PPN
SOUTH WEST
Psychological
Professions Network
PROMOTING EXCELLENCE IN PSYCHOLOGICAL HEALTH & WELLBEING

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 Spaull
Administrator

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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	Children's Wellbeing Practitioners
	Counselling Psychologists	Child and Adolescent Psychotherapists	
		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

CEDAR
Clinical Education Development and Research

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

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Family & Systemic Therapy

Professor Hannah Sherbersky

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

Welcome to the Association for Family Therapy and Systemic Practice (AFT)

Professor Hannah Sherbersky

- Current CEO for AFT
- Associate Professor, Deputy Director of CEDAR (Clinical Education, Development & Research) PGT and Co-Director of Systemic programmes at the University of Exeter
- Previous Lead Family Therapist at regional GAU
- Associate Editor for the Journal of Family Therapy
- Post Doc Researcher, Family Therapist and Supervisor

What is AFT?

- **AFT – Association for Family Therapy and Systemic Practice - is the UK's leading organisation for family and systemic psychotherapists and practitioners.**

- AFT supports Family and Systemic Psychotherapy training and practice standards, promotes research, hosts conferences and workshops, and provide a wealth of information and resources for students, professionals and members of the public.

AFT is a registered charity working to benefit the public by **promoting effective Family and Systemic Psychotherapy services** and high standards of professional trainings and practice.

We support professionals who are interested in, and **working systemically with, families, individuals, couples, and other communities of care**

AFT is a member organisation and **supports qualified family therapists** for professional registration with UKCP

AFT also **publishes Context magazine** and the **Journal of Family Therapy**.

Who is Family and Systemic Psychotherapy for in the UK?

Family and Systemic Psychotherapy can work with people in any form of relationship:

- Couples
- Families
- Groups
- Carers
- Professional groups
- Teams
- Businesses
- And even individuals

Family therapy is particularly effective for child and adult focused problems. It can deal with a range of problems including:

- Attachment difficulties
- Eating disorders
- Adolescent suicidality and depression
- Self harm
- School related difficulties
- Relationship and couple distress
- Alcohol and drug misuse
- Adult depression and anxiety

Routes to qualification

- Family and Systemic Psychotherapy training is a four-year part-time Masters level Qualification route

- This training route requires applicants to have already completed training in a relevant health and social care profession and hold a relevant Prior Professional Qualification (PPQ) e.g. be a Clinical Psychologist, social worker, mental health nurse etc, usually at post-graduate level.

- Applicants who do not hold a relevant PPQ may apply via the Accreditation of Prior Experiential Learning (APEL) route to demonstrate the necessary prior knowledge and skills directly to the institute they wish to train with.

Standard Route of Entry
Hold a Prior Professional Qualification in a relevant Health and Social Care field

Exceptional Circumstances Route
Have knowledge/experience of the health and social care system and a grounding in child development and psychology. Can apply via an institute's APEL application

Find a course you wish to apply to and speak to the in-course provider regarding their application process.

Year 1
Foundation

Post graduate Certificate in Systemic Practice *

Year 2
Intermediate

Post graduate Diploma in Systemic Practice *

CYP-IAPT - Systemic Practice*

Combined year 1 & 2

Year 3 & 4
Qualifying

Master Certificate and Professional Qualification in Family and Systemic Psychotherapy

Once fully qualified, you are eligible to become professionally registered with UKCP as a Family and Systemic Psychotherapist by applying via AFT or IFT

For further details see 'UKCP registration process'

About us

- AFT is made up of a core team, board and trustees, committees and branches.
- Our core team is led by CEO Hannah Sherbersky and comprises of group of experienced and passionate professionals, dedicated to supporting our vision.
- Our Board, led by Chair Erica Widdowson, is responsible to the members and the Charity Commission and oversee the fulfilment of the charity's objectives.

Committees

Our Committees are vital to AFT's work, assisting the Board in developing policies and spearheading initiatives.

- ASPENS Committee – for those working in the non-statutory sector
- Branches Committee –supporting local branches
- CRED Committee – accrediting family therapy training courses
- Diversity Committee – exploring and advising on issues of diversity and inclusivity
- Ethics Committee – exploring and advising on any ethical issues that arise
- Professional Affairs Committee (PAC)
- Publishing Committee
- Registration Committee – registering members

Branches

There is a flourishing network of Branches who operate semi-autonomously throughout the UK, who are supported by AFT.

Branches are set up, and run, voluntarily by AFT members as local regional groups and offer networking and CPD opportunities for individuals working in, and interested in, systemic practice.

These branches are a great resource for members and helps to meet AFT CPD requirements through its CPD events, conference, and workshops.

Membership

Membership is open to anyone from the UK or overseas interested in the field, developing their skills, and gaining understanding of effective family-inclusive practice, as well as to fully qualified family and systemic psychotherapists.

Student Members

Any student currently training on family therapy courses

Members

Qualified but not registered with UKCP via AFT, or not qualified but interested in family therapy

Registered Members - Qualified

Family and Systemic Psychotherapists registered with UKCP through AFT

Retired or Unwaged members

Concessionary rate.

Our Values

- As an organisation, we are committed to creating an environment that supports people from all walks of life. We believe that diversity in gender and gender identity, race, sexuality, disability, age, ethnicity, socioeconomic status and culture is a key strength and pivotal in creating a supportive environment for staff, members and the public.

- Through our various committees, including DEI (Diversity, Equality and Inclusion) and Ethics, the AFT board and staff continuously strive to develop and promote anti-racist practices. Race, culture, social justice and equality should have continuous presence in clinical practice, supervision, teaching and training, on our website, in our publications and any online forums that are associated with AFT.

Engaging with Experts by Experience

- As an organisation, we recognise the value and importance of working with our Expert by Experience colleagues.
- Some of our family therapy training courses have been at the forefront of involving EbEs at a teaching, training and assessing level. At the University of Exeter, for example, we have had an EbE colleague on our viva panel for the past 8 years..
- As a profession, understanding our own lived experiences, drawing on our self-reflection and reflexivity, and being able to understand our own family of origin histories, is central to our modality.

So, thinking of training... ?

First steps…

- What level of training are you interested in?
- What are your current skills and qualifications?
- Where are your nearest training providers?
- What other preparation do you need to do?
- Check out our website…

Thank you

Visit our website: aft.org.uk

Email Hannah on: ceo@aft.org.uk

Call us: 01925 444414

Follow us on social media: @AFTorg_UK

AFT

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!

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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)

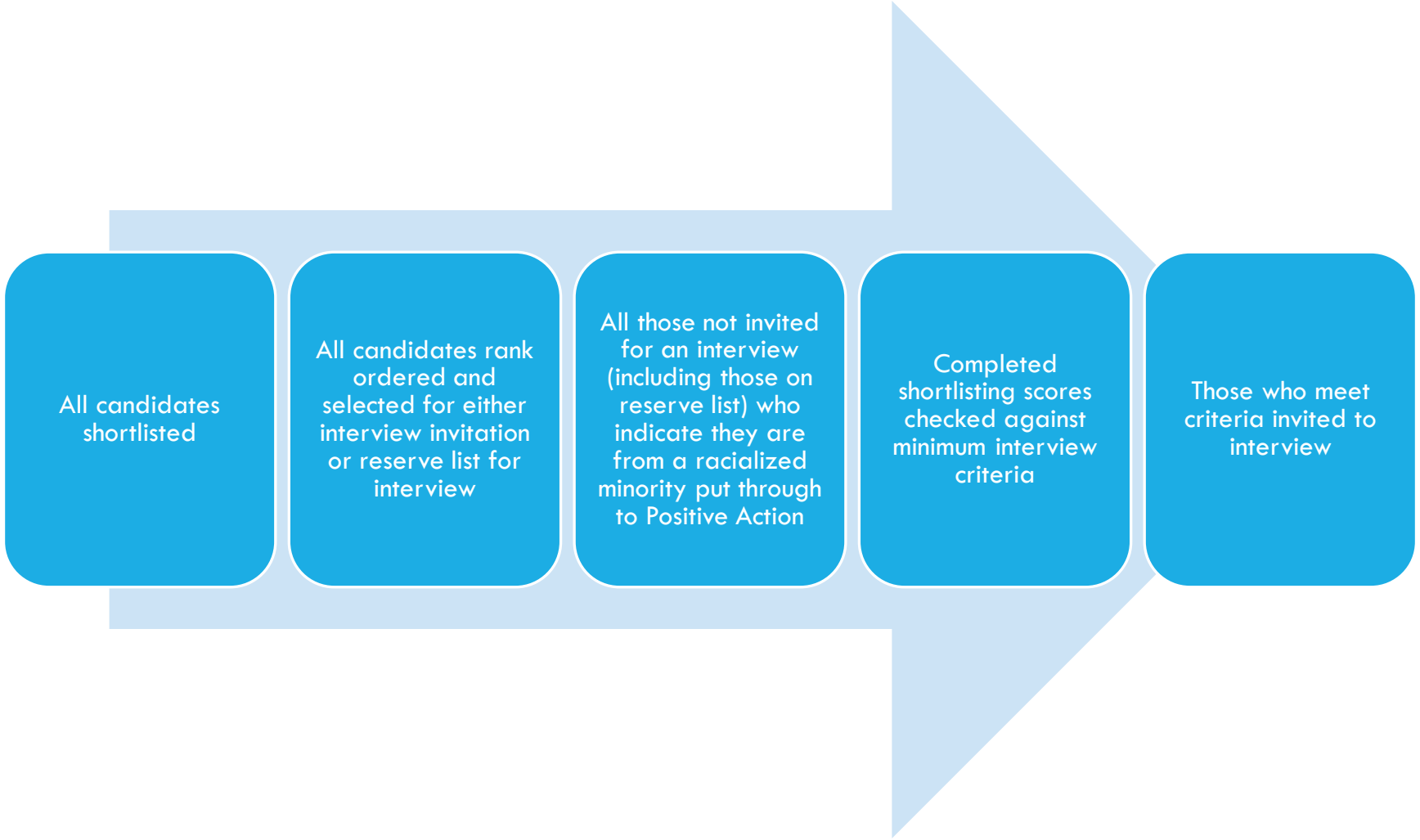
Minimum 2.1 (or 2:2 + minimum postgraduate (Masters level that has a clear research component UNLESS contextual admissions)

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 inivitative 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

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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

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Next event:

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

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ppn.nhs.uk/south-west