff, or of colleagues from other professions.

When this takes place on social media it can have a significant negative psychological impact on the person/people concerned and also on people who use our services and on members of the public.

Social media ethics are no different than workplace/professional ethics. It does not matter whether you are tweeting in a personal capacity or not, the core values of honesty, truthfulness, respect, and responsibility are universal principles that also form the basis of social media ethics. Ethics that should be applicable to everyone in every situation.

We know that people often use Twitter to vent their feelings because it serves as an outlet to discharge negative emotions rather than keeping them bottled up. However, we also know that, when it is emotionally entangled in what happened to you, your judgment may be clouded and your instinct to get back at someone

for what they said can lead to disrespectful escalations in what you say or what you message or tweet.

Of course there will be occasions when there are differences of opinion or disagreements, or when you may feel frustrated with another person's messages. However, revenge is not a healthy reaction. Compassion, kindness and maintaining an ongoing awareness of the potential impact on others should be our guiding principles even where we may disagree on topics or wish to create change.

Irrespective of the method of communication, whether it is in person, by phone or video call, email, blogs or on social media, respectful behaviour that upholds the dignity of the other person is always expected and required as part of our professional code of conduct, as well as in accordance with our ethical principles and values.

The [code of ethics](#) has four key principles: respect, competence, responsibility and integrity.

When tweeting reflect on the two-hour rule. Compose your tweet in draft form, send it to yourself. Wait. Re-read it to make sure it says what you want to say and how you want to say it. Then post the tweet!

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## **Workforce and training updates - Tony Lavender**

### **Job planning**

The Workforce and Training Sub-committee is about to set up a working group looking at the issue of job planning for clinical psychologists. This has become one of the ways that so called 'indirect work' (i.e. non face to face contacts) can be properly integrated and recognised into the work of clinical psychologists. If any members would be interested in joining the group or has papers/documents that are relevant please [get in touch with me](#).

### **Mental health and wellbeing practitioners**

NHSE has approved and HEE will start to commission a new role in mental health, the mental health practitioner. The role is intended to support the delivery of the NHS Long Term Plan in England. The role will have two functions - a generic

team worker able to plan and coordinate care with patients as part of the MDT in a trauma-informed way, and the delivery of specific psychologically-informed wellbeing interventions (these aren't NICE guidance interventions but practice informed evidence interventions). This will allow the rapid deployment of a new supply route. These will be Band Four in training and Band Five on completion, and align well to PWP, CWP and EMHP. Training will be at a graduate or postgraduate certificate level and open to graduates and non-graduates. Many are likely to be from psychology, but the roles are open to a wider group.

### **Clinical Psychology Training Commissions (2021)**

In Scotland, the 25 per cent increase in commissioned places has been consolidated in the base line numbers and across the two courses the new entry will have risen to 80. In Northern Ireland, a further increase of three places has been agreed so that the 2021 first year entry will be 21. In Wales, the picture is slightly more complicated in that there was an increase of two commissions last year (rolled over to this year) and a further increase of one in South Wales, and one rolled over from last year plus another one in North Wales. HEIW have indicated there will be a year on year 10 per cent increase, but this has yet to be signed off. In England, the entry for 2019 was 511, for 2020 it was 688 and for 2021 the total commissions available was 914, although it looks like approximately 900 will be taken. This seems a very good uptake given the rapidness of the expansion. Across all the nations course staff and staff in services are working hard to ensure the successful delivery of the much needed expansion in training numbers. Thanks to all.

### **National Assessors**

Eric Karas (chief national assessor) has been leading the relaunch and revitalising of the national assessor scheme. Regular meetings of the lead speciality assessors have been taking place and a new operational system for trusts to secure national assessors via BPS staff been established. As part of the relaunch, an [advert was placed on the BPS website](#) and it is still open for applications from senior clinical psychologists to become national assessors. Please if you are such a person, or know of others who may be interested, apply or encourage them to do so.

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## **Health Education England strategic framework**

Health Education England is seeking contributions to a consultation on its strategic framework for health and social care workforce planning.

This work will look at the key drivers of workforce demand and supply over the longer term and will set out how they may impact upon the required shape of the future workforce, to help identify the main strategic choices.

To develop a shared understanding of the future, it is inviting stakeholders and partners to respond to this call for evidence, as well as encouraging individual responses.

The society will be responding, and if you want to contribute this you can [get in touch with Hannah Farndon](#) before 16 August. To respond as an individual, visit the [HEE website](#).

However, HEE is wanting responses from as wide a range of people as possible, including services, individuals and service users . Please encourage your colleagues and clients as appropriate to respond too. To respond as an individual, visit the [HEE website](#).

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## **Opportunities to get involved in the DCP**

All of the current DCP opportunities are listed on the [new section](#) of our website - we're constantly trying to improve our website for members, [take a look](#) for details on everything that's going on in your division.

### **Could you be a mentor?**

Could you use your knowledge and skills to support the professional development of colleagues? If so, the DCP Mentorship programme is looking for more mentors.

Evidence suggests the DCP mentoring programme helps mentees to develop professional confidence, leadership and service development skills - providing mentoring often needs around an hour a month over six to eight months and can also be of benefit to mentors.

Find out more [via our webpage](#), we'll be happy to discuss joining up if you're interested. Patrick Roycroft, Kathy Nairne and Andrew Walmsley - programme team.

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## **CPF reviewers panel and editorial board**

We are seeking DCP members to join both our CPF reviewers panel and editorial board to help us continue improving Clinical Psychology Forum.

For the reviewers panel, we're seeking members with at least five years of post-qualification experience. We're keen to increase the number of specialisms represented on the panel, with reviewers expected to review one paper per month.

The editorial board will support the editors in developing the strategic direction of CPF and generating new ideas for developing the publication. We're keen to hear from members at all career stages and from a diverse range of backgrounds, as well as having representation from experts by experience.

To find out more about both roles and submit a statement of interest, [take a look at our website](#).

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## **DCP Communications Sub-committee**

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 the subcommittee to be a dynamic and supportive team with shared learning and mentoring integral to its operation.

If you're interested in getting involved, take a look at the [details on our website](#).

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## **The climate crisis and clinical psychology**

The European Psychologist has published a special issue on psychology and the environmental crisis that Tony Wainwright co-edited.

They have kindly made this [available to download free of charge](#) and, in addition, there are a collection of papers from back issues on the same topic that are also free to download.

Three papers focus on leadership and social change, building on group-based processes grounded in the dynamics of social identity theories. Four papers discuss health impacts and possible interventions in the context of climate change, and finally there are two papers on what we can learn from the Covid-19 pandemic.

The DCP South Central and DCP South West branches are set to hold a joint webinar on 20 September focusing on clinical psychology and the climate crisis - booking details will be available soon.

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## **Power Threat Meaning Framework project page**

The DCP set up a PTMF Working Group in 2018 with the following remit:

- To advise on and publicise the application of the Power Threat Meaning Framework (PTMF)
- To work in partnership with lived experience practitioners to co-develop and co-produce applications of the PTMF

- To make links with lived experience peer support groups, advocacy and professional groups and organisations as appropriate in order to achieve these aims
- To offer a central point for collating and disseminating information about training, developments and good practice in relation to the PTMF across a range of applications/ areas

The working group was asked to initially focus on the following areas:

- Training and teaching materials - to develop and disseminate
- Research - to be a central point for liaison/collation/support for PTMF - related research with psychological wellbeing/support providers including adult mental health, child and adolescent, older adult, health, forensic, intellectual disability
- To identify and disseminate resources and good practice

The working group has been active since that point and their outputs have been hosted on the [BPS main website](#). The DCP-approved slides are the [primary source material](#) for training in the PTMF. with additional training resources, podcasts and videos. Narratives and personal stories illustrating the use of the PTMF ideas in practice can be found on [our webpage](#), as can [research articles](#). The PTMF website also has a [section](#) on diversity, inclusion and antiracism with reading and resources. A list of [frequently asked questions](#) may be useful in clarifying questions about the PTMF aims and purposes.

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## News from around the BPS

Congratulations to Katherine Carpenter and Nicky Hayes, who have been [elected](#) as BPS President and President-Elect respectively.

The BPS has announced a new [interim strategic framework](#) to run through until the end of 2022.

The BPS [Review of the Year 2020](#) is now available for members to read - it recaps the society's achievements during the year.

A [consultation](#) is open until 9 August on proposed changes to the BPS's membership grades and governance processes.

External partner Korn Ferry has [released its report](#) on the member networks review.



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### Upcoming webinars and online events

Our Faculty for Children, Young People and their Families is [hosting an event](#) on neurodiversity in clinical practice on 13 September.

The DCP Faculty of Psychosis and Complex Mental Health is [launching the new guidance](#) on family interventions in psychosis at an event on 22 September.

A Scottish [interdivisional event](#) on 23 September focuses on climate change.

Our Faculty for Perinatal Psychology is [hosting an event](#) on good practice guidance and trauma in maternity settings on 28 September.

