



## SPRING 2021 LONDON PPN NEWSLETTER

### IAPT Expansion

As demand rises across London, this takes on increasing importance in ensuring that services have the workforce necessary to support the population. More than 500 trainees have progressed through Psychological Wellbeing Practitioner (PWP) and High Intensity (HIT) training courses across 20/21.



The ongoing Covid-19 pandemic has proved challenging for all services but maintained growth in such difficult circumstances reflects the NHS's greatest strength is its people.

IAPT PWP and HIT recruitment remains ongoing with course intakes in June, September and Spring 2022.

### Psychological Therapies

#### Specialist Modalities Training

In line with the NHS Long Term Plan (LTP), Health Education England (HEE) and NHS England and Improvement are continuing to work in partnership to support frontline community mental health services to increase their offer of NICE-recommended psychological therapies to adults and older adults with psychosis, bipolar disorder, a diagnosis of 'personality disorder' and eating disorders by increasing access to specialist training.



Across London in 20/21, we have been able to commission for more than 200 staff members to be trained in CBT for Severe Mental Health Problems, Dialectical Behavioural Therapy, Eating Disorder Training, Mentalisation-

Based treatment, Structured Clinical Management and Family Intervention for Psychosis and Bipolar.

### **Additional Psychological Professions Workforce Development Funding**



In December 2020, HEE invested additional funding for 2020/21 in three workforce development opportunities for the psychological professions. The opportunities were:

- ❁ Paid opportunities access schemes for aspiring Clinical Psychologists from disadvantaged backgrounds to gain clinical experience
- ❁ Funding support for staff to undertake accredited qualifying level Family and Systemic Psychotherapy training programmes
- ❁ Leadership mentoring/coaching opportunities for Black, Asian and Minority Ethnic psychological professionals who aspire to lead

London was awarded a fair split of the total funds which equated to around £770k invested across the three areas. Bids were invited from NHS organisations across the region and the London Psychological Professions Network (PPN) were asked to support in identifying how resources should be targeted and prioritised. All three programmes were heavily oversubscribed so there was delight when a further £230k was allocated to London within the bidding process to enable expansion of the initiatives.

### **Paid opportunities for Aspiring Clinical Psychologists**

All of the bids which were received were of an extremely high quality. Successful bids not only preferentially focused on those from disadvantaged backgrounds, but also exceeded expectations by providing active support within the placements to address barriers to progression. Of particular note were schemes which supported co-produced design with candidates and group forums for ongoing feedback and development.

Successful organisations were Barnet, Enfield and Haringey Mental Health NHS Trust, West London NHS Trust, Central & North West London NHS Foundation Trust, Tavistock and Portman NHS Foundation Trust,

South London and Maudsley NHS Foundation Trust. Overall the scheme will provide more than 45 opportunities across London.

### ***Family and Systemic Psychotherapy***

Almost all the London mental health Trusts applied and had suitable candidates for the family therapy courses. A total of 18 funded places were distributed across providers, with some services supplementing HEE's funding so that a further 5 candidates could access the training.

### ***Coaching and Mentoring***

As a region, London was allocated 14 leadership coaching and mentoring opportunities for Black, Asian and Minority Ethnic psychological professionals. As a result of additional funds, this was expanded to 83 places, with some services supplementing HEE's funding so that in total 113 individuals could access coaching and mentoring opportunities.

## **London PPN Information Events**


The London PPN is hosting a virtual information event with the aim of promoting the London PPN in the region. To find out more about what the PPN does, click [here](#).

The information events will be held virtually. Prior to the event, you will

receive the link to the email you signed up with.

To attend the free event, click on a link below to register.

The workshops will be held:

 10:00 am – 11:00 am on:

 [Friday 30<sup>th</sup> April 2021](#)

 [Friday 28<sup>th</sup> May 2021](#)

*For regular updates and information about events, follow us on Twitter*

*@LondonPPN* 

