



the british
psychological society
division of health psychology

Division of Health Psychology

Newsletter – June 2021

Message from the Chair, Professor Angel Chater

I hope that this newsletter reaches you safe and well. June is an exciting month for health psychology, with lots going on including our AGM, pre-conference BREATHE workshops, our Annual Conference, a Health Psychology Careers Day, the Health Psychology Trainee Network Conversation Café for Stage 2 and now an additional café for Stage 1 and the Midlands Health Psychology Conference! All the details can be found in this newsletter and we look forward to seeing you at these events!

This is my last message to you as DHP Chair, and I wanted to take a moment to reflect on my term in this role. It seems like yesterday that I nervously stood before members at the AGM in Manchester 2019 and set out my objectives for the following two years; blissfully unaware that there was a global pandemic right around the corner. At the start of my term, we had made the decision as a committee to hold our meetings online to reduce travel costs and begin to rebuild DHP finances so that we could spend better on benefits for members. So ironically, we had already begun meeting via zoom the year before the first lockdown.

However, it has been very unusual to lead a committee virtually. That being said, we have been absolutely blessed with a dedicated and passionate committee, who have worked tremendously hard during this time on DHP activities, adapting planned activities with the landscape of Covid-19, and I thank them all for everything that we have achieved.

I have spent a lot of time reflecting on the interviews from the [Oral History of UK Health Psychology](#) project

during my term as Chair. I listened to people's thoughts on the role of the DHP, what it means to them, things it has done well, and things where there was room for improvement.

Our discipline is like a tree with many intertwined branches. We all share those fundamental roots and foundations, with our core transferrable skills at the trunk, but we have many branches within our discipline, each as valuable as the next.

Over the years before becoming Chair, it had saddened me to hear some people disillusioned with the DHP and wider BPS. To some, it was felt that there was a widening divide between the science and the practice of health psychology, and this is something I have really tried to address during my term as Chair. We are one... and the camaraderie within health psychology really shows that we are strongest together.

This has really shone brightly through the Covid-19 Behavioural Science and Disease Prevention Taskforce and the Health Psychology Exchange (HPX). I am thrilled that the HPX has been awarded a special Covid-19 Making a Difference Award by the University of Manchester for its role in social responsibility.

What a fantastic recognition of all the hard work from the hive of volunteers that form the HPX collaborative. We have created some word clouds that you will find later in the newsletter and we thank everyone who has been involved in the HPX and BSDP Taskforce.

Our AGM is scheduled for the 24 June at 1pm. Please do come along and hear about what we have been up

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to over the last year, thank our current committee and welcome new committee members and our incoming Chair Professor Lucie Byrne-Davis. The [AGM booklet](#) is packed with an overview of our annual activities, and how we have met our four core objectives and worked towards our additional strategic vision that developed in response to the Covid-19 pandemic. I won't repeat them here, but please have a look.

We have made great progress on our shared vision of a funded training route into health psychology and clear career progression pathways. There is still much work to be done to ensure equal access to our profession and I will continue to work with others on this, particularly in terms of equality, diversity and inclusion. The newly approved Health Psychology Champion Lead will also help us with this agenda. If you are inspired to get involved with the DHP committee, we are always keen to hear from you! Get in touch at dhp@bps.org.uk

As DHP Chair, I stand on the shoulders of those who came before me. One thing I would like to repeat from the AGM report is my thanks to so many of the past DHP Chairs, who have been invaluable in providing me the space to discuss ideas and offering me continued encouragement and support.

Almost all of whom have also continued to contribute their time to DHP activities in the form of CPD events,

speaking at our special Covid-19 conference and being guests at our conversation cafes to benefit our Stage 2 trainees over the last year. Their legacies continue to future generations. You may be reading this, proud to be one of those leaders, and for that, I thank you once again. Or you may be reading this and would like to be one of those leaders in the future. I have to say, that while it has kept me extremely busy over the last two years, it has been an absolute honour to be the Chair of our fabulous member network.

It is an unforgettable and truly rewarding experience, and I will happily support and encourage others who are keen to take on the role in the future. We are looking for our next Chair Elect!

Get in touch at ChairDHP@outlook.com if you want an informal chat.

For now, it is time for me to pass on the DHP crown that Jo so kindly (and embarrassingly!) presented to me in 2019, to Lucie, our incoming Chair. I look forward to continuing to support Lucie and the committee in my final year as Past Chair of DHP.

See you all soon, virtually and physically!

Angel

Professor Angel Marie Chater

DHP Chair (2019-2021)

DHP Awards

We are very excited to have launched some new awards as well as having reinvigorated some of our more established awards. The deadline for applications

was the 24 May and we are really looking forward to announcing our winners at the upcoming AGM on 24 June 2021.

Events

DHP Annual Conference 2021 - Celebrating health psychology and connecting communities

Online 29 - 30 June 2021

Our DHP Annual Conference theme for 2021 is Celebrating Health Psychology and Connecting Communities. The conference will be an exciting two-day online event.

We have a fantastic varied and [exciting scientific programme](#), including top keynote speakers: Professor Victoria Tischler and Professor Maddy Arden.

We will also have a really exciting and inclusive

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online social programme from 6:30pm onwards on Wednesday 29 June.

There will be an online social meeting room with several breakout rooms and we will fund a limited number of places for an online Escape Room activity.

Feel free to participate in one or both activities! Further details including registration for the Escape Room

activity will be shared via the website soon but for now, hold the time and date in your diaries!

This is a great opportunity to come together with colleagues to present your research and listen to the most recent cutting-edge science. There is still time to [register online](#).

We look forward to seeing you there!

Pre-Conference BREATHE webinars

Online, 28 June 2021

Our BREATHE pre-conference workshops are nearly here!

We are delighted that Dr Julie Bayley, Professor Diane Dixon and Professor Marie Johnston, have kindly agreed to facilitate two brilliant workshops, that are totally FREE to DHP members!

To find out more and register to attend, please click on the links. Info can also be found on the DHP website!

Having a career with impact (Dr Julie Bayley):

[Webinar 1: Having a career with impact](#)

Competencies to deliver behaviour change interventions (Prof. Diane Dixon & Prof. Marie Johnston):

[Webinar 2: Competencies to deliver behaviour change interventions](#)

Niall Anderson, DHP Education & Training Lead

Midlands Health Psychology Network Conference: Health psychology in a climate of change

Online, 10 June 2021

The 16th Midlands Health Psychology Network conference will be held on Thursday June 10 2021.

You can get more information and [register for the event](#) online.

The DHP Committee and the HPU editorial team extend their thanks to HPU editor Pippa Tollow

The Health Psychology Update (HPU) editor Dr Pippa Tollow is stepping down after her three year term. Pippa has been a kind and calming voice leading the HPU editorial team to create HPU issues that showcase a variety of health psychology projects and events so that DHP members keep up to date with the work we all do.

Under her head editorship HPU has flourished, reflected in the continual growth in readership and increasing quality in submissions.

She has widened the scope of HPU by adding a sub section on consultancy, practice and training in health psychology. She was committed to ensuring

that the HPU stays relevant and timely; for example, by publishing the recent and hugely popular special edition on Covid-19.

Thank you to Pippa for all your hard work.

We are looking forward to welcoming Sarah Snuggs.

We'll introduce Sarah and her plans for HPU in the next edition of our newsletter!

Training and careers in health psychology

Health Psychology Careers Event – 25 June 2021 – Save the date!

We have an exciting day to celebrate and showcase careers in health psychology on 25 June 2021. Hosted by DHP-Northern Ireland, there will be **TWO FREE** webinars aimed at anyone interested in learning more about careers in health psychology. It may be of special interest to students and trainees.

The first webinar will take place from 10:00am-12:00pm and will focus on understanding routes and

training options for health psychology careers. You can [register your place online](#).

The second webinar will take place from 1:00pm-3:00pm and will focus on inspiring health psychology careers via personal stories.

You can [register your place online](#).

Health Psychology Training Network (HPTN) - 11 June 2021

The HPTN holds monthly Conversation Cafes for Stage 2 trainees to provide peer-support and a wider sense of collective identity. All meetings are held on a Friday from 2:00pm-3:00pm. Upcoming meeting dates in 2021 are 11 June, 9 July and 13 August. We had 27 attendees at the last café on the 14 May, which focused on assessment and formulation for psychological interventions, delivered by Dr Eleanor Bull.

It has been great to see the sustainability of the HPTN over the last year, with regular attendance and familiar faces. Please add the details to your calendars to make sure you can attend future cafés and get the most out of these networking and training opportunities.

For more information, or to access the meeting link and HPTN Slack group, please email traineedhp@bps.org.uk. You can follow updates on Twitter [@trainee_network](https://twitter.com/trainee_network).

Given the success of the Stage 2 HPTN Conversation Cafes, we have convened a small working group to offer similar networking opportunities to those registered on the Stage 1 MSc in Health Psychology.

We will host the first of these the hour before the Stage 2 café, from 1-2pm on the 11 June. Details of how to join will be sent around course directors and social media.

Stage 2 Graduation Ceremony

We are really excited to announce that we are organising our first Stage 2 Graduation ceremony this winter to recognise and celebrate the huge achievement of our Stage 2 Independent Route trainees. Please watch this space for more information!

DHP Career Case Study Series

The Division of Health Psychology (DHP) Career Case Study Series has received a fantastic, positive response so far. If you haven't seen it yet, you can access the [case studies](#) online.

We are frequently asked about career pathways in health psychology, both by students and those who are keen to employ us or commission our services. We have collected 64 unique and exciting case studies, from health psychologists at various career stages to

showcase the talent within health psychology and the varied areas that we work in.

This work has been inspired by our colleagues in Scotland who produced a [career series in 2018](#), you can take a look online. We hope you enjoy!

Lauren Rockliffe (DHP PsyPAG rep), Dr Eleanor Bull (DHP Practice Lead), Dr Kristina Newman (DHP Trainee Lead) and Professor Angel Chater (DHP Chair)

Health Psychology Careers Leaflet

We are pleased to be able to add to the careers resources a short [BPS Psychology Careers leaflet](#) on health psychology that you can find and download from the DHP website.

This may be useful for students or individuals considering a career in health psychology, and is available online.

BPS Covid-19 Behavioural Science and Disease Prevention Taskforce update

The BSDP Taskforce has now produced 15 guidance documents which you can find below. Please do share these links far and wide so that they can reach as many people as possible who may benefit from them.

The core BPS Covid-19 co-ordinating group is meeting for the last time in June 2021, and the activities from the group will now move to the most suitable member networks.

Therefore, the taskforce will now sit within the Division of Health Psychology, however, we will continue with its current membership until such time that the taskforce also winds down. We have a few more documents currently in production prior to the group disbanding.

Guidance documents for the Behavioural Science and Disease Prevention Taskforce:

[Behavioural science and disease prevention: Psychological guidance.](#)

[Behavioural science and success of the proposed UK digital contact tracing application for Covid-19.](#)

[Why simply asking people to self-isolate won't cut it.](#)

[Encouraging self-isolation to prevent the spread of Covid-19.](#)

[Encouraging hand hygiene in the community](#)

[The Psychology of Hand Washing.](#)

[Delivering effective public health campaigns during Covid-19.](#)

[Guidance following first vaccination dose.](#)

[Optimising vaccination uptake for Covid-19](#)

[Covid-19 Public Health Road Map: Physical Activity](#)

[Covid-19 Public Health Road Map: Sedentary Behaviour](#)

[Covid-19 Public Health Road Map: Eating Behaviour](#)

[Covid-19 Public Health Road Map: Stopping Smoking](#)

[Covid-19 Public Health Road Map: Alcohol Consumption](#)

[Covid-19 Public Health Road Map: Sleep Hygiene](#)

We have created four word clouds to say thank you to all those involved in producing these documents. Thanks to them all.

Professor Angel Chater (Behavioural Science and Disease Prevention Taskforce lead)

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Thanks to the Behavioural Science and Disease Prevention Taskforce



The BSDP Taskforce Health Behaviour Working Group



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The HPX/BSDP Public Health Forum (who helped with PPI, co-creation and dissemination)

Gillian Shorter
Lucy Gunatillake
Abigail Moffat
Michelle Constable
Lucie Smith
Kerry Murphy
Jo Meola
Poyeke Tolani
Shareen Ali
Angel Chater
Astryd Jamieson
Anna Sallis
Grainne Johnston
Leah Jones
Jennifer Dryden
Shanara Abidin
Alison Morrow

HPX / BSDP Public Health Forum

Eleanor Whittaker
Angela Fletton
Fiona Ulph
Katie Needham
Hannah Proudfoot
Vickie Rowland
Lucy Gate
Lesley Lewis
Mike Oliver
Rebecca Mellar
Nicky Knowles
Cana Ciocanel
Lisa Sutherland
Jo Hall
Atiya Kamal
Daniela Ghio
Judit Varkonyi-Sepp
Paulina Kuczyńska

The HPX Psychological Interventions Group

Nicky Knowles
Jacq Lavallee
Eleanor Bull
Jemma Byrne
Shilpa Patel
Harbinder Sandhu
Daniella Watson

Psychological Interventions group

Roseanna Brady
Laura Howells
Judit Varkoni-Sepp
Atiya Kamal
Ainslee Cross
Sian Armstrong

Opportunities to get involved

BPS representative - Intercollegiate Stroke Working Party

The Intercollegiate Stroke Working Party (ICSWP) is a joint venture between the Royal College of Physicians and King's College London, leading on the development of the National Clinical Guidelines for Stroke and acting as a clinical advisory group for the National Stroke Audit (SSNAP).

Representatives are expected to attend meetings and be a conduit for information in both directions, passing relevant information from the BPS to the Working Party, and also feeding information from the Working Party back to the BPS. The next meeting will be on 14

October 2021, 14:00-16:30pm. The ICSWP meets 3-4 times per year.

More information on the [Royal College of Psychiatrists' Stroke Programme](#) can be found online.

More information on [SSNAP](#) can be found online.

If anyone is interested in applying to represent the society at this meeting, the deadline is Wednesday 9 June. If you are interested in applying, please contact Consult@bps.org.uk for a statement of interest form.

BPS representative - British Orthopaedic Association Standards for Trauma and Orthopaedics

The British Orthopaedic Association has been producing BOASTs (originally, the acronym stood for British Orthopaedic Association Standards for Trauma) for over 10 years. The initiative was begun by amongst others Keith Willett following the disbanding of the RCSEngland trauma committee.

To fill this void the BOA trauma group took the responsibility to organise collaboration between the various strands of trauma care. In particular, there seems to be a need for straightforward sources of guidance. Verbose products such as those we had previously been involved in were a long time in the preparation, soon out of date and seldom read thoroughly.

The BOASTs are effectively an executive summary -

dispensing with the lengthy part of such guidance and just retaining a summary. Every point in that summary is aimed to be an auditable standard. There are a variety of BOASTs (which now also include some areas of elective practice) which can be viewed on the [BOA website](#).

The BOA are seeking a BPS representative to attend meetings starting with an informal meeting with the President. Further meeting dates are still TBD.

If anyone is interested in applying to represent the Society at this meeting, the deadline is Wednesday 9 June.

If you are interested in applying, please contact Consult@bps.org.uk for a statement of interest form.

BPS Covid-19 Community Action and Resilience Working Group

Members from across the BPS formed a Community Action and Resilience working group in response to Covid-19 back in March 2020. Our hope was to tell a different story than the mainstream one: that from the beginning of the pandemic communities across the UK have demonstrated resilience in the face of this adversity and others.

This is despite many of these communities' experience of marginalisation and inequitable resources.

The group wanted to amplify the stories of these community responses and also consider the role psychologists could play in strengthening community resilience, see a statement about the [working group's aims](#) online.

It led to the development of a Community Action and Resilience hub on the BPS website that's providing a brilliant platform for some important social justice and community oriented resources. In addition, we made

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suggestions for innovative ways of practicing as a [‘Neighbourhood Community Psychologist’](#).

The group also hosted an exceptional [webinar](#) by young people from the social enterprise BoingBoing and Professor Angie Hart and colleagues from the Centre of Resilience for Social Justice called

‘developing community resilience and social justice practices with, by and for young people in the Covid era’. It’s really worth a watch!

Read an article about the group’s work here in [The Psychologist](#) online and find the [hub of online resources](#).

Health psychology in action: What has health psychology done for society?

The DHP are creating a video to show what we do and the impact health psychology has had on society.

Occupational psychologists boast to have done many things which have changed the world, including inventing the tea break ([see this short animation](#)), and we want to do the same to promote UK health

psychology.

We’d love to hear about your research, you can get involved by filling in a short template that can be downloaded from the [DHP website](#) and then returning your completed form to dhp@bps.org.uk

The Psychological Professions Network invites you to get involved

The Psychological Professions Network (PPN) is a membership network for all psychological professionals in NHS commissioned psychological healthcare. It is part of Health Education England and aims to provide a joined-up voice for the psychological professions in workforce planning and development, and to support excellence in practice.

It works to engage and connect psychological professionals so that we can have a strong voice together, advise policy-makers, workforce planners and commissioners and support the safe and effective expansion of the existing and new psychological professions.

There are 12 psychological professions included in the PPN and Health Psychology is one of them. Here is the full list:

- Clinical Psychologist
- Health Psychologist
- Counselling Psychologist
- Forensic Psychologist
- Family and Systemic Psychotherapists
- Cognitive Behavioural Therapist
- Adult Psychotherapist
- Child and Adolescent Psychotherapist
- Counsellor
- Psychological Wellbeing Practitioner

- Children’s Wellbeing Practitioner
- Education Mental Health Practitioner

It has a regional structure, and the West Midlands BPS Branch is supporting and encouraging members of BPS Divisions in our region to join and to make sure your Division’s voice heard.

You can join the [PPN online](#) as it is run by the NHS it’s free, you’ll get weekly emails from them.

The West Midlands BPS Branch is also really keen to make sure health psychologists are at the top table.

If you are interested in linking into the Chief Psychological Professional Officers meetings, and potentially being available for discussions and advice on health psychology in the Midlands for the PPN email [Lawrence Moulin](#), Chair of the BPS Branch, know and he’ll pass the details on.

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Your DHP Committee: DHP AGM 24 June 2021 1pm

The DHP Annual General Meeting (AGM) is scheduled to take place on Thursday 24 June 2021 from 1:00pm to 3pm online via Zoom. The AGM details are below. Thank you to those who have expressed an interest in joining the committee.

Your current committee is:

Position	Committee Member
Chair	Angel Marie Chater
Chair elect	Lucie Byrne-Davis
Past chair	Vacant
Honorary Secretary	Amy Baraniak
Honorary Treasurers (split-role)	Shilpa Patel & Harbinder Sandhu
Conference Lead	Atiya Kamal
Education & Training Lead	Niall Anderson
Policy Lead	Emily McBride
Communications Lead	Tracy Epton
Research Lead	Gillan Shorter
Practice Lead	Eleanor Bull
EDI Officer	Aimee Aubeeluck
Trainee Lead	Kristina Newman

AGM details

Meeting ID: 925 5285 3979

Password: 375562

[Join the AGM](#)

You must be signed-in to the society website to access the following material:

[Download the agenda and reports](#) (members only)

If you have any queries regarding the AGM, nominations or resolutions please email Member Network Services.

Thank you to all who have expressed an interest in joining the committee.

Congratulations Corner

Professor Rory O'Connor publishes new book on suicide

Huge congratulations to Professor Rory O'Connor who has just released his new book "[When it is darkest](#)". It is a beautifully written, compassionate book that offers insight into why people die by suicide and what we can do to prevent it.

One person dies by suicide every 40 seconds.

Professor O'Connor explains the importance of listening without judgement, and that rather than 'planting the idea,' talking about it might be the start of a life-saving conversation.

You can read more [about the book](#) (and buy it) online.



Reflections by Professor Angel Chater.

In Remembrance – Dr Ari Haukkala

UK health psychology, along with health psychology across the world, expresses its sadness at the death of Dr Ari Haukkala. Ari was a social psychologist in Finland, specialising in the psychology of health.

He was a friend and colleague to many in UK health psychology and his work held in high esteem. He will

be sadly missed and our condolences go to his partner, another friend and colleague, Nelli Hankonen. [Ari's English language obituary](#) is available online:

With special thanks to Professor Lucie Byrne-Davies for her reflections.

Health Psychology Exchange (HPX) wins Covid-19 award for social responsibility

The work of more than 150 health psychologists who volunteered their time for various projects during Covid-19 was recognised by the University of Manchester in their annual [‘Making a Difference’ awards](#). The Health Psychology Exchange collaborative was given a special Covid-19 award for the work of volunteers in supporting public health, health and social care.

A **HUGE** congratulations to each and every one of the HPX volunteers.



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Your DHP Committee 2020-2021

