



Applying for Psychological Trainings

Wednesday 29 March 2022 10:00 – 12:30

Thank you for coming, the event will start shortly.
Please make sure your microphone is on mute



@swppn



ppn-sw@exeter.ac.uk



ppn.nhs.uk/south-west

Welcome from the PPN South West Team!



Sam Strickland
Graduate Research
Assistant



Phil Self
Co-Chair



Suzanne Azer
Clinical Lead,
Programme
Manager



Catherine Gallop
Co-Chair



Sarah Spaul
Administrator

Housekeeping

- Please keep yourself on mute while other people are speaking
- Please use the chat to make comments and to ask the speakers questions
- The event is not being recorded



10:00	Introduction
10.15	Jonathan Parker, Education Mental Health Practitioner & Children's Wellbeing Practitioner
10.45	Hannah Sherbersky, Family & Systemic Therapy Q&A with Bob Williams
11.10	Break
11:30	Catherine Butler, Clinical Psychology
12:00	Amy Burnham, An Expert by Experience perspective on selection
12:25	Next steps and close

Group guidelines

- Please keep yourself on mute when other people are speaking
- Take care in how you use language
- Be aware of the emotional impact of what you say
- Please avoid making assumptions and generalisations about all and any groups
- We will try to keep to time, so we may have to move things along at times
- Try to avoid jargon and acronyms



An introduction to the Psychological Professions Network

- 7 PPNs around England
- PPN South West launched in January 2020
- We are a multi-professional network providing a joined-up voice for the psychological professions in workforce planning and development, and to support excellence in practice
- We connect psychological professionals, trainees, commissioners, experts by experience and stakeholders
- Take a look at our website to read more about the PPN's Vision



Why join the PPN?

Some of the benefits include:

- Keeping up to date about developments in NHS practice & policy regionally and nationally
- Hear about Psychological Professions' activity including training/CPD and events
- Attend free events and share your work/research
- Learn about new roles , trainings and services and how to get involved
- Come together with colleagues and experts by experience in collaborative spaces
- Join a “Community of Practice” – special interest groups and networks across the region which are supported by the PPN
- Joining and contributing to discussions and consultations where you can learn from and influence colleagues and commissioners

Who are the Psychological Professions?

There are many varied roles and careers for those interested in applying psychological ideas and approaches to working in mental health or physical health care

Several new psychological practitioner and associate roles have been locally developed and have gained significant interest.

In March 2022, there were over 20,000 whole time equivalent (WTE) psychological professionals working in NHS-commissioned mental health services in England.

This number does not include psychological professionals working in physical healthcare settings, GP services or in non-NHS commissioned setting

Psychological Professions

	Psychologists	Psychological Therapists	Psychological Practitioners
	Clinical Psychologists	Cognitive Behavioural Therapists	Psychological Wellbeing Practitioners
		Counsellors	
	Counselling Psychologists	Child and Adolescent Psychotherapists	Children's Wellbeing Practitioners
		Adult Psychotherapists	Education Mental Health Practitioners
	Forensic Psychologists		
		Family and Systemic Psychotherapists	Mental Health and Wellbeing Practitioners
	Health Psychologists	Psychological Therapists (other)	
		Art, Drama and Music Therapists*	Youth Intensive Psychological Practitioners
Associate and Assistant Roles	Clinical Associate in Psychology		
	Assistant Psychologist		

* Allied health professions professional leadership

Developing a Diverse Workforce (widening access)

- We need to expand all the PP roles to meet national and regional ambitions
- We also need PPs from every community and background to reflect the communities we serve
- Our patients, service users and experts by experience tell us they want to receive health care from skilled professionals who can relate to them holistically including their diverse identities
- Currently psychological professionals don't always represent the communities they serve
- The PPN SW is supporting several workstreams across the PP roles to widen participation, reduce barriers to accessing training and increase representation of the workforce

Children and Young
Peoples Low
Intensity
Programmes:
2023/24



University of Exeter



Prof Jonathan Parker

**Director of Low Intensity CYP Portfolio CEDAR,
Faculty of Health and Life Sciences**

29th March 2022

Training Overview



CEDAR Low Intensity Portfolio

- Education Mental Health Practitioner (EMHP)
- Children's Wellbeing Practitioner (CWP)
- Senior Wellbeing Practitioner (EMHP and CWP)
- EMHP Supervision
- CWP Supervision

Low Intensity Practitioner Pathway: CWP

- Cohort 9 PG Dip CWP Training Programme to begin in January 2024
- Up to 50 RtT training places for South West region- **Post Grad Dip and Dip entry**
- Potential applicants apply for fully funded roles directly through NHS jobs or other local recruitment portals
- Early intervention role for Low Mood, Anxiety and Behavioural difficulties and wider community facing support
- HEE grad level Recruit to Train pathway and support funding for each practitioner
- More details at <https://swcypiapt.com/courses/childrens-wellbeing-practitioners-supervisors/childrens-wellbeing-practitioner-cwp/>

Low Intensity Practitioner Pathway: EMHP

- PG Dip / Dip - Wave7 EMHP September 2023 (Exeter) and Wave 8 January 2024 (Bristol)
- Regional EMHP training places for South West region allocated to services through NHSE
- Potential applicants apply for fully funded roles directly through NHS jobs or other local recruitment portals
- Early intervention role for Low Mood, Anxiety and Behavioural difficulties and wider education facing support, intervention and Whole School approaches
- More details at <https://swcypiapt.com/courses/education-mental-health-practitioners-supervisors/>

Low Intensity Practitioner Pathway: Senior Role and Supervision

- New Senior role curriculum and delivery began in January 2023
- Available for qualified CWP and EMHP – career progression role at Band 6
- Provides enhanced clinical practice skills and inclusion of supervision option
- Support development and championing of early intervention pathways

Low Intensity Practitioner Pathway: Registration and Accreditation

- The British Psychological Society (**BPS**) and the British Association for Behavioural and Cognitive Psychotherapies (**BABCP**) have been approved to provide registration for CWPs and EMHPs
- This will follow **once course accreditation has been finalised**
- Individual registration open to practitioners who have studied at the University shortly after these programmes have achieved accreditation status
- Trainees starting pre-2023 /previously completed will be eligible for registration.
- Further information and FAQ can be found here: <https://www.bps.org.uk/public/become-psychologist/wider-psychological-workforce>



Information and Contacts

[South West Community of Practice](#)

[CEDAR Training Website](#)

sw-cyp-iapt@exeter.ac.uk –
General Training and CoP Enquiries

Jonathan Parker –
j.parker5@exeter.ac.uk



Family & Systemic Therapy

Professor Hannah Sherbersky
CEO of Association for Family Therapy
and systemic practice, and Co-Director
of Systemic programmes, University of
Exeter



Q&A

Bob Williams

Family and Systemic Psychotherapist
and Programme Lead for the Family
Interventions in Psychosis and Systemic
Supervision Programmes, University of
Exeter

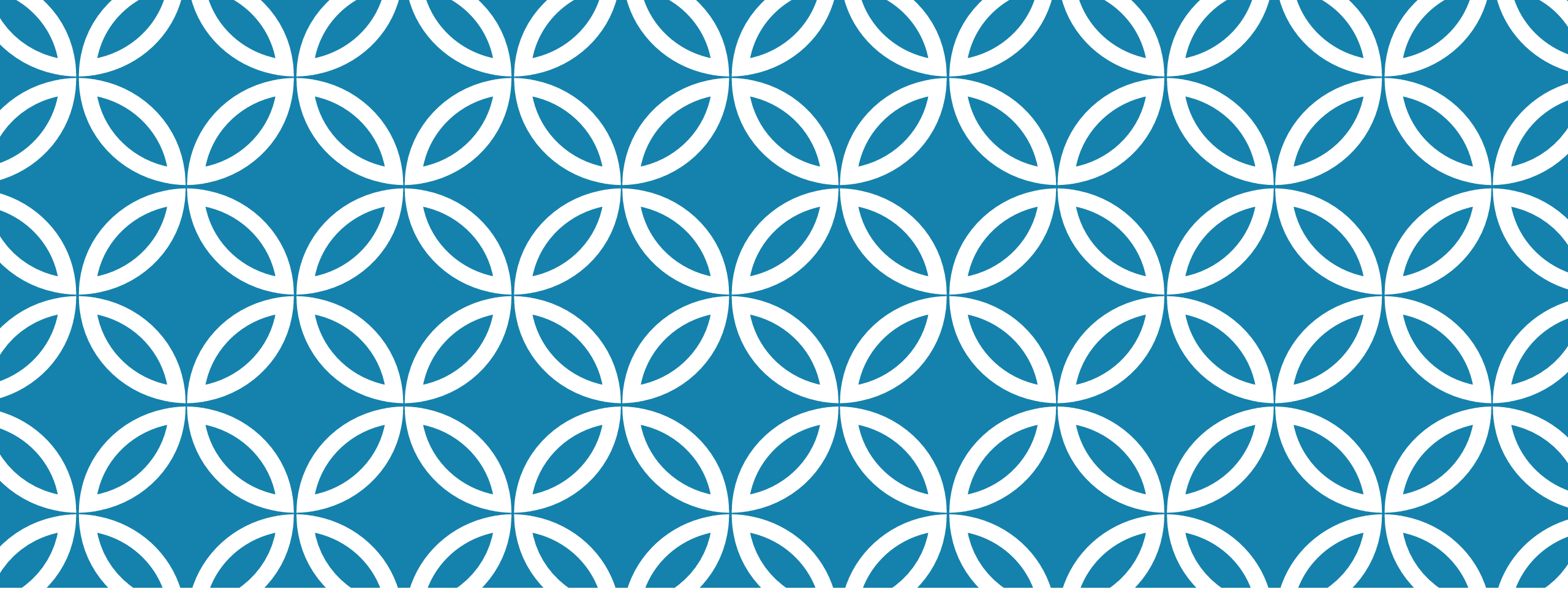
Break

See you back here at 11:30!



Clinical Psychology

Dr Catherine Butler
Academic Director / Selection Lead
on Doctorate in Clinical Psychology,
University of Exeter



DOCTORATE IN CLINICAL PSYCHOLOGY |

WHO ARE CLINICAL PSYCHOLOGISTS ANYWAY?

Clinical Psychologists hold numerous roles:

- leadership and management,
- assessment and therapy,
- research and audit,
- supervision and training others.

Clinical Psychologists work in multiple settings, mostly NHS:

- neuropsychology,
- health,
- older adult, adult and child mental health,
- learning disabilities
- forensic
- academia

ENTRY CRITERIA FOR DCLINPSY TRAINING

MINIMUM CRITERIA

Applicants must have Graduate Basis for Chartered Membership with the BPS

English language (a score of at least 7.0 on IELTS) – just relevant for international students

Meet residence requirements based on the NHS Bursary Scheme.

References (academic and clinical)

Minimum 2.1 (or 2:2 + minimum postgraduate (Masters level that has a clear research component UNLESS contextual admissions)

Clinical experience of working with people with psychological needs

CONTEXTUAL ADMISSIONS

Individual level	Disability Young carer Care experienced First generation graduate Were eligible for Free School Meals scheme Asylum seeker or refugee
School level	Low performing school School or college with low transition to HE (National data)
Area level	Socioeconomic disadvantage (POLAR quintiles 1&2)

PHASES OF POSITIVE ACTION



WHAT DOES DCLINPSY TRAINING CONSIST OF

- 3 years of three elements: teaching, placement, research
- Teaching in CBT plus at least one other therapy (at Exeter we do systemic and CAT)
- All areas where psychologists may work covered in the curriculum
- Academic assessments linked to what is taught, e.g. essays, case reports, presentations
- Many courses also offer secondary accreditation by the BABCP, AFT or ACAT
- Placements assess core competencies, may be in child, learning disabilities, older adults, adult, health, forensic, etc.
- Research is doctoral level. Must produce a literature review, main research project and service related project (audit)

MENTORING SCHEME

- Breaking Through Mentoring Scheme is a Plymouth and Exeter DClinPsy initiative aimed at helping people of colour to break through into the profession of clinical psychology and gain a place on the doctorate course.
- Anyone who identifies as a person of colour can apply
- Mentoring involves group sessions that provide guidance, advice, encouragement and support

breakingthrough@Plymouth.ac.uk



An Expert By Experience Perspective on Selection

Amy Burnham

Expert By Experience Perspective on Selection

Recap

- Avoid or explain any jargon, and generally be mindful of language, privilege and power
- From as early as possible in the process, show that you value the involvement of people with lived experience and understand the concept of coproduction
- Weave in any relevant aspects of your own lived experience
- Consider what characteristics make a brilliant psychological professional
- Reach out and make contact with prospective employers prior to submitting an application
- Remember that not everyone involved in selection will be a professional, academic or clinician
- If *you* were struggling, think about what *you* would want from a psychological professional, or what you would want for a close friend or a family member who you're really fond of

Give us your feedback



- Please use the link in the chat to give us some feedback on today's event or use this QR code



- Please contact us on ppn-sw@exeter.ac.uk if you would like to discuss in more detail.

Health Psychology

- In the South West UWE, Bath, Gloucester and Bournemouth offer BPS accredited MSc in Health Psychology
- The only professional doctorate in Health Psychology in the region is at UWE
 - <https://courses.uwe.ac.uk/C84141/health-psychology>
 - Elizabeth2.Jenkinson@uwe.ac.uk
- The BPS Division of Health Psychology has resources including information on training independently
 - <https://www.bps.org.uk/member-networks/division-health-psychology>

Next steps



Next event:

Our next event will take place in June 2023.
More information to follow



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ppn-sw@exeter.ac.uk



ppn.nhs.uk/south-west