Welcome to our new CYPF newsletter – we have shamelessly switched to what is working brilliantly for DCP England, and will be using this format to communicate with faculty members on a regular basis. Publishing our newsletter this way is, we hope, more efficient for us and also easier for you to access.

We have also decided to change to an electronic newsletter rather than a print one, on the back of the new electronic format that the BPS is offering. We like it and also think that we need to be mindful of sustainability – children and young people are speaking up about climate change and we cannot see a clear reason to keep going with a glossy paper newsletter.

We know that two thirds of faculty members are signed up to receive faculty emails, and we are writing to the third who are not signed up to let them know they are missing out on this newsletter. If you know someone who is a faculty member then it would be great if you can check with them to see if they have received the newsletter too. If they’re not a faculty member, you could encourage them to become one!

In this issue we’ll be telling you about the value that we bring to members and outlining some of the things that we spend your money on.

We hope to be bringing you news of all our faculty networks and devolved nations in forthcoming newsletters. We have eight networks – information about them all is on the faculty website. In this newsletter you can read about PPN, LD network and CPLAAC.

We have just had our annual strategy meeting and want to tell you some of the headlines of what we are planning to be doing over the next 12 months.

BPS Senate priority

Hopefully you will be aware that the faculty has been a key part of the 2019 BPS Senate priority, which had its focus on children and young people’s mental health. Look out for the child and family clinical psychology review, which we hope will be coming out in time for our conference where we will have a more complete update on this work.

We are now excited to play our part in the 2020 BPS Senate priority – ‘from poverty to flourishing’. Look out for the call for members for the expert reference group which will be in December’s Psychologist. Both I and Helen Griffiths (PPN chair) have been part of the 2019 expert reference group. It has been a positive experience and we’d encourage anyone interested to apply for the 2020 expert reference group. The commitment is four meetings in a year.

Get in Touch

@psych_cypf

cypfchair@bps.org.uk

Edited by:
Bethan Phillips,
CYPF committee member
Chair’s Update continued

On a final note, as part of our work with the BPS policy team on the senate priority I was invited to be part of a meeting with Jon Ashworth, Shadow Health Minister, to talk about child and adolescent mental health.

Publications

The DCP asked us a little while ago to look at all our faculty publications and review those which are still relevant. Some are too old to be current and, of those, there are some that we are thinking about revisiting.

If you have comments or ideas about publications which you would like to see us update or develop, or that you would like to be involved in developing, then please let us know about those too. Because things take time, it’s helpful to know if there are things that you think we should be working on.

We are hoping to progress some key member facing documents in 2020 – please let us know what you would like us to be working on. Our current plan is that we want to produce a document on transitions, and one on clinical communications with children. We will tell you more about both of these in the next newsletter.

CPD

We are planning four CPD events over this year, spread around the country, and we are also supporting CPD events in the devolved nations. Watch this space for upcoming events once they are confirmed.

Faculty committee

We have a number of vacancies following some valued members stepping down at the end of their term. We are interested in hearing from you if you have the time and energy to join the committee – please get in touch with me if you want to discuss being part of your committee, and also look out for the call for nominations. One of the roles we will be looking for is chair elect.

We look forward to seeing as many of you as can make it to the annual conference in January.

Online community

You should have received information from the DCP about the new online community. Look out for it your inbox.

Finally, if you have any comments, feedback or topical news items to be included in future editions, I would love to hear from you. Please email me.

Dr Katie Hunt

The value in being a faculty member

We want to be clear about how we spend membership subscriptions so you can see where your money goes and to see the value in being a faculty member.

The faculty is a network of the DCP, which is part of the wider BPS. We know that there are people who used to be faculty members but have left the BPS, but we are clear that the organisation is very different from how it was even only a year or two ago. As a network we feel much more connected into the BPS, that we have more ways to feed in and, crucially, that people are listening. We know it has not always felt like this.

We would like to start a dialogue on the value of faculty membership, so if you want to say something about this or tell us any areas where your expectations haven’t been met, then please do let us know.

So, what value is there in being a CYPF faculty member? Here is some of what we think:

- Access to training and CPD events, either through faculty events or through the faculty network events. If you’ve been to our annual conference or a study day, or if you’ve attended a network CPD event, then you’ve accessed faculty training and CPD.
Being part of a professional group that understands and promotes the needs of the profession of child specialist clinical psychologists means that we can have a strong voice at a strategic level. It's only through having a coherent, organised faculty that we will be able to have influence at this level and have our voices heard. There is little doubt that this has led to impact on service development and provision. For example, commenting on consultations and guidance as a professional group as opposed to individuals and under the umbrella of the BPS adds authority and has ensured that the needs of the children we work with are represented, along with the role of us as professionals in supporting them.

Having a faculty which represents a variety of member networks allows for professional networking and development of cross-cutting workstreams. There is so much crossover in the goals of our work and the faculty pulls all of that together. Without this, we would be working much more in isolation from each other, and possibly even in competition. It allows an opportunity to learn about different areas of service provision and the issues impacting on different groups, along with the development of solutions.

We're really clear that the work that has taken place by the committee over a number of years and a number of faculty chairs has got us into a position where we have a seat at the table. We know, however, that the value of having an influence at a policy level is not always clear to people outside the committee.

The faculty is reasonably large – we are the biggest faculty in the DCP, and bigger than some divisions – so we are in a good position. We have been successful at getting the child clinical psychology voice heard. It might seem like a no-brainer, but actually there are lots of competing voices and we are clear in holding our position that we, as child specialist clinical psychologists, are able to talk with authority about children's mental health, because we are the main applied psychology profession working in children's mental health services. It's from this position that we can represent child clinical psychology views.

Responding to consultations is a key part of this – our policy team do an amazing job of responding very quickly and with authority to give the child clinical psychology view.

There are loads of other ways that we feel we add value - it would be great to hear members’ views on this, and we’ll keep writing about it in the newsletter.

Where the money goes:

As society members, your subscription fee goes towards the whole, which includes the BPS offices in Leicester and London and central office staff and support. If you’re a DCP member then your fee goes to supporting DCP activity (see Clinical Psychology Forum 301, January 2018, for a detailed description of how the DCP budget is spent).

As a faculty member you pay an additional fee, and we thought it would be useful to give an overview of how that money is spent.

In 2018 the faculty had an income of around £27,000. The majority of this income comes from faculty member fees, but the DCP also allocates £3 per DCP member to the faculty, and there is a small amount of income from the BPS online shop. The faculty also has reserves which have accumulated when the faculty has underspent over the years. At the end of 2017 these stood at around £17,000.

Around 30 per cent of the money was spent on venues for meetings and travel expenses to attend committee meetings, representing the faculty at BPS meetings and events, with national bodies and at parliamentary meetings. This expense is important as it allows the committee to function and actively make decisions and organise activities for the benefit of members, as well as have our voice heard by external decision makers.

Around 37 per cent of the faculty budget last year was spent on the conference. This is an important CPD provision and networking opportunity for faculty members. However, we recognise that it is difficult for members to be released and be funded from their workplace to attend CPD. To ensure that the provision we do provide is value for money to members, we have a stream at the DCP Conference in 2020, as opposed to holding our own conference.

Some 20 per cent of the budget was spent on participation activity, with the majority of this funding the work of YoungMinds. This is an important priority for the faculty and the youth panel that was set up has contributed significantly to the faculty conference, publications and our general direction.
The value in being a faculty member continued

The rest of the budget goes towards office support from the BPS, producing our newsletter and other CPD events.

We hope this goes some way to explaining what your membership fees are spent on!

Ro Rossiter, CYPF Treasurer

Conference update

Join us for the joint CYPF & DCP 2020 conference.

We are excited to be joining with the DCP in hosting a joint conference on 22 and 23 January 2020 in Solihull. The theme is ‘New Adventure in Clinical Psychology: Personal, Professional and Political Partnerships’. As we enter a new decade, the role of clinical psychologists is evolving as the profession aims to respond to and influence the challenges society faces. Within and outside of the therapy room, clinical psychologists are working in increasingly diverse settings in order to confront issues of social justice, austerity and inequality. While this will inevitably lead to challenges, it will also lead to new adventures.

The DCP 2020 conference will highlight the diverse and complex roles that clinical psychologists can play in relation to the big issues in society.

We have numerous fantastic speakers joining us. The programme this year will feature an inspiring keynote presentation from international expert in acceptance and commitment therapy with young people, Louise Hayes.

In addition to this, Max Davie will encourage us to find and make the most of our tribes in the CYPF workplace, and Mina Fazel will bring us up-to-date with latest developments in narrative exposure therapy.

There will also be a huge range of varied research and clinical practice to be shared in workshops, presentations and poster presentations.

Join us and hear what our colleagues are offering to nudge us towards new adventures in clinical psychology with children, young people and their families.

Further information and booking click here.

Jennie Lonsdale

CPD

At our strategy meeting we decided on our priority areas of CPD for the coming year. These are neurodevelopmental difficulties (both some condition-specific training, and a day on assessment of the child rather than the condition), and a day on transgenerational issues when working with parents. We will be advertising these in good time, and our aim is for them to be geographically spread.

2019 senate priority – children and young people’s mental health

As a faculty we have been involved in the 2019 BPS Senate campaign on children and young people’s mental health. Dr Katie Hunt (faculty chair) and Dr Helen Griffiths (PPN chair) were selected to be part of the BPS 2019 Senate priority on children and young people’s mental health. This involved contributing four meetings throughout the year, each one focusing on a specific area of policy. A briefing paper or alternative was produced from each meeting, and Katie and Helen blogged about their experience on the ERG. Keep your eyes out for their blog post which gives an insight into what being on the ERG was like and the professional benefits they felt it offered. The outputs from the Senate priority were hugely influential and will impact on services going forward.
2020 Senate and Expert Reference Group call

We have been involved in helping to shape one of the proposals that went forward for consideration to be the 2020 BPS Senate priority, and this was the proposal that was chosen to go forwards as the Senate priority for 2020. The priority will be based around poverty (‘from poverty to flourishing’) and the BPS will again be looking for members for an expert reference group, with the same format as this year: four meetings across the year, each on a different theme. The final meeting of the 2019 campaign is on 0-5s, and this is going to be used as a springboard into the 2020 campaign.

Clinical psychologists, including from the faculty, made a significant contribution to the 2019 campaign work and we hope that this will also be true with the 2020 campaign. We would absolutely encourage anyone working in the area of poverty in relation to children and young people to apply for the expert reference group - there will be an advert in the next edition of the Psychologist.

Reading well for children and families

We are excited to be working alongside the Reading Agency on the reading well for children and families book list. Books are being selected to be targeted at children aged between seven and 11 across a wide variety of subject areas. A broad selection of books are currently being reviewed by the working group. Titles need to provide children with accurate information, advice or support and be accessible to readers from a range of backgrounds. Focus groups with families are also being run as a part of the project.

Please contact Jennie Lonsdale for more information.

News from the networks

PPN

The Paediatric Psychology Network has had a busy few months. Chair Helen Griffiths has been attending the BPS Expert Reference Group for children and young people's mental health, where she has been representing the specific needs of children with physical health conditions. Jenny Cropper attended an APPG meeting, also on mental health, and followed this up with a meeting with Dr Lisa Cameron MP to discuss the psychological needs of this cohort and how to get these issues raised in parliament.

Work continues on an audit tool for paediatric psychology services, and a mapping exercise is planned over the coming year. The PPN looks to facilitate stronger links between academics and clinicians to address the gaps in the evidence base of UK-based intervention research, and in the new year we will hold an event focused on research in paediatric psychology. Next year will see the 20th anniversary of the first PPN study day celebrated with a London 2020 conference and the PPN supporting the European Conference in Paediatric Psychology in September.

Helen Griffiths
Emppn@bps.org.uk
@thePPN_UK
Facebook: www.bps.org.uk/cypf/ppn

CPLAAC

CPLAAC exists as a network for professionals interested in working with care experienced children, young people and families.

Within the network, the London and South East group continues to meet quarterly for networking, peer supervision and CPD opportunities. We actively encourage groups from other areas of the country and have heard hopeful feedback from potential groups developing in the North West and South West of England. We have made contributions as a network to a recent TACT publication 'Language that cares' and have been represented in the early discussions on
the mental health assessment of looked after children that is being piloted in some local authorities alongside the statutory physical health assessment upon entry to care.

Save the date for our next national study day, which will be in London on January 13 2020. Kim Golding has kindly agreed to return, alongside Anna Gupta and Sheila Redfern for keynote presentations. There will be time to hear from young people, and workshops highlighting novel ways of working from fellow clinicians and members of the network. Lastly, there will be plenty of opportunity to meet up, connect with and learn from others working with a similar population. Hope to see you there!

Gemma Cheney
gemma.cheney@gmail.com
@cplaacuk
Facebook: @cplaacnetwork

LD

Some attendees at the recent CYPF Faculty LD network CPD day. Celebrating inspiring presentations about innovative developments and delivery in intensive support services using positive behaviour support, more collaboration with children and young people with LD, their parents and networks in pursuit of good quality of life goals; rich developmental, contextual and constructive examples of delivery and evaluation across direct work, consultation, workforce and service development. We hope to load the presentations to the DCP website and online community soon.

For some other great examples of collaboration between clinical psychologists and people with LD, see presentations and posters from last year’s joint conference ‘Our journey together: People with learning disabilities and clinical psychologists in partnership’, with DCP E&E Committee and ID Faculty.

A self- advocacy group of people with LD and some practitioners developed accessible guidelines to support article submissions written by, or co-written with, people with learning disabilities. The guidance and form can be found on the BJLD website. Group members discussed how important it is for people with learning disabilities to be able to write in journals, and contribute to the ‘knowledge’ base that is held about them, as research and other publications can have a huge impact on policy and people’s daily lives. Speaking up about what's important to them is imperative, and being more able to write in journals such as the BJLD is hopefully a small step in the right direction. Thanks to ID faculty colleagues for this information.

All of this good news is tempered with awareness of the slow rate of progress of transforming care and the major service gaps which maintain health and social inequalities. See the CYPMH&C’s report Overshadowed highlighting that CYP-LD are much more likely to develop mental health problems, yet their needs are too often overlooked and call on national government departments to implement strategies for the prevention and promotion of mental health and fund research.

See Challenging Behaviour Foundation website for information on their/MENCAP responses to the Joint Committee on Human Rights Inquiry report into the detention of children and young people with learning disabilities and autism. The report calls for ‘a Number 10 unit, with cabinet level leadership’ to protect the rights of this vulnerable group. This recognises the unacceptable lack of progress on developing and improving services for CYP-LD despite policy and guidance to do so, and multiple official reports detailing the lack of progress by the Children’s Commissioner (May); CQC (October) and NHS Digital data.

So, some great progress to learn from – but a way to go!

Looking forward we hope to send summary evidence to consider at the last BPS Senate CYP mental health priority ERG for this year, which will focus on early years, so please send anything to Jeni/Ro. Also think about the 2020 campaign, which is ‘From poverty to flourishing’ – we know families with CYP-LD disproportionately experience poverty and a range of other social and health inequalities. We will be holding a joint one day event with the ID Faculty on 30 June 2020 at the BPS office in London. More details will be available soon.

Jeni McElwee & Ro Rossite
The network held a study day in March titled ‘Using ACT to help us ‘make friends with fear’ in independent practice’, with our highest attendance numbers so far. Becky Quicke, clinical psychologist, kindly gave her time to facilitate the day creating a relaxed, warm and interactive atmosphere. Feedback highlighted that the exercises completed were both personally and professionally beneficial, giving us practical skills, time for our own reflection and opportunities for networking. The day seems to have been really valued by all who attended. We are planning a couple of future study days over the next year, so make sure that you are signed up to BPS email alerts for further information as it would be great to see you there.

Two of the IPN committee members and a BPS policy officer attended a meeting with AXA Insurance to question the current requirement for children and young people to be assessed by a psychiatrist before they are able to access support from a clinical psychologist. The meeting felt positive, with a keen interest shown in how to improve access to psychological assessment, and therapy that takes into account the complexity of working with a child or young person, including parental work rather than direct intervention with a child or young person.

AXA have requested further guidance from the BPS on appropriate qualifications to work with this population group. AXA’s internal discussions are also continuing, but we hope to be able to update later in the year.

Dr Kate Robinson
kate@drkaterobinson.co.uk

Child Psychologists Working with Adolescents and Families in Forensic Settings (CPAFFS)

CPAFFS aims to provide support and CPD events to clinical psychologists working in youth offending teams, young offender institutes, secure children’s homes, secure training centres, forensic CAMHS, adolescent forensic inpatient services and courts. We also aim to use the network to respond to national or local consultations and influence wider policy.

Grace Crawford
MemberNetworkServices@bps.org.uk

Northern Ireland

The Regional Trauma Network for NI, along with the CYP pathway for traumas, is still being developed. In the Western trust there is ongoing training around infant mental health with the training of paediatric staff in the model of attachment practice. Dr Nicola Doherty has also been involved in rolling out training to neonatal intensive care unit staff. Dr Doherty will also be presenting on ‘Moving forward by looking back: The importance of the joint adventure and meaning making from the earliest days’ at the DCP annual conference. In the Southern Trust, Dr Tom Teggart is working on a new regional framework for looked after children.

Dr Liam Reilly, is the new NI rep for the CYPF faculty. Contact: liam-reilly@outlook.com

Wales

From a CYPF perspective some great work continues in Wales. We have not met formally as a group for a while, but are hopeful to re-instate the SIG meetings in 2020. We recently hosted Dr Helen Griffiths, chair of the PPN, in a meeting to share with us the work of the PPN and further detail on her involvement in the medical needs in schools project. It was a fascinating morning, providing lots of ideas and food for thought for those working in paediatric settings.

Dr Bethan Phillips, the Welsh rep, continues to have a seat at the Leaders in Child Psychology Forum, which aims to have a shared vision and consensus across Wales in relation to services for children and young people. In terms of the wider network across Wales, DCP Wales has recently held a successful CPD event and AGM on ‘Working with emotional systems’. The AGM saw the appointment of two new co-chairs, Dr Bethan Phillips and Dr Eleanor Maybury, and several new appointments to the committee. Bethan will continue as Welsh rep on the CYPF committee, further consolidating links with the devolved nations.

Bethan Phillips

Dr Liam Reilly
NI rep for the CYPF faculty

Child Psychologists Working with Adolescents and Families in Forensic Settings (CPAFFS)
**Film review**

**A Ciambra – by Jonas Carpignano**

*A Ciambra* is a glorious coming of age film featuring non-professional Romani actors in Calabria, Italy.

It focuses on 14 year-old Pio Amato, who is drawn into crime to be the main breadwinner when his beloved brother and father are imprisoned. The director draws on the immigrant experience of hostility in his previous film *Mediterranea*, and *A Ciambra* is no different, capturing when initial ostracism fades but still lingers for Pio to know it is more difficult for him to assimilate than local Italians, yet easier than the African refugees. Pio’s navigation of Calabria’s own racial hierarchies make his friendship with Ghanian refugee Ayiva increasingly difficult.

Psychological discourse around Romani people too often focuses on ‘vulnerability’, not reflecting the full diversity of the communities for which it speaks. Scenes of rambunctious meal times squeezing many family members into a tiny kitchen made my heart ache for the kind of unreserved intimacy and comfortable disharmony only present when you’ve dined with people for your whole life. Using the actual Amato family (versus actors) brought this authenticity alive. And that is where the film excels; shocking with the racism the Romani show (and which they are subjected to themselves) contrasted with states of being human many viewers can relate to.

**Chelsea Church**  
Trainee Clinical Psychologist

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**Upcoming events**

22–23 January 2020 – The faculty is joining the main DCP annual conference this year, and we have a stream across both days in Solihull. Registration is still open, and we hope to see you there next month.