



DCP England Newsletter

February 2019

With the appointment of Roman Raczka as DCP England Chair this is the ideal time for starting a regular update for DCP members across the country, celebrating and sharing information with all psychologists, wherever you are and whatever area you work in.

STOP PRESS – URGENT EVENT: ‘The impact of Brexit on EU clinical psychologists working in the UK’, Monday 18 March, 3–5pm, Woburn House, WC1. For more info visit www.bps.org.uk/DCP-ImpactofBrexit-18March

England Chair’s update – Roman Raczka

I am delighted to have been appointed as DCP England Chair at the AGM in January. I have worked as a Clinical Psychologist for 30 years. I initially trained at Leeds University, then completed my Doctorate at Leicester University. I have worked across England including in Yorkshire, the West Midlands, the South West and the Home Counties and across London. I am currently Head of Psychology in Central London services.

Throughout my career I have been a member of the DCP and I have really valued also being a member of both the Faculty for People with Intellectual Disabilities and the Leadership and Management Faculty. The faculties are impressive in the focus and energy they bring to the DCP. I was elected as Chair of the DCP London Branch in January 2018 (after having been Treasurer for several years), and working with the London Committee we are proud of the breadth and range of development events and opportunities we have been able to deliver. We have established very strong working relationships with local Heads of Services and Directors of Clinical training courses.

We’ve also been able to organise some innovative engagement events with people who use services and with the wider public, and to engage with NHS England.

I wanted to stand for election as the DCP England Chair so that together we could create a step change in how we support, listen to and communicate with Psychologists across the Country. This newsletter is just a small part of that.

I am hoping over the coming year to have an opportunity to meet many of you, please don’t hesitate to contact me on DCPEngland@bps.org.uk

Building support across the country

Over the coming year I want to support, strengthen and build on the DCP Branches. Their mandate is from their local members, who through their subscriptions to the BPS and DCP pay for this to be delivered. The branches exist to support, empower and enable psychologists in their work.

They focus on the specific clinical needs of their local area, with a level of local knowledge and detail which is not possible from DCP UK, and a level of clinical knowledge which is not held in the local BPS Branch.

Branches are the essential conduit for two-way communication between DCP members locally, the DCP nationally and across the UK, and with national government.

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Get in Touch

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England Chair's update, *continued*

Local Branches aim to:

Create development opportunities – DCP Branches offer a range of development activities including conferences and other CPD events, information sharing, support networks, and link with training courses.

Collaborate with local partners – Branches usually work with local training courses and Heads of Service, carry out joint work with faculties and collaborate with other key players enabling discussion of new services that meet local needs and reflect difficulties in recruitment and retention of clinical staff.

Promote health and wellbeing – Local Branches are best placed to promote the psychological wellbeing of citizens through local media and local networks, and some have delivered innovative events.

Support and enable leadership – Branches can work across health and care systems, enabling psychologists to engage with strategic NHS, local government and other organisations.

The BPS has confirmed that the current DCP local Branch structure is unchanged for the coming year as long term structure plans are discussed.

DCP UK Chair's update – Dr Esther Cohen-Tovée

I would like to start by thanking Roman Raczka for stepping forward for the role of DCP England Chair and to congratulate him on his election to the role. Roman's role as DCP London Chair has been highly valued and I am very much looking forward to working more closely with him in his new role. I would also like to take this opportunity to pay tribute to Julia Faulconbridge for her leadership as interim DCP Chair during the past year and for the significant role she has played, in partnership with other DCP members and BPS employed colleagues, in developing a new model by which members (or their employers) can receive payment for services rendered to the British Psychological Society, in line with the Society's statutes. This gives us the ability to move forward towards achieving our core purpose and strategic aims, for the benefit of our members, those who use our services and the wider population.

As I step back into the DCP Chair role after a year as Vice Chair, I am taking stock of what has been achieved despite the difficult

circumstances of recent years, and also those aspirations which have been put on hold. We have an opportunity to launch a new chapter in the narrative of the DCP, with robust and professional support from BPS employed colleagues, and in partnership with Experts by Experience and a wide range of other stakeholders. We need to rebuild the DCP and reach out to everyone who might benefit from joining us and everyone who may be interested in working with us. As the BPS develops a new role as a responsive and authoritative professional body, while retaining its role as a learned society, the DCP should be enabled to rise to the challenges and grasp the opportunities which arise both internally and externally. We can only do this, though, with the contribution at whatever level is possible from our members: we are the DCP, we are the BPS. Let's work together to make a difference, and to ensure that our voices are heard.

The strategic direction of the DCP

The BPS Senate (on which the DCP is represented) agreed that the BPS campaign for 2019 would be Mental Health and Psychological Wellbeing in Children and Young People. Its focus is on the need for a national strategy ensuring a cohesive approach across health, education, justice and social care. The next steps will be to establish a working group to develop the campaign proposals further with the BPS Policy and Communications teams – there will be a call for volunteers and opportunities to be involved.

The DCP priority areas for 2019 are:

- The Wellbeing of Children and Young People (in line with the BPS priority area)
- Workforce and Training
- Inclusion and Diversity
- Members' wellbeing
- Redevelopment of the Expert by Experience Strategy
- Prevention and Public health
- A membership drive



Dr Roman Raczka
Consultant
Lead Clinical
Psychologist, Chair
of DCP England



Dr Esther Cohen-Tovée
Chair of DCP-UK

Psychologists in limbo – the impact of Brexit on clinical psychologists

Dr Annette Schlosser and Richard Pemberton

There was an emergency workshop held at the DCP Annual Conference in Manchester in January



Ppsychologists in Limbo’ – The impact of Brexit on EU psychologists who have moved to the UK who have made their careers and lives here.

At the event there was a sharing of the deeply unsettling impact of Brexit on individuals, the creation of that sense of suddenly being an ‘outsider’ or ‘the other’ and having to apply for settled status in the country that people consider to be their home, and often after those people have worked for decades in the NHS. In London up to 10 per cent of psychologists are personally effected by Brexit.

And Sarb Bajwa, the BPS Chief Executive wrote in his monthly blog:

‘Brexit is a subject which is impossible to get away from right now, but sometimes we can lose sight of the very real human impact, with 24-hour news channels and constant votes in the House of Commons.

At our Division of Clinical Psychology’s annual conference in Manchester recently, I attended a workshop organised by Richard Pemberton and Annette Schlosser, where European psychologists currently working in the UK shared their stories about the impact Brexit has had on them, both as psychologists and as people.

This session was extremely moving, and as a Society we will do everything that we can to support any of our members who find themselves in this position. If you think that we can offer you some support, or want to share your story, I’d be keen to hear from you.’

The English Branch Chairs stand side by side with any psychologist who is treated as the ‘other’ or the ‘outsider’, whether that is due to their country of birth, nationality, sex or sexuality, race or religion – we welcome the BPS initiatives and will support colleagues locally in any way we can.

Despite the short notice setting up the workshop it was attended by over 30 people including BPS CEO Sarb Bajwa, BPS President Kate Bullen, President Elect David Murphy, and DCP Chair Julia Falconbridge.

It was a supportive and enabling event, as one psychologist put it, the event allowed psychologists to ‘witness together and stand together in fellowship and solidarity’.

STOP PRESS: URGENT EVENT

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Local DCP Branch Details

If you are a member of the DCP you are automatically a member of your local DCP Branch.

DCP Yorkshire and Humber

Chair: Dr Annette Schlosser

Local developments: Our AGM and study day is on Tuesday 14 May at the Priory Centre, York, with a focus on working with people in and outside the NHS – therapy, intervention or movement?

Contact details: a.schlosser@hull.ac.uk

Twitter: @DCPYANDH

DCP West Midlands

Chair: Lawrence Moulin

Local developments: We have a development event for newly qualified psychologists 13 May, and are just completing our work plan for 2019.

Contact details: lawrencemoulin@outlook.com

Twitter: @wmidsdcp

Facebook: Division of Clinical Psychology – West Midlands

www.facebook.com/groups/2488485841175074/?ref=bookmarks

DCP London

Chair: Dr Roman Raczka

Local developments: We have two events currently planned, in April, a joint event with DCP South East Coast Branch on Psychologists in Limbo – the impact of Brexit on Clinical Psychologists, and in June – An influencer event on the lived experiences of mental health professionals with mental health problems – renarrating the stigma.

Contact details: DCPEngland@bps.org.uk

Twitter: @DCP_London

DCP South West

Chair: Dr Alex Dibley

Local developments: There is a real energy locally to developing mentoring – Alex is happy to help people find a mentor – if you want one, please let Alex know. They are also developing an event in March/April on addictions across the lifespan.

Contact details:

alexandradibley@googlemail.com

Twitter: @DCPSouthWest

DCP South East Coast

Chair: Richard Pemberton

Local developments: We are working with the Wessex BPS Branch to develop a big picture event on why psychology could and should be contributing to the Public Health challenges in Brighton and Hove: www.kc-jones.co.uk/city2019. We are also planning to theme our Annual General Meeting on our contribution to the next phase of the development of the NHS and in particular the new 10 year plan.

Contact details: richardpemberton@gmail.com

DCP East of England

Chair: Dr Frances Blumenfeld

Local developments: We aim to offer three development events each year. Our Annual Conference in September will be on autistic spectrum conditions, and in addition to that we will have an event focusing on supporting trainees' understanding of the work of the BPS, and an event led by Jo Peterkin who will be presenting with her colleague on working with adoption. This is scheduled for 26 April. In addition to these, our experts by experience committee is planning three events in different towns in the East of England, supporting and building dialogue between local clinicians and experts by experience.

Contact details: fblume@essex.ac.uk

DCP North East

Chair: Dr Barry Ingham

Local Developments: The North East Branch committee is planning a series of informal meetings and events within the Branch to encourage discussion about how we can fulfil our functions within the region and share best practice in clinical psychology locally. If anyone is interested in being part of the committee or would like to discuss the Branch please contact Barry.

Contact details: barry.ingham@ntw.nhs.uk

DCP South Central

Chair: Dr Chris Allen

Contact details: chris.allen@berkshire.nhs.uk



Dr Annette Schlosser
Chair of DCP Yorkshire and Humber



Lawrence Moulin
Chair of DCP West Midlands



Dr Frances Blumenfeld
Chair of DCP East of England



Dr Barry Ingham
Chair of DCP North East