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the british
psychological society
division of coaching psychology

Division of Coaching Psychology

| December 2021

Message from your DoCP committee

Dear member,

As we near the close of 2021 we wish to acknowledge what an amazing year we have had and thank all of our members for their continued support and interest. We hosted another fabulous digital conference, several professional development webinars, hosted numerous Peer Practice Groups and are pleased to accept the redesignation from a special group to a formal division with the British Psychological Society.

This means lots of exciting advancements for the coaching psychology field and all coaches who seek to apply coaching psychology to their professional practice and research in 2022

All of the committee, and our chair – Jonathan Passmore, would like to take this opportunity to wish everyone a restful, safe and healthy, festive season and we look forward to engaging with you all in the New Year. Merry Christmas and Happy New Year to all those who are celebrating!

From the Division of Coaching Psychology Committee

For those who missed attending, you can access a [recording of the event](#) online.

Calling all DoCP members!

Ever fancied a spot of volunteering?

The DoCP will be offering some new opportunities for you to get involved with future activities of the division early next year, including helping and supporting the delivery of next year's DoCP Annual Conference, Comms/Social media Team, as well as other future projects.

More details will be released in the e-newsletter and on the website in January 2022.

'Name our podcast' Competition result

Congratulations to Charlotte Housden for winning the 'Name our podcast' competition. The name she submitted gave us the inspiration for the final name we settled on, which was 'The Coaching Psychology Pod'. Enjoy your Amazon voucher!

Peer Practice Group (PPG) network news

What topics are being discussed in the PPG?

Here are [five popular topics](#) to get the ball rolling:

How does being in a PPG contribute to your coaching?

We've been speaking to members of our PPGs to find out how this contributes to their coaching. Invest 4 minutes of your time in [this interview](#) with PPG member Priscilla Akutu-Carter to find out what you might be missing.

How do we communicate across 25 different PPGs?

We opened a new [LinkedIn page](#) and as you might have noticed in the above two items, we are using this to share information across all PPG members.

We'd appreciate your following the page then it's easy for us to keep you in the loop. If you could like, share and comment on any of postings this helps get the conversation going.

Are you able to help us support the PPG network?

We're looking for someone who will help us launch new groups and support existing groups. This will suit someone who enjoys working with groups and supporting people's learning and development.

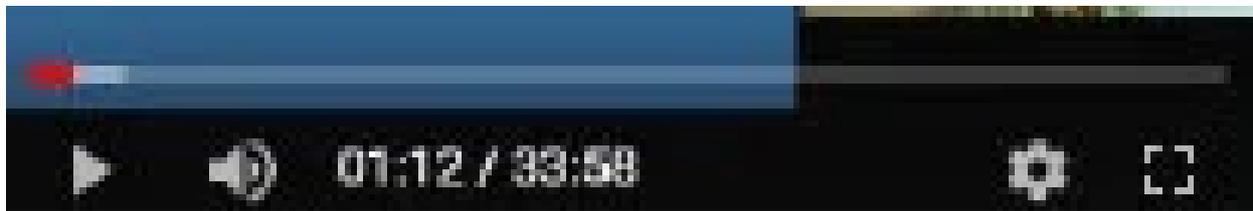
Merry Christmas from your PPG Coordinators,

Theresa and Tony

Pathways to wellbeing summit recordings

And finally, we're pleased to be able to share links to recordings from the Pathways to Lifelong Mental Wellbeing Uppsala Health Summit (18–21 October) below. Attendees logged on from over 70 countries to listen and learn from the speakers – enjoy!:





Dr Ledia Lazeri, WHO

Dr Ledia Lazeri, WHO Europe regional advisor, Mental Health, delivered the first keynote address with the title of 'The mental health impacts of COVID 19 in the WHO European Region as evidenced by the WHO Technical Advisory Group during 2021'.

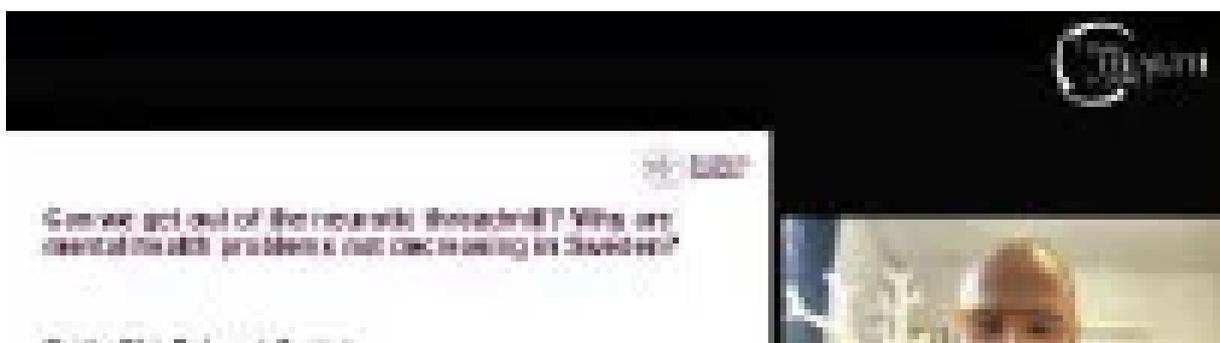
[Watch the presentation](#)



Benjamin Perks, UNICEF

Benjamin Perks of UNICEF presented the second keynote address where he focused on the report State of the World's Children 2021 which examines child, adolescent and caregiver mental health, and focuses on risks and protective factors at critical moments in the life course and delves into the social determinants that shape mental health and wellbeing.

[Watch the presentation](#)

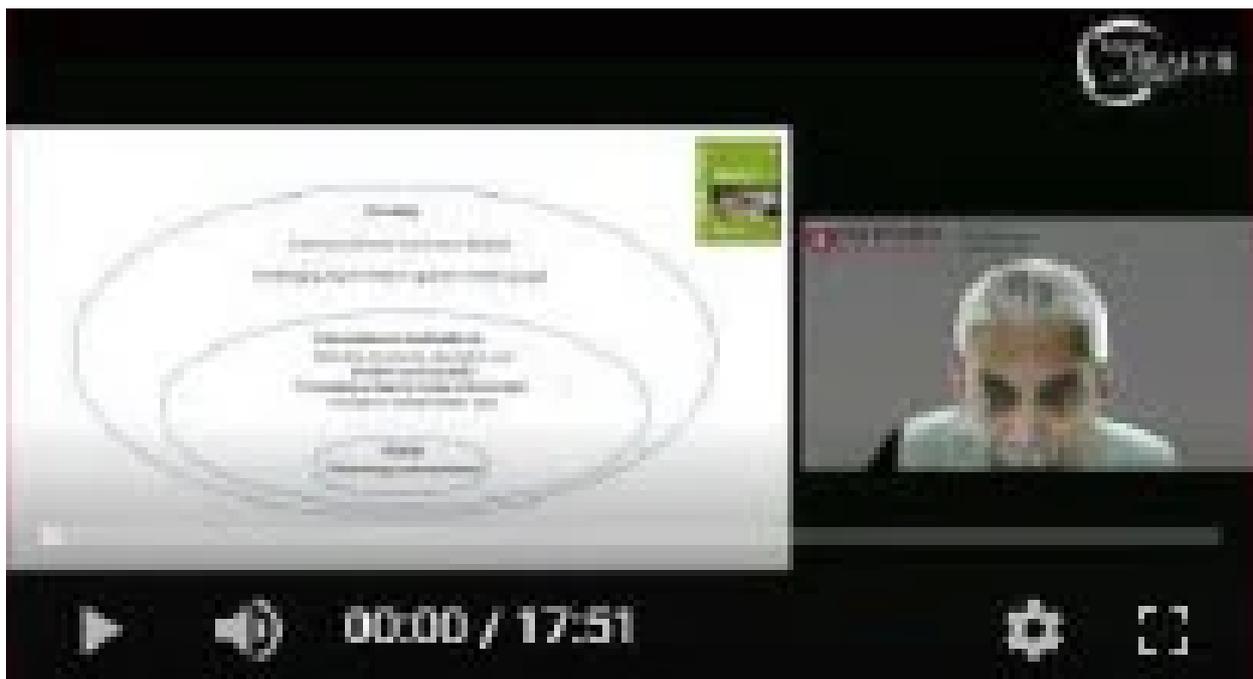




Dr Christian Rück

Dr Rück delivered a presentation titled 'Can we get out of the neurotic treadmill?' He recently published the popular science book 'Olyckliga i paradiset -varför mår vi dåligt när allt är så bra' (Unhappy in paradise – why do we feel so bad when everything is so great (ed translation) where he discusses the expanding role of the psychiatric diagnoses as a tool to interpret human suffering.

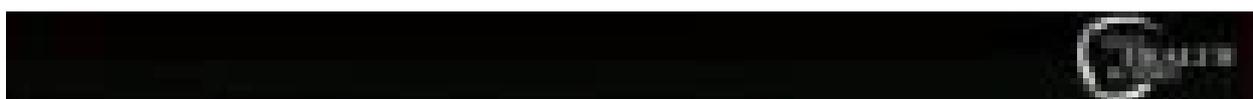
[Watch the presentation](#)

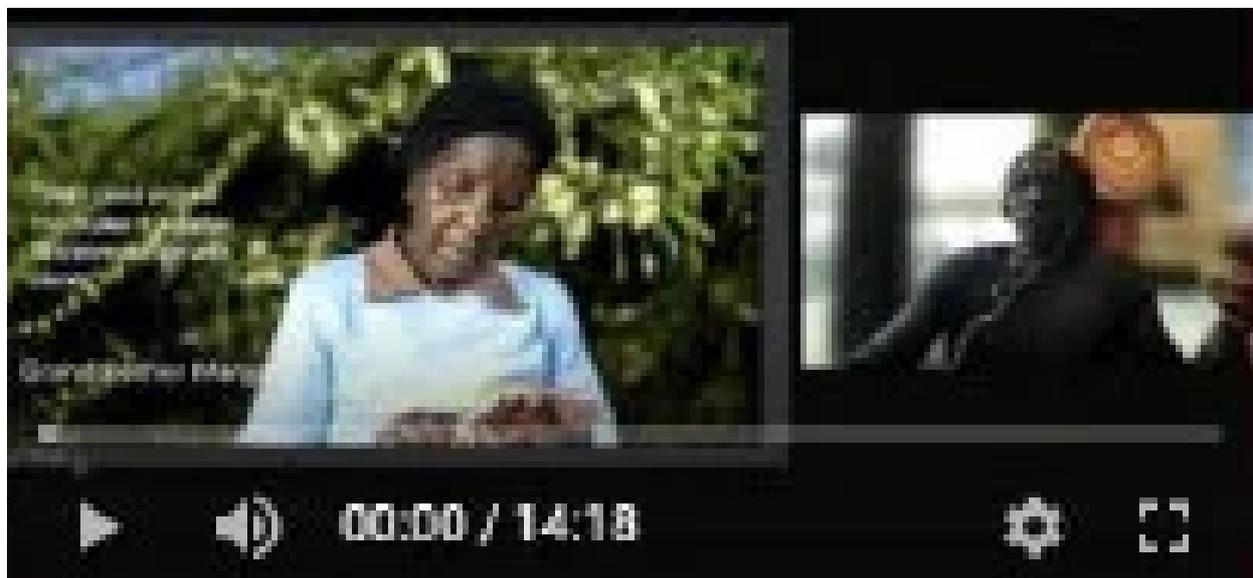


Dr Vikram Patel

Also presenting in the session titled 'Towards a new understanding of mental health and well-being' was Dr Vikram Patel who is a Professor of Global Health, Department of Global Health and Social Medicine, Harvard Medical School and Professor at the Harvard T.H. Chan School of Public Health.

[Watch the presentation](#)

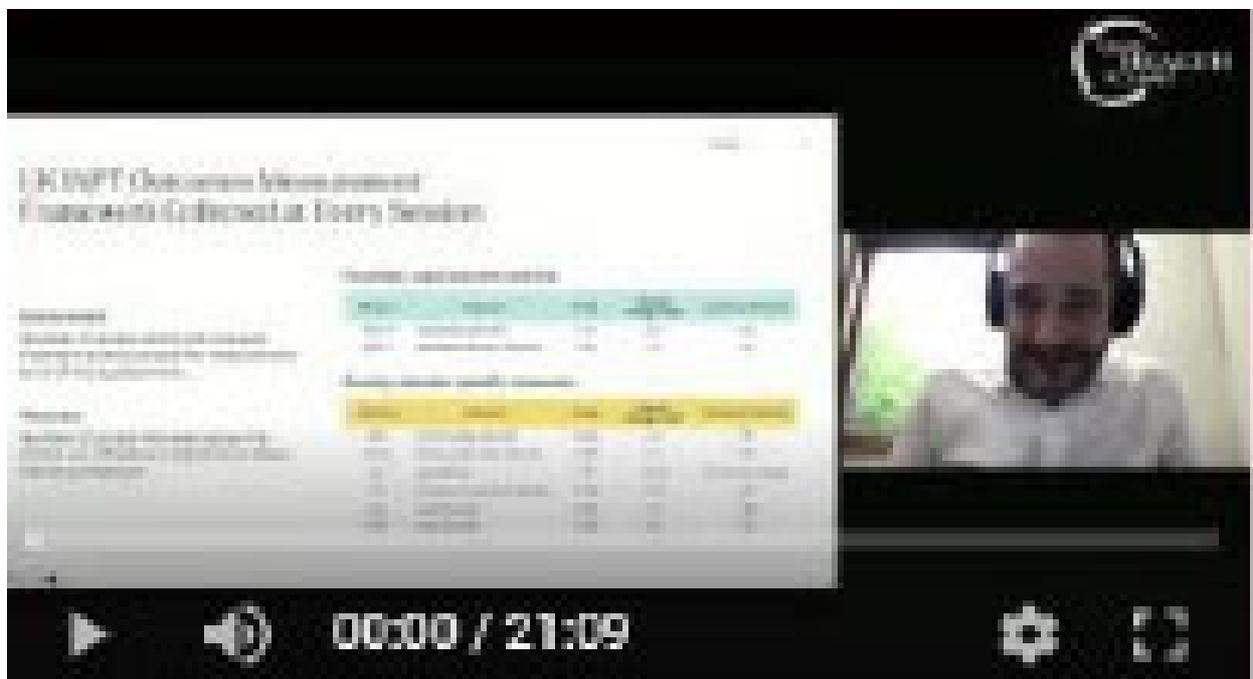




Dr Dixon Chibanda

Associate Professor, Centre for Global Mental Health, London School of Hygiene and Tropical Medicine, UK. He is also the founder and CEO of the Friendship Bench, which is a brief psychological intervention, delivered by community health workers, and started in 2006 in Mbare, one of Harare, Zimbabwe's townships. Dr Chibanda shared lessons from his experience with this groundbreaking programme.

[Watch the presentation](#)



Dr Andy Blackwell

Dr Blackwell is the Chief Scientific Officer at IESO Digital Health in the UK. He believes that the data in our healthcare systems will fuel the discovery of a new generation of better-targeted treatments and help eradicate 'trial and error' from psychological medicine. His presentation to the Summit was called 'Rethinking the role of technology in improving access and quality in mental healthcare.'

Dr Gerhard Andersson

Dr Gerhard Andersson, Ph.D. is full professor of Clinical Psychology at Linköping University in the Department of Behavioural Sciences and Learning, and the Department of Biomedical and Clinical Sciences. He presented to the Summit on 'Psychological internet treatments work and can be exported to other cultures and languages.'

[Watch the presentation](#)

Head outdoors: Coaching with nature

20 January 2022, 1:00 pm - 2:00 pm

Free webinar for DoCP members

In this workshop they will demonstrate the benefits of nature and natural environments, as well as the benefits of coaching outdoors, through a look at the what the research says.

Price: DoCP members free

BPS members £15.00;

Non BPS members £30.00

In order to register for the event, you will need to [sign in to the website](#).

Follow us

To find out more visit our [member microsite](#) or via our social media channels below:





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