

Division of Clinical Psychology

October 2021

DCP in Focus

A monthly news digest for our members

Welcome to the latest edition of the DCP newsletter. It is wide-ranging and every month there seems to be more for us to tell you about. This month we feature a number of very important updates:

- on a number of key issues in workforce and training in the UK
- news of important publications on the acute care pathway in adult mental health for professionals and for the public
- the new BPS experts by experience framework, which is enabling us to take EBE involvement across all the work of the DCP to the level we have aspired to for many years
- climate crisis
- Clinical Psychology Forum

There are also items of news, events, opportunities to get involved and consultations to respond to.

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

We are also setting up discussion threads on key topics in the newsletter on the online community if you want to join in. If you have not already joined, [you can do so here](#).

Julia Faulconbridge

Save the date - Fully Human: Soul, psyche, skin, exploring race in clinical psychology

We are delighted to announce a special two-day working conference (workshop) on 2 and 3 December.

It is a group relations event to study what it means for psychologists that society separates us on the basis of race, class, gender, ability, language or accent, and creates a system that places more value on some people over others.

We will explore the lived experience of these forces of separation and judgement, and the dynamics of privilege of power.

This is going to be a unique, active learning event that will allow attendees to bring their thoughts, feelings and experiences to share in our contained learning space. It is delivered in partnership with the Tavistock Institute of Human Relations.

We want to put these issues at the front and centre of our thinking, and we hope you'll join us. We'll have further information on booking soon, and more information is [available on our website](#).



New guidance on psychological services within the acute adult mental health care pathway

The British Psychological Society and the Association of Clinical Psychologists have published new guidelines for service providers, policy makers and decision makers on psychology within the Acute Adult Mental Health Care Pathway.

The guidance covers Adult Mental Health Inpatient Services (AMHIS), Crisis Resolution Home Treatment Teams (CRHTT) and Mental Health Liaison Services (MHLS).

Services are experiencing increased pressure in mental health crisis care pathway nationally due to decrease in beds, workforce shortages and pressure on community services. The CQC has highlighted a lack of therapeutic acute inpatient environments, this alongside increased recognition of impact of trauma on mental health and iatrogenic harm from services has provided an impetus for change.

Covid-19 and its economic impact has disproportionately affected the wellbeing of disadvantaged groups with a significant increase in mental health problems being identified, and an increase of acuity in admissions to mental health inpatient services. There is also awareness of a cultural focus on medication based care in the acute care pathway and a need to increase choice and access to psychological approaches.

The guidance highlights the benefits to service users of psychological assessment, formulation and brief psychological interventions. It describes the benefits of psychologically informed group work, and family work. It also reviews the benefits of indirect psychological work in the acute care pathway, including the provision of reflective practice groups, psychological skills training and supervision, and service evaluation and research. These activities support staff wellbeing and retention, influence the culture of care enabling it to be more trauma informed, and help to improve the quality of care provision.

The guidance notes the limited psychological resources in the Acute Care Pathway. It calls for increased psychological services staffing to improve access to psychological assessment and evidence-based psychological interventions, and to support the provision of reflective practice and training in psychologically

informed interventions. This would enable greater treatment choice, effectiveness and collaborative care for service users accessing crisis care.

[You can read 'Psychological services within the Acute Adult Mental Health Care Pathway' on the BPS website.](#)

There will also be a webinar on the briefing paper held on Thursday 4 November - we'll share details on how to register when they're available.

Workforce and training update - Tony Lavender

HEE statement of expectations of courses re the NHS Long Term Plan

Health Education England (HEE) has now published a statement describing their expectations of courses in terms of providing training that will equip trainees to help deliver the NHS Long Term Plan. As part of this, HEE wants the significant expansion in funded training commissions over the last two years to continue in subsequent years. Final decisions are subject to the outcome of the government's forthcoming spending review. There is also funding currently available to help increase the diversity of trainees and to facilitate programmes incorporating into the training the accreditation of courses in CBT (up to level two BABCP) and systemic practice (intermediate AFT) training. There is also funding to continue the recently developed EDI initiatives on courses and in trusts. The courses have submitted bids for this funding and are awaiting the outcomes.

Postponement of requirement of two-year gap between eligibility for HEE funding

There has been much lobbying to postpone a component of HEE's initial statement that people in receipt of HEE funding needed to wait two years before being eligible for funding for another HEE-funded programme. This was seen as disadvantaging for people who had begun planned career pathways to clinical training people which involved completing an HEE-funded programme. The case was also put that this move might inadvertently reduce the diversity in clinical psychology applicants, which was nobody's intention. HEE has agreed to withdraw the retrospective application of the rule and is consulting with representative bodies on a revised timescale for implementation. HEE will seek to work with courses and services to continue to increase equity, diversity and inclusion in clinical psychology training.

HCPC

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 the HCPC, and the intention is to re-establish this contact. The group was chaired by Katherine Carpenter, who has needed to give up the role because of her responsibilities as the newly-elected BPS President. Tony Lavender has agreed to take up the role of chair. We have collated the issues that we have noticed and that have been drawn to our attention by members (thanks to members who submitted points) and we will be developing plans in relation to those issues. Issues have included who should be the regulator, communication from HCPC about re-registering, the 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.

National assessors update

Eric Karas has been in the role of interim chief national assessor and has, with the help of Hannah Farndon, successfully relaunched the scheme. It was always planned that Eric would stand down post relaunch, and to this end we have sent a request to all lead and national assessors to apply for the chief assessor role. The advert request only went to the leads and national assessors, because the chief role requires someone with a good level of knowledge about the scheme. We are all very pleased and grateful for the energy, ingenuity and thoughtfulness Eric has put into the role.

Scotland workforce and training update - Judy Thompson

In Scotland, there are currently no plans to change existing funding arrangements for NES-commissioned psychology programmes. Over the next few months, NES will be undertaking the annual commissioning process with NHS Boards, which includes gathering stakeholder views on future development of the psychology workforce for the NHS in Scotland.

Workforce Expansion

Demand for mental health support continues to increase and people are still waiting too long for CAMHS and psychological therapy treatment. The Mental Health Transition and Recovery Plan outlines the need to expand the workforce. Significant additional investment is being committed over the lifetime of the

parliament to mental health.

Psychology Doctoral and Masters' Programmes

The minister for mental health has prioritised funding from the recovery and renewal fund as part of a planned five-year expansion to existing NES applied psychology programmes. Funding is available to increase training places in the three-year doctoral clinical psychology programme by 10 per year, resulting in annual intakes of 80. The funding also supports an increase in the postgraduate one-year Masters programmes, leading to annual intakes of 50 for the psychological therapies in primary care programme and 40 for the applied psychology children and young people programme.

New Enhanced Psychology Practitioner Training Model (EPP)

NES has developed an EPP training model. The mental health minister has also agreed to prioritise funding from the recovery and renewal fund as part of a plan to support EPP over five years. Funding is available for both training and service posts. By 2026, 450 new services posts will be created.

This is a new certificate-level training scheme to create a new workforce of psychological practitioners capable of delivering high-quality, evidence-based interventions for mild-to-moderate difficulties in a way that can be efficiently brought to scale. This proposed approach aims to make effective use of the large cohorts of graduates in psychology and related disciplines - as well as those with equivalent training and experience - to deliver and support, under supervision, brief, outcome-focused evidence-based interventions. Enhanced practitioners will provide a defined clinical service, working under supervision.

The NES/SG (2015) *The Matrix; A Guide for Delivering Evidence Based Psychological Therapies in Scotland*, has contributed to the development of capacity to deliver the right psychological therapies and interventions to the right people by practitioners who are suitably trained and supervised in a Scottish context. However, as the evidence develops, there is a need for a robust process of review, but it was also recognised that the context for delivering psychological services had already been changing and this has been hugely accelerated by the ongoing pandemic.

As a result, we are undertaking a significant review which includes a refresh of the contextual chapters to reflect the emerging policy and organisational position along with a significant additional chapter including a recent evidence

review of the use of technology-enabled delivery. Language has been changed, in consultation with stakeholders to increase consistency with the knowledge and skills frameworks which have been influential over the past few years in Scotland. The evidence tables will aim to have more integrated, lifespan approach and be searchable on a new digital platform. Therapies and interventions which are on the evidence tables will also have interactive tools which enable a more nuanced review based on specific implementation factors such as fit with a local population need and identify implementation barriers.

Northern Ireland workforce and training update - Nichola Rooney

There has been a 10 per cent (two additional) increase in DClinPsy places for this year's intake.

A two-year pilot for a graduate psychology enhanced training has been funded by the Department for Economy. The course is being co-designed with clinical psychologists and co-delivered by the schools of psychology at Queen's University Belfast and the University of Ulster. This PG cert aims to provide psychology graduates with a foundation to prepare them for employment in the NHS - probably in band four and five posts, with further training being planned to provide career pathways to band six.

Clinical psychology is represented on the Mental Health Strategic Reform Board, which will oversee the implementation of the new 10-year mental health strategy. Progress is being made on the establishment of a lead regional clinical psychology role/CPO.

BPS experts by experience framework

The DCP has a long history of working in partnership with experts by experience - people who have used our services or are using services now, their families and carers and also people who may not find services that accessible who we want to reach out to.

We want to continue to build on this and to expand the range of people we are able to work with and embed coproduction and involvement across all parts of

the DCP. We have also aspired to engage with colleagues across the BPS to share and spread this. In recent years we have established a network of EbEs from across the lifespan, and including people with intellectual disabilities and people living with dementia.

We have coproduced some fantastic events to help us develop our understanding of lived experience and how clinical psychology can grow, develop and become more attuned to what matters to the people who use our services. We have also worked on highlighting the importance and value of DCP members' own lived experience. However, we have not been able to progress further as we have needed an agreed framework which would include specification re remuneration and governance for coproduction and involvement work.

DCP exec representatives and DCP experts by experience leads have been working together with BPS colleagues to develop a values, principles and governance framework to enable a lot more partnership work with EbEs to take place, both in the DCP and across the wider BPS. The proposed framework was completed towards the end of 2020, and we have been piloting it in DCP since January 2021. The framework is grounded in the [NSUN's 4Pis](#).

- Principles - A commitment to shared principles and values, including equal value for contributions for EbEs and professionals
- Purpose - Why are we involving people? Why are we becoming involved?
- Presence - Who is involved? Are the right people involved in the right places?
- Process - How are people involved? How do people feel about the involvement process?
- Impact - What difference does involvement make? How can we tell that we have made a difference?

In line with the above, we developed a set of 10 high level principles for the framework:

1. Co-production
2. Mutually beneficial and partnership led
3. Clear and transparent working
4. Building confidence and capability
5. Driving and enhancing the successful transfer of knowledge to shape and influence high quality and valuable outcomes

6. Supporting a process of sharing and promoting psychology interwoven with personal experience- a peer network to aid the transfer of knowledge is also important
7. Equality, diversity and inclusion - all voices and contributions are of equal value
8. Working with the society should not cost EbEs - the society will book and cover the cost of travel/accommodation where pre-agreed in line with our expenses policy - payment will be offered against an agreed framework considering the personal and employment/taxable status of individuals
9. Shared values for all, and ensuring maximum support for EbEs involved in the society's work
10. Address barriers that exist - reduce barriers to ensure fair access and support for EbEs, including thinking about how we support the work they do, sharing knowledge, training in use of knowledge and work sharing systems and how they are used

The framework also distinguishes between different levels including coproduction, involvement and consultation, and specifies what remuneration would apply for these.

We have been piloting the framework formally in a number of defined project areas and are also using the framework to guide our coproduction and involvement work more broadly. At our BPS EbE framework steering group we agreed on an evaluation process by means of focus groups, which have looked at the implementation of key elements of the framework. As a result we are developing some tools to help people use the framework. We look forward to sharing further updates soon and to using the framework to support wider involvement and coproduction across the DCP and BPS.

Climate crisis update - Annie Mitchell and Tony Wainwright

An upcoming issue of Clinical Psychology Forum will be a second special issue on the climate emergency. Get a sneak peek with part of Annie Mitchell and Tony Wainwright's editorial below:

"The next issue of Clinical Psychology Forum is a *special* special issue, for several reasons. [It is the second](#) on the climate and ecological emergency in Clinical Psychology Forum in just over a year; very rarely is a theme repeated so quickly,

indicating that the urgency really has hit home. In last year's editorial we said: 'There is no more urgent call in the world today than coming together with our fellow citizens to tackle the climate and ecological crisis'.

For this issue we wanted to encourage our coming together by inviting contributions from a wider range of backgrounds than is usual in clinical psychology circles. We hope it will be of interest and relevance far beyond the usual readership. We wanted contributors to speak from their hearts and souls as well as their minds, recognising the existential demands of the moment. They have done so with passion, humanity and scholarship. We prepare for publication at a pivotal time, a tipping point in human affairs, towards the start of what should be the most significant talks in human history, but which can only be significant if real action follows.

The warnings, as leaders of international world gather in Glasgow for the United Nations' 26th Conference of the Parties, to negotiate commitments that will shape our world for generations to come, could not be starker. Climate scientists, in the latest (sixth) Assessment Report for the Intergovernmental Panel on Climate Change (IPCC) are shouting from the rooftops.

The sober 2021 climate change risk assessment from the authoritative source [Chatham House](#) concluded 'The risks are compounding and without immediate action the impacts will be devastating.' It is now way beyond doubt that human induced climate change is harming human health and wellbeing globally, especially affecting those with least access to power and resources, and who have not themselves caused the damage. But none of us is safe from trouble. The traumas, and resulting psychological and physical sufferings of extreme weather events, wildfires, floods, sea level rises, ocean acidification, pollution, forced migration and homelessness, habitation and species loss and much more, are catastrophic, along with the fears for the [future faced by our children](#) and young people. Globally one billion children are said to be at extremely high risk of harm caused by the climate crisis. A recent international survey of [10,00 children and young people](#) demonstrated the extent to which their climate anxiety and distress are significantly related to the perception of inadequate government action, with associated feelings of betrayal and abandonment.

Meanwhile, despite the best of intentions to play our part and make a difference, it is hard for many of us to work out how clinical psychologists can

contribute to climate and environmental protection efforts. We have put together a [set of suggestions](#) to get us all thinking and acting. Please do get back to us with your ideas and responses. As well as raising awareness of the urgency of the threat, we need to share a positive vision of the happier and healthier lives we seek through fair action. As we go to publication we are inspired by [psychologist Paul Howell](#) who has helped, through effective listening and engagement, to achieve community commitment to a huge rewilding project in the Scottish Highlands. As he says: 'That's a radically different attitude. I really believe it's not passive, it demands more of an individual in terms of their creativity and maturity ... it's a true kind of authentic commitment to something larger than ourselves'.

Download the free issues of CPF on the Climate and Environmental Emergency August 2020 and October 2021 from [our website](#).

Presentations from the DCP conference 'Clinical Psychology, Climate and Well-being - Joining the Dots' will also be available on [this page soon](#).

Clinical Psychology Forum update

Our change programme has included investment in digital infrastructure, so Clinical Psychology Forum (CPF) will soon be benefitting from a new online publication system, which will extend reach and discoverability of CPF and other publications.

Some of the benefits we're looking forward to:

- **Widening the audience:** by making the content available in HTML as well as PDF, it makes the content potentially discoverable via Google Scholar. Once the new system has launched we'll begin a phase two to enable institutions, like university libraries, to buy online subscriptions.
- **Supporting early career researchers:** By utilising Digital Object Identifiers (DOIs), where every article can be identified and accessed with certainty, powering online metrics to measure each article's impact, showing how many times it has been cited by Crossref and Twitter.

- **Increased searching power:** through meta-data tagging on keywords for all periodicals published by the BPS. This means topic-based searching will be more meaningful, as it will draw together themes across multiple member networks.
- **Improvements to accessibility:** enabling the screen to resize to either desktop or mobile, and being compliant to standard WCAG 2.1 AA, making content accessible to people with a wide range of disabilities including visual, auditory, physical, speech, cognitive, language, learning, and neurological disabilities.
- **Integrated print-on-demand:** allowing DCP members to choose whether they want a printed copy or not, which is more supportive the environment. Those that prefer a print copy can order one online using a voucher.

The launch date of the new system is planned for 2022 Q1. In the meantime we will continue to host content on the BPS online shop.

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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promoting excellence in psychology

Division of Clinical Psychology

DO YOU WANT EXPERIENCE IN CLINICAL PSYCHOLOGY PUBLISHING?

New roles available on CPF Reviewer Panel and Editorial Board

VOLUNTEER

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.

News from around the BPS

Police, Crime, Sentencing and Courts Bill

There are concerns that this bill could lead to the police having more rights to access patient notes and this would clearly impact on patient confidentiality. The BPS is aware of the concerns that have been raised surrounding this issue, and is in touch with other relevant health organisations

and stakeholders as to the next steps that we can take with regards to this bill. We'll keep you updated.

COP26 cycle ride

Psychologist Carl Harris, recently a candidate for BPS President, is [cycling from London to Glasgow](#) for the COP26 summit to raise awareness of psychology's contribution to addressing the climate crisis.

New Customer Relationship Management system

The BPS will soon be launching its replacement for the old membership database - [make sure that your details are up-to-date](#) so that you can easily access the new system.

Time To Play campaign

The BPS has [launched a new campaign](#), calling for an additional 10 minutes at playtime for children during every day at school.

Help bring our marketing to life

As you will all know, psychology is all about people. And as your membership organisation, we're all about people too. That's why we are embarking on a project to develop a photo library of our members 'in action'. We want to be able to show exactly what it is that you do in your roles and step away from getting by using generic, stock photography. By using real photos of real people, we want to show not only our diverse community of members and professions, but also the impact psychology can have. This is where we need your help! If you work in a setting that you think will help us with this (and are happy to be photographed) or would like to know more please get in touch with [Emily Rooke](#). We will work with you to arrange any photoshoots and consent that's required.

'The man who revolutionised psychology'

The Guardian [recently profiled](#) Professor Richard Bentall as part of its 'The outspoken' series.

Senate campaign shortlisted

We're delighted to be able to announce that the Senate campaign which the DCP worked on alongside our colleagues in the DOP and DHP is one of three shortlisted for the next stage following a vote of members.

Family interventions in psychosis

A reminder that you can access our 'Family intervention in psychosis' guidance document on the [BPS website](#).

Upcoming webinars and online events

The BPS Diversity and Inclusion Taskforce is [holding an event](#) on implementing anti-racism in practice on 12 October.

Our Faculty for the Psychology of Older People is [hosting an event](#) on Mentalization Based Treatment within older adult mental health services on 20 October.

A [BPS webinar](#) on Long Covid in children is taking place on 28 October.

Our Faculty of Oncology and Palliative Care is [hosting a webinar](#) on addressing inequalities in psycho-oncology services on 4 November.

