

# A Vision for the Psychological Professions

To transform lives and communities by extending and embedding psychological knowledge and practice across the whole of health and care



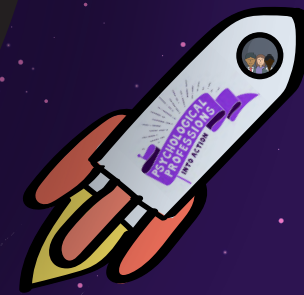
# Unite and increase diversity in the psychological professions

## We commit to

We commit to the psychological professions becoming a united force with a strong and diverse voice, working collaboratively with other professionals of all disciplines.

## We will

- a. Work together, to make a bigger impact than we can alone
- b. Value and respect the contribution of each psychological profession and ensure all of their voices are heard
- c. Work with multi-disciplinary colleagues, service users, carers and families to make the biggest difference we can, together
  - d. Make our psychological professions more representative of the communities we serve
  - e. Increase fairness of entry to, and inclusion in the psychological professions for talented people of all backgrounds, particularly Black, Asian and minority ethnic candidates
  - f. Establish clear career paths and development opportunities for all psychological professionals
  - g. Join up the professional leadership of the psychological professions to maximise our collective impact through a strong, influential voice
  - h. Take care of our psychological professionals colleagues





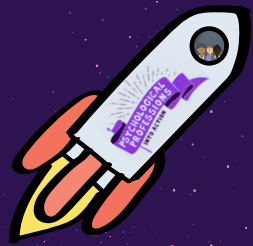
# Transform and innovate

## We commit to

We commit to using our evidence and expertise boldly to innovate and improve what we do.

## We will

- a. Be flexible, brave and open minded in adapting our methods to meet changing needs
- b. Continuously develop our knowledge and evidence-base through research and evaluation across therapy modalities, service models and psychological practice
- c. Report meaningful progress in service users' recovery and quality of life
- d. Tackle inequality of outcomes
- e. Ensure there are sufficient highly trained and experienced psychological professionals to lead and supervise the safe expansion of psychological healthcare
- f. Speak up, challenge, lead and support each other to deliver our vision



# Put people first

## We commit to

We commit to putting the needs and voices of people at the heart of everything we do and to treating service users, carers, families and staff with kindness, empathy, openness, respect and dignity.

## We will

- a. Work in genuine partnership with service users, carers and families to understand their needs and to design and deliver services that meet these needs
- b. Improve overall quality and experience of care and treatment across settings including inpatient, community and primary care
- c. Empower people to improve their psychological health and wellbeing by sharing and communicating psychological knowledge
- d. Encourage and support service users, carers and families to speak up and take an active lead in their care
- e. Ensure meaningful involvement of a diverse range of service users, carers and families in service design, development and delivery, and training for the psychological professions
- f. Support the psychological wellbeing of colleagues working in health and care services in good times and in bad

# Help our communities to thrive

## We commit to

We commit to developing healthy, thriving communities, with a more psychologically informed public.

## We will

- a. Use psychological knowledge widely to prevent avoidable distress and build resilient communities
- b. Work with communities to make services more transparent, accessible, and responsive
- c. Recognise and respond to wider social factors, such as poverty, discrimination, inequality and trauma, that can impact on emotional distress
- d. Address national and local disparities in access to and experiences of psychological healthcare, particularly for Black, Asian and minority ethnic communities
- e. Work in partnership with professionals inside and outside the NHS to improve lives across the lifespan.



# Make all health and care psychological

## We commit to

We commit to embedding psychological knowledge and practice across the health and care system so it is better able to meet all of a person's needs - psychological, physical and social.

## We will

- a. Enable all health and care services to deliver psychologically informed care
- b. Extend psychological healthcare across physical healthcare services and integrate care for service users
- c. Expand access to the range of evidence-based psychological therapies and interventions to those who can benefit
- d. Influence and lead improvements in psychological healthcare with courage, sincerity, warmth, care and knowledge