

## Welcome...

...to issue 2 of our quarterly Psychological Practitioner Community of Practice (PP CofP) newsletter.

Since our first newsletter came out in September, your CoP co-chairs have been busy attending a range of events to champion Psychological Practitioner, or low-intensity (LI), roles and careers. Read on for more information about the particular events we've been involved in. One of the messages we've highlighted when speaking about PP roles is in response to the term "low-intensity". We feel this sometimes has a bit of a 'bad rep', and indicates the idea of being 'lesser than'. Our response is:

*"Low intensity? Or the **right** intensity!"*

We strongly believe that for many people LI, or Psychological Practitioner, support is absolutely the *right* intensity for what they need at that time... and the work you are doing can be truly life-changing. We hope you agree, and that you will champion this message in your areas of work also.

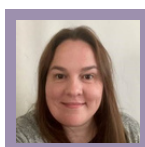
You may be new to the PPN and our CoP, and if so... welcome, and thank you for joining us. If this is the first newsletter you are receiving in your inbox, you can find the previous issue via our CoP section of the PPN website ([www.ppn.nhs.uk/north-west](http://www.ppn.nhs.uk/north-west)).

We hope you find this newsletter interesting and useful. As good Psychological Practitioners we are always keen for feedback, so do let us know what you think. And if you'd like to get involved please contact one of us at the details below.

We look forward to getting many PWP, CYWP, EMHP, and MHWP, plus those with a keen interest in the roles (managers, supervisors, commissioners, educators...), involved in our CoP!



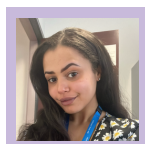
Elspeth Ward - Representing PWP  
[elspeth.ward@lscft.nhs.uk](mailto:elspeth.ward@lscft.nhs.uk)



Kirsty McNeilis - Representing EMHP  
[kirsty.mcneilis@gmmh.nhs.uk](mailto:kirsty.mcneilis@gmmh.nhs.uk)



Chloe Booth - Representing CYWP  
[chloe.booth@merseycare.nhs.uk](mailto:chloe.booth@merseycare.nhs.uk)



Scharine Mebarkia - Representing MHWP  
[scharine.mebarkia@gmmh.nhs.uk](mailto:scharine.mebarkia@gmmh.nhs.uk)

# Event Report: National CWP\* Conference - 15.09.23

*\*CYWP if you're up here in the North West.*

The first National CWP\* Conference was held in St Mary's event space, London, on Friday 15th September 2023. In planning since pre-2020, it was the first conference of its kind, celebrating the role of Children & Young People's Wellbeing Practitioners. Two of the CoP co-chairs, Chloe Booth and Kirsty McNeilis, were able to attend along with a delegation of around 35 CYWPs, supervisors, educators, and service representatives from the North West.

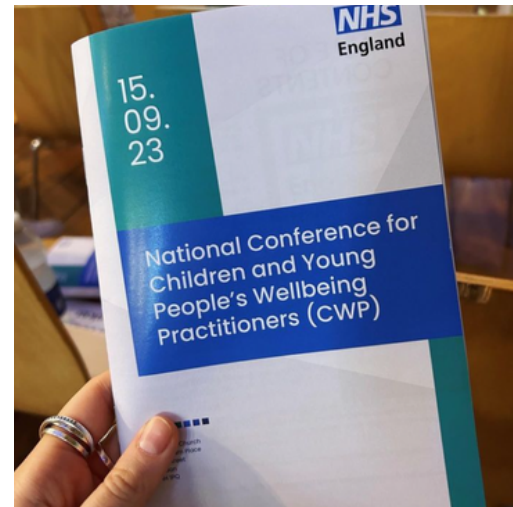
The day included a range of speakers from different regions in the UK. The North West was represented by an

excellent group of CYWPs from Bolton CAMHS, Sefton CAMHS and YPAS (Liverpool) who spoke about their trainee stories. Their closing message to the audience, in particular the service leads and commissioners was...  
"We Need You!"

...to champion this role and

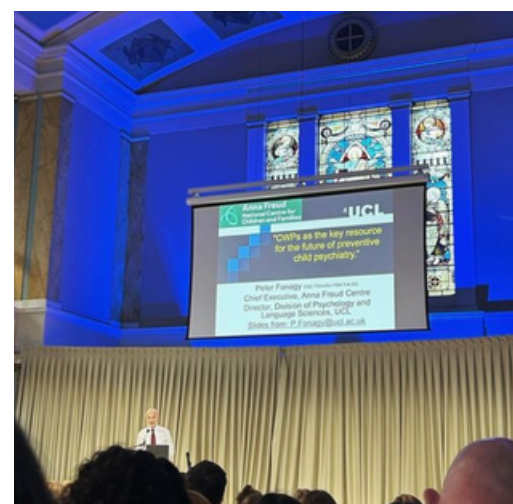
support its development in your areas! The presentation was well received by all.

The North West was further well represented by two young people, Dean and Grace, who did a truly excellent job co-hosting, bringing some energy into the afternoon.



The closing keynote for the day was delivered by Dr. Peter Fonagy, a key figure in the development of the CYWP role, who set out his vision for the future of the CYWP workforce.

Overall, a fabulous day of networking and celebration for all who could attend.



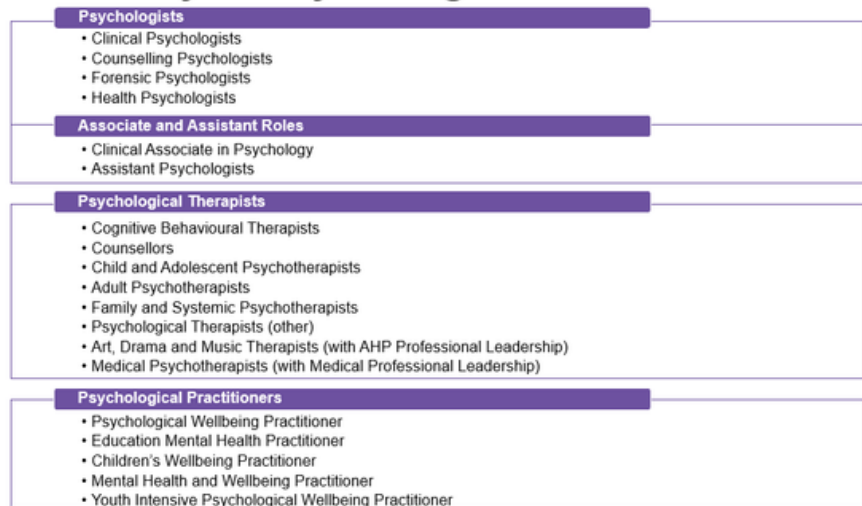
# Psychological Professions Network Careers Map

Know someone who is interested in a career in the psychological professions? Or do you want more information about the other psychological roles and career paths out there? Check out the PPN Careers Map! The map is all about career opportunities in NHS psychological professions, and can be explored by choosing the option that best describes you or your qualification (including qualifications you are working towards). You can then explore the careers that might be open to you. You can also find out more about any of the careers by clicking on them.

Find the map here:

[PPN Careers Map](#)

## Taxonomy of Psychological Professions

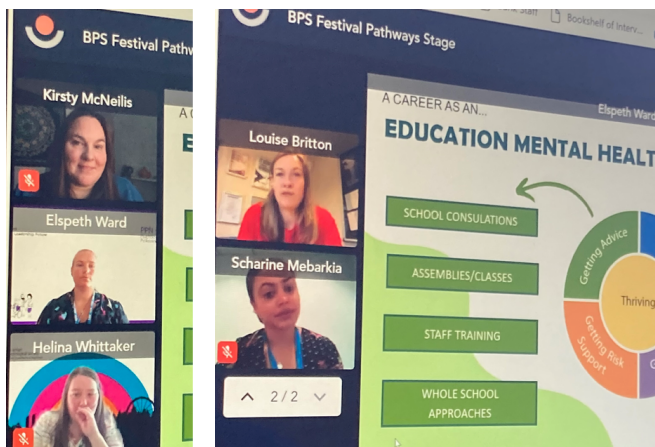
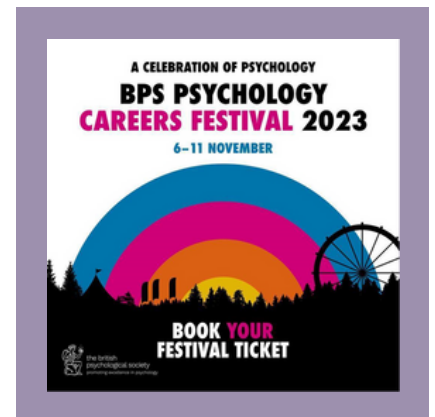


Version 2: Sept 2023

*A list of the Psychological Professions (PPN Website, 2023)*

# BPS Psychology Careers Festival 2023

The BPS Psychology Careers Festival 2023 is a fully online event that took place from 6th-11th November, with the stated aim of giving those interested in a career in psychology the opportunity to “hear from inspirational speakers across a broad range of disciplines.” The CoP co-chairs, with support from some additional LI practitioners, Helina and Louise, took



*(Unfortunately Chloe's camera wasn't working, but she presented with us too.)*

to the Pathways Stage on Thursday 10th November, to give an overview of the PWP, CYWP, EMHP, and MHWP roles. Some insight was given into the challenges and most valued aspects of these similar but distinct career paths from practitioners currently doing the job - and feedback indicates that the audience of 70+, mostly undergraduate and postgraduate psychology students, found it interesting and (as hoped for) inspirational!

**A very big thank you...** On behalf of the CoP, we would like to thank Helina Whittaker, a PWP working in LSCFT, and Louise Britton, an EMHP working in GMMH, who got involved and supported the presentation on Low-Intensity roles for the BPS Psychology Careers Festival. If you would like to get involved, like Helina and Louise did, in future events, or to support the CoP in any other way, please email one of the CoP co-chairs (emails on page 1) to express your interest.

Thank  
you  
Helina  
and  
Louise!



## New National Guidance for PTSD

In response to queries regarding the treatment of Post Traumatic Stress Disorder (PTSD) and Complex Post Traumatic Stress Disorder (CPTSD), including concerns around what can be treated within NHS Talking Therapies for anxiety and depression services and what can be treated within Community Mental Health Services, the national team have produced guidance to support improved delivery of psychological therapies in the treatment of PTSD, including CPTSD.

The guidance includes information on essential features of PTSD and CPTSD; psychological interventions for the treatment of PTSD; care for people with PTSD and complex needs; factors in decision-making about which service can best meet the needs of a patient with PTSD/ CPTSD; and boundaries with other disorders and conditions.

The guidance can be found here on the [Future NHS Collaboration Platform](#) (*please note, you will need log in details for NHS Futures and can register with your NHS email.*)

## PPN Blog: Support for all during times of global conflict

Read the PPN's latest blog here:  
<https://ppn.nhs.uk/our-work/news/item/support-for-all-during-times-of-global-conflict>



The blog reflects on the PPN's core purpose and vision, and how we can ensure that our services do all that is possible to prevent re-traumatisation, and to coordinate access to services with a suitably trained workforce who can support spaces for healing and recovery. It also signposts to national resources to support those affected.

# Psychological Professions Week 2023

The week of 13th-17th November saw a range of online events and an in-person event (held in London on Wednesday 15th) for Psychological Professions week 2023.

The sessions were led by the regional PPNs.

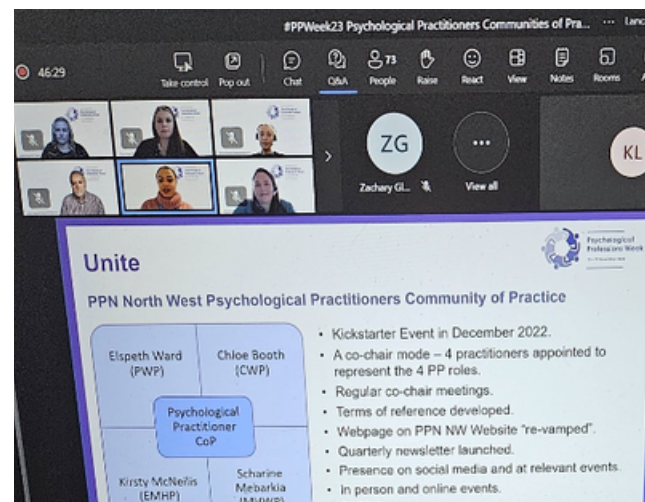
The North West PPN, in conjunction with the

North East & Yorkshire PPN, hosted an online

event titled "Psychological Practitioners Communities of Practice - A Changing Landscape".

This event showcased current Psychological Practitioner Communities of Practice from around the country, including our own.

All four of our co-chairs presented, sharing details of our innovative move to an inclusive CoP, incorporating PWP, CYWPs, EMHPs, and MHWP.



Other areas of focus included Equality, Diversity, and Inclusion (EDI), the different PP roles, and physical healthcare. Recordings of the online sessions will soon be available via the PPN website, and the full programme is still available to view:

[PP Week 2023 - Programme](#)

# Discussion Paper: Psychological Practice in Physical Health

PPN Week 2023 saw the launch of the Psychological Practice in Physical Health: Discussion Paper. This paper can be found via the Resources -

Publications page on the PPN website: <https://ppn.nhs.uk/resources/ppn-publications>

This paper represents a 'call to action' for the PPN, Chief Psychological Professions Officers, and workforce planners to facilitate discussions across provider organisations, systems, higher education institutes, regional and national NHSE teams.

All are asked to work together and take account of the recommendations in taking forward plans for service transformation, workforce planning and development.

## PPN Equity, Diversity, & Inclusion Position Statement

The PPN has also recently launched its Equity, Diversity, and Inclusion (EDI) Position Statement. This paper can be found via the Resources - Publications page on the PPN website: <https://ppn.nhs.uk/resources/ppn-publications>

The position statement represents the PPN's values, stance, and commitment to progressing and meaningfully implementing EDI for the communities we serve. It will inform EDI activity in the national and regional PPN workplans and actively support the implementation of the national Psychological Professions Vision and Workforce Plans.



You can also check out the PPN Equality, Diversity and Inclusion Resource bank via the website here: <https://ppn.nhs.uk/resources/equality-diversity-and-inclusion>.

This section includes the PPN South East EDI Audit Tool, which has been devised for psychological training programmes, professional bodies, and NHS Trusts to evaluate and improve upon their existing EDI strategies.

## Mental Health Wellbeing Practitioner Film

Watch the NHS England film, in which MHWP Martha Miles talks about the vital work she does and Community Mental Health Service Manager, Eleanor Duke talks about how adopting the role has benefited their organisation, their teams and their service users.

Find the film [here on YouTube](#) or via [the HEE webpage here](#).





# ROLE SPOTLIGHT: Mental Health Wellbeing Practitioner (MHWP)



Drawing from the content developed for the BPS Psychology Careers Festival (see above), we would like to shine the spotlight on one of our psychological practitioner roles, the Mental Health Wellbeing Practitioner (MHWP). Your MHWP co-chair, Scharine, tells us about what defines her role, what she finds challenging about the role and what she particularly values in her work.



“ Mental Health and Wellbeing Practitioner (MHWP) is a brand new role created by Health Education England (HEE) to provide a psychologically informed approach to community mental health teams. The role forms part of the NHS’s Long Term Plan to redesign the way mental health services are delivered in the community. Unlike it’s ‘sister’ role Psychological Wellbeing Practitioner (PWP), who are based in NHS Talking Therapies service, MHWPs train to work with severe mental illness (SMI) in secondary care settings and are able to use a more flexible approach with service users. What do MHWPs do? We offer:

- Assessment - MHWPs have been trained to complete psycho-social assessments.
- Formulation – MHWPs have been trained to use a ‘5Ps’ psychological formulation.
- Care Planning – MHWPs are able to complete and assist on care plans.
- Interventions – deliver psychologically informed, wellbeing focused interventions.
- Case Management – MHWPs can provide case management support to low risk / stable clients who are awaiting allocation/reallocation.
- Social Prescribing

The most challenging aspect of being a MHWP has been training in the first cohort of a brand-new role. It can be challenging establishing the new role in a service and maintaining personal and professional boundaries.

The most rewarding thing has been working within an MDT, alongside a range of other professionals. Being on the front line of delivering a innovative psychological VR therapy has been great, as has helping people achieve their goals and watching their progress throughout interventions.



Remind your peers, colleagues,  
and key stakeholders to...



Membership of the Psychological Professions  
Network brings you:

- Updates on regional and national NHS policy developments
- Debates and consultations where you can learn from and influence colleagues and commissioners
- News about our and other organisations' activity, including CPD and events
- PPN regional events and annual PPWeek celebrations, including national conference and regional sessions
- Communities of Practice – join or start special interest groups across the region with our support

Membership is free and open to psychological professionals,  
trainees, experts by experience, and other stakeholders –  
join at [ppn.nhs.uk/register](http://ppn.nhs.uk/register)

*As a member of the PPN NW they can  
then also join our PP CofP!*

Watch this space...

**TAPP or APP...** There is work ongoing around how the TAPP/APP role might fit within the PP CoP. Keep a look out for updates in future issues.

**MHWP...** We have an upcoming vacancy for a PP CoP co-chair to represent the MHWP role. Further information on this will follow via email to CoP members.

You can find our CoP webpage  
via the main PPN website at...



[www.ppn.nhs.uk/north-west](http://www.ppn.nhs.uk/north-west)



Find and connect with  
us on LinkedIn...

Your CoP co-chairs, as well as many of the PPN regional networks, can be found on LinkedIn. If you use LinkedIn, come and make some connections with us, and one another, and see what we're up to as psychological practitioners.

Do you have an idea, or something to submit, for our newsletter?

We are keen to engage our membership in developing content for this newsletter. We are looking for news, examples of good practice, shared learning, research or any other ideas/suggestions you feel would benefit our PP CofP.

For issue 3, content requests are required by the end of February 2024.

Please send directly to Kirsty at:

[kirsty.mcneilis@gmmh.nhs.uk](mailto:kirsty.mcneilis@gmmh.nhs.uk)

*Issue 3 due out second week of  
March 2024.*

Thank you!