

Division of Clinical Psychology

May 2021

DCP in Focus

A monthly news digest for our members

Welcome to the May edition of In Focus - once more there is a host of news and update items from DCP and from BPS to support you in your professional lives. We hope you find it interesting, illuminating and useful.

We are currently advertising for members to join our communications sub-committee, which helps to produce newsletters such as this one, as well as loads of other exciting work related to how we communicate with our members and promote clinical psychology more widely.

We're really keen to increase the numbers on this sub-committee so we can continue improving our communications output. [Applications are open until 16 July with all details on our website](#), but if you would like to have a more informal chat about what it involves, I'd [love to hear from you](#).

Another element of sitting on the communications sub-committee is helping with our work in the media, and I want to thank all clinical psychologists from across the DCP and our faculties who have responded to one of our requests for media comment recently.

This is a focus for the whole BPS, and you can see some of the recent highlights from BPS members in the media [on the website](#).

Julia Faulconbridge

Building a caring work culture

The DCP Resetting the Balance project, jointly led by the DCP Leadership and Management Faculty and the New Savoy Partnership, is holding a webinar on wellbeing for the psychological professions, building on the recent launch of its ['Building a caring work culture'](#) impact statement.

It aims to open up discussions on the workforce needs for sustainable wellbeing and features senior representations from the four nations as well as talks from psychological professionals representing minority groups and those with lived experience.

The event will also see the launch of [new wellbeing resources](#) and the 2021 wellbeing survey, which aims to measure the wellbeing of staff working in psychological services against the backdrop of the pandemic.

Held on Monday 7 June from 12-2:30pm, the webinar costs just £10 to attend and [you can register for it now](#).

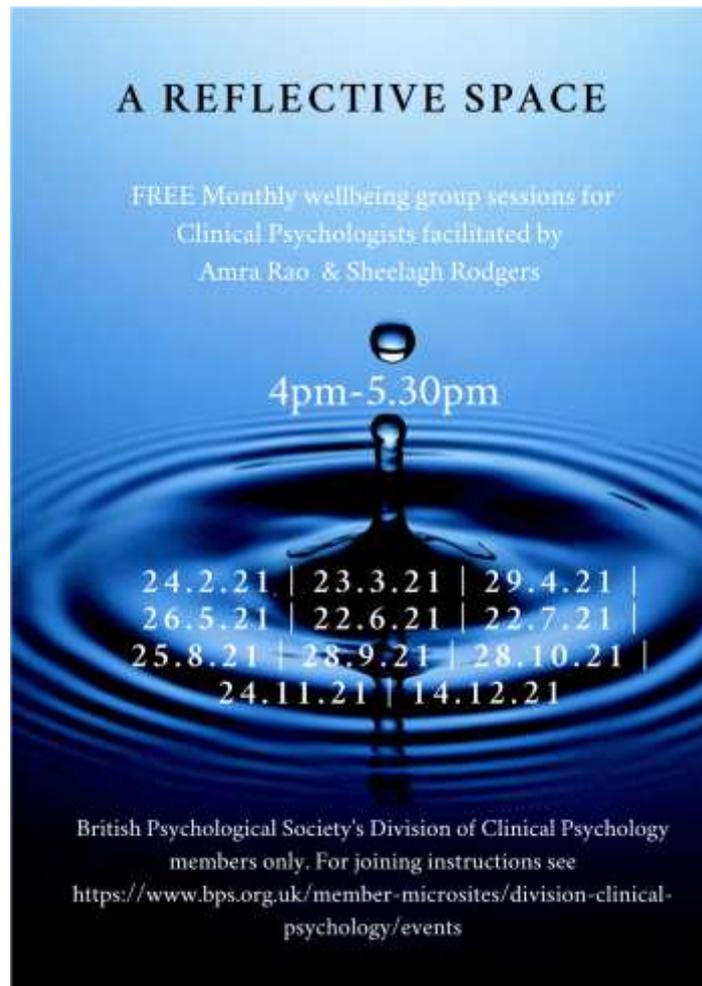
Reflective practice and wellbeing sessions

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 have been 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.

Remaining dates for this year are: 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](#).



Career map for the psychological professions

The Psychological Professions Network (PPN) has created an interactive electronic career map of the 12 psychological professions, aimed at people interested in training to be part of the future psychological workforce.

The PPN is now developing animated videos for the 12 careers, and clinical psychologist is one of the first on the list. If you'd like to contribute to the development of the animation by saying why you love your career in the NHS, please [take this short survey](#).

Power Threat Meaning Framework

The Power Threat Meaning Framework website is regularly updated with blogs, videos, training exercises, personal narratives, ongoing evaluations, anti-racist resources, and many other materials.

There is also a section on 'Good practice examples' illustrating the ways in which people are drawing on the PTMF principles in their practice in a range of settings, and/or using the PTMF to inform research, organisational work and policy. Please do [visit the website](#).

If you are using the PTMF ideas in any aspect of your work, large or small, we would like to hear from you. Please [fill in this short form](#).

Mentoring programme

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.

Physical health group

Issues around governance and workforce for clinical psychologists working in physical healthcare settings have come into sharp focus during the pandemic, and a group was set up by the workforce and training sub-committee to consider these and scope out what was needed.

A first full update from the group is now available on the [physical health section of our website](#).

Taking therapy outdoors

Dr Sam Cooley, one of the lead authors of BPS guidance on talking therapy outdoors and a member of our Faculty for Holistic Psychology, recently [helped the BPS to mark Mental Health Awareness Week](#).

This year the week was themed around nature and outdoor spaces, providing the perfect opportunity to highlight the guidance which has helped therapists to explore new techniques while respecting physical distancing guidance during the Covid-19 pandemic.

The below illustration was created by trainee clinical psychologist Juliet Young - you can [follow her on Twitter](#) for more on her work.

Outdoor therapy can
permit an authentic
human encounter
and enable
people to
experience
greater shared
ownership of
the therapy
space and
relationship

(Cooley & Robinson, 2020)



Understanding Psychosis

A new video to accompany the DCP funded 'Understanding Psychosis: A guide for young people and their supporters' document has been released. You can watch it on Youtube by clicking below.



Lived experience in clinical psychology training

The DCP funded document '[Supporting and valuing lived experience of mental health difficulties in clinical psychology training](#)' will be formally launched at an upcoming conference. The UCL Unit for Stigma Research is inviting DCP members to [attend its event](#) 'Healthcare provider mental health: Going beyond wellbeing narratives' on 6 July.

News in brief

We are looking for people to join our research and professional standards sub-committees. Full role descriptions and details on how to apply are [available on the DCP website](#).

The National Psychological Professions Workforce Group is [conducting a survey](#) of children, young people, their carers and parents who have been involved in the core training of the psychological professions.

The BPS recently [issued a statement](#) regarding the High Intensity Network's Serenity Integrated Monitoring following a request from the DCP.

DCP member Annie Mitchell was among those quoted in the [BPS's response](#) to a new report on the climate crisis and its impact on mental health.

The DCP and the Faculty for People with Intellectual Disabilities issued a [joint statement](#) marking 10 years since the Winterbourne View scandal.

The [latest edition of the DCP Covid-19 Bulletin](#) was sent to members earlier this week, including further perspectives on Long Covid.

Upcoming webinars and online events

Our Faculty for Perinatal Psychology is holding a virtual webinar on delivering perinatal therapies in a pandemic and beyond. [Part one](#) is on 17 June and [part two](#) is on 13 July.

The DCP Faculty for the Psychology of Older People is holding its [annual conference](#) online across two days on 21 and 22 June.

Our Faculty for Children, Young People and their Families is [hosting a webinar](#) on 24 June, looking at optimising outcomes for children and young people who experience early hospitalisation.

The DCP Public Health and Prevention Sub-committee's [event on post-Covid community approaches](#) to wellbeing is happening on 30 June.

The BPS is once again holding its [annual conference](#) online this year, across two days on 1 and 2 July with much of the programme, including keynote speakers, now confirmed.



Elections

There are BPS elections currently taking place for both a President for 21/22 and a President Elect who will take over the presidency in 22/23. We encourage all our members to take part in these elections.

The arrangements for the election of a new President are laid down in the statutes. More information on this is [available on the BPS website](#).

The election for President Elect closes on 14 June. To vote in this election please [visit this page for details](#). There are four excellent candidates, including the chair of our DCP EDI and Anti-Racism Task and Finish Group.



Your vote 
is your voice

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

Vote online: www.mi-vote.com – Voting closes at 12 noon on Monday 14 June 2021



