

Training for Appropriate Practice Update

Dr Anthony Hickey

University of Salford

a.hickey@salford.ac.uk

Training for Appropriate Practice

Emerging findings

- Responses from counsellors working in:-
 - Manchester
 - Lancashire
 - Blackpool & Fylde
 - Cheshire

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Emerging findings

	Percentage
IAPT/Primary Care	85.7
Secondary Care	14.3
Tertiary Care	0.0
Other	0.0
Adults	70.0
Children	10.0
Couples	10.0
Families	0.0
Adolecents	10.0

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Emerging findings - Counsellors

- Feeling very able to respond to those who use the service
- Concerns regarding
 - IAPT compliance
 - Restrictions on number of sessions
 - Waiting list times

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Emerging findings - Counsellors

- Facilitators for helping vulnerable people
 - Self selected supervisors
 - Challenge to self rather than techniques
 - Managers
 - Support networks – e.g. risk, safeguarding
 - None

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Emerging findings - Counsellors

- **Barriers to helping vulnerable people**
 - Unclear referral pathways
 - Demands for medicalising (e.g. diagnosis, assessment, treatment)
 - Lack of focus on social determinants, cultural or spiritual dimensions to life, development & restrictions
 - Lack of social support for people suffering from poverty and labelled as suffering from depression and anxiety

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Emerging findings - Counsellors

- Barriers
 - Lack of trust in counsellors to make decisions about length of relationship
 - Supporting those with more long term needs to access appropriate services with minimum uncertainty

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Emerging findings – Other Areas

Who needs training?	Percentage
Own profession	4.5
Other psychological professions	4.5
Policy makers	22.7
Commissioners	22.7
Senior Managers	13.6
Your Manager	4.5
Media	13.6
Public	13.6

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Emerging findings – Other Areas

- What training is needed for others?
 - What counselling really is and its demands
 - Pathways (complex and needs simplifying and clarifying)
 - Need for holistic approach and understanding – limits of medicalised conceptualisation
 - Less pressure on them to deliver by results
 - Shortcomings in care for those with long term needs

Training for Appropriate Practice

We need your voice!

- Open until September
- Via NWPPN website
- Directly - <https://salford.onlinesruveys.ac.uk/tap>

Post-qualification Training

- Stand alone modules
- Post Graduate Certificate in ACS (2 modules)
- Post Graduate Diploma in ACS (4 modules)
- MSc Advanced Counselling & Psychotherapy Studies (4 modules and dissertation)

Post-qualification Training

- Course Finder
- www.salford.ac.uk and search for Advanced Counselling
- Or follow the link
- <http://www.salford.ac.uk/pgt-courses/advanced-counselling-and-psychotherapy-studies>

MSc Advanced Counselling & Psychotherapy Studies

- Children & Young People
- Long Term Needs
- Brief Therapies
- Research Methods

MSc Advanced Counselling & Psychotherapy Studies

- Commences February 2016

Placement Providers & Supervisors Day

- Tuesday 30 June 2015, MediaCityUK
- range of workshops on many topics including mindfulness, compassion focused therapy, strengthening the therapeutic relationship, creative methods in counselling and more!
- <https://www.eventbrite.co.uk/e/placement-providers-and-supervisors-cpd-conference-2015-tickets-16935976963>

Thankyou for listening

Dr. Anthony Hickey

Address: Room MS2.51, The University of Salford,
Mary Seacole Building, Salford, M6 6PU

Email: a.hickey@salford.ac.uk

Telephone: 00 (44) 161 2952142

Twitter: @doc_hickey

Skype: dr_ahickey