



# Newsletter



Welcome to the **Autumn 22** edition of **the PPN North East and Yorkshire**.

Our aim is to join up psychological professionals, associated stakeholders, and experts by experience across the North East and Yorkshire.

Please see a **PDF** version attached to share with colleagues

## Included in this issue:

- Psychological Professions Week (14th – 18th November 2022)
- Inaugural Workforce Council Meeting
- Regional Supervision Capacity Scoping Exercise
- PPN NEY and PPN North West Collaborative Event
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- ESR Workforce Coding Pilot
- Health Education England Update
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- How you can get involved...



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## Psychological Professions Week

14 – 18 November 2022

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**Celebrate Psychological Professions Week 2022**  
14th - 18th November

Find out more and sign up for the free online events at [www.ppn.nhs.uk](http://www.ppn.nhs.uk)

**#PsychologicalProfessionsWeek2022**  
**#PPWeek22**

## Psychological Professions Week (14<sup>th</sup> – 18<sup>th</sup> November 2022)

Whether you are a **psychological professional, person with lived experience, member of the public, policy maker** or just **interested** in the psychological professions – **everyone is welcome** to the third annual conference of the psychological professions!

This will be an exciting week of **informative and thought-provoking sessions** featuring keynote speakers, panel discussions and regionally led events.

### Sessions will include:

- ✚ What the **future** holds for the psychological professions in England - how can we make the **biggest difference together?**
- ✚ **Progressing your career** in the psychological professions
- ✚ **Equality, Inclusion & Diversity** within the professions
- ✚ Psychological practice in **physical healthcare**
- ✚ **Public involvement** - adding value and transforming lives (*a session co-produced by service users and carers*)

**We are excited to announce our regional event for Psychological Professions Week...**

**Working collaboratively with Bradford's voluntary services to engage and support our diverse communities.**

Bradford District Care NHS Foundation Trust has been working with a number of community providers over the last year to do things differently and improve their ability to meet the psychological and mental health needs of their diverse communities in culturally sensitive and timely ways. This has sparked a number of collaborative projects. Presenters will share two of these ongoing projects – strengths, difficulties and learning along the way.

### **Project 1: Voluntary and community sector support whilst waiting for CMHT psychological therapy**

This project works with Voluntary Sector collaborators in Bradford to deliver short-term interventions to people who are waiting for psychological therapy in CMHTs: *The Wellness Collaborative*.

### **Project 2: Community Engagement Work**

This project is about embedding community development worker roles in Sharing Voices, one of Bradford's most experienced providers for our Black and Asian communities, helping to engage communities in dialogues about wellness and severe mental illness.



**Want to find out more? Come to the webinar on 14<sup>th</sup> November 10:00-11:30.**  
Please email [ppn-ney.lypft@nhs.net](mailto:ppn-ney.lypft@nhs.net) for the MS Teams link.

**Please share far and wide across your networks!**  
Follow us on Twitter [@NEandY\\_PPN](https://twitter.com/NEandY_PPN) and join the conversation [#PPWeek22](https://twitter.com/PPWeek22)

## Inaugural Workforce Council Meeting

We held our inaugural meeting of the PPN NEY Workforce Council on **Friday 16<sup>th</sup> September**.

The meeting was an exciting opportunity to connect with a broad range of **psychological professionals, stakeholders,** and **clinical leaders** from across the region and discuss our shared goals and trajectories for the near future.

The profile of workforce council members will soon be on our section of the PPN website so you can see who is representing your particular discipline.



The council is next due to meet on **25<sup>th</sup> November 2022**

## PPN NEY and PPN North West Collaborative Event

We would like to invite you to join our **Autumn 2022 North of England IAPT leadership and innovation forum, 20<sup>th</sup> October 9:30 – 13:00**.

This event is for anyone involved in the management, delivery, or commissioning of IAPT services – services managers, clinical leaders, supervisors, and anyone, such as commissioners, responsible for ensuring that IAPT delivers the best possible services for the communities we serve.

The event will be jointly hosted by **North East & Yorkshire and North West Psychological Professions Network**. The forum will welcome a variety of speakers, discussing a wide range of topics, ranging from **who uses IAPT services, setting up an Expert by Experience focus group,** and **Self Practice and Self Reflection**.



Please click here for more [Information on the IAPT forum](#) and how to register.

IAPT Leadership and Innovation Forum **20<sup>th</sup> October 2022**.

## Anti-Racism Community of Practice (AR-COP)

This community of practice has been established against a backdrop of poor experience and outcomes of psychological interventions for patients from racially minoritised backgrounds. In addition to this, there is a massive literature on the negative experiences of healthcare staff from racially minoritised backgrounds whether this is with respect to career opportunities or increased (and worse) experiences of disciplinary processes. Within the NE & Y PPN region, there are many trusts where significant improvement is required around their Workforce Race Equality Standards' data, so this is clearly highly relevant to many of our members.

The group was established by Dr Romana Farooq and Dr Richard Thwaites (both clinical psychologists and co-chairs) and is supported by Yahya Delair (Psychological Wellbeing Practitioner) as Secretary. From its inception, our PPN Chair, Sharon Prince, has been highly supportive of this CoP and its unique approach.

The group has now met twice and established Terms of Reference along with



a way of working that involves attendees choosing to attend one of two race-based caucuses (one for those who identify as white and one for those who identify as being from a racially minoritised background). Both groups focus on a co-created topic of discussion and then feedback to each other.

For many people, this was their first experience of caucusing and evoked its own initial reaction. The caucus allows the group of individuals from racially minoritised backgrounds to talk with complete honesty without the pressure to consider how white people might be feeling or reacting to the content. It also allows white individuals to talk honestly about whiteness, gaps in knowledge, their own internalised racism etc without causing harm to individuals from a racially minoritised background.

As with most work of this nature, these groups are not a 'quick fix', we are planning to build on the work over the next ten months and further. Emerging feedback has been extremely positive. We would welcome people who are interested in getting involved.

**Romana Farooq, Richard Thwaites, and Yahya Delair**

The next Anti-Racism CoP will take place on **Monday 12<sup>th</sup> December 14:00-16:00**. Please email [Freya.thompson2@nhs.net](mailto:Freya.thompson2@nhs.net) if you are interested in joining.

## Updates from Health Education England

There are a number of Health Education England (HEE) funded initiatives taking place in the region, highlights of which include, an access scheme offering paid opportunities to aspiring Clinical Psychologists from disadvantaged backgrounds; leadership coaching and mentoring for ethnic minority psychological professionals who aspire to lead. There are plans for a formal evaluation of their impact and contribution to supporting a more diverse workforce.

HEE is also working on developing a clear career pathway for all roles in mental health and has been working with the ICS Mental Health leads and other organisations to produce content for the career pathway, aiming to ensure it is relevant across the region.

HEE is also expanding the provision of training, with new courses for Mental Health Wellbeing Practitioners and Comprehensive Assessment of At-Risk Mental States (CAARMS) for psychosis as well as increased capacity on other courses.



Many thanks to Dr Farzana Sutcliffe-Khan for telling us about being a...

## Counselling Psychologist!



Dr Farzana Sutcliffe-Khan

Counselling Psychologist

Airedale NHS Foundation Trust



## Professional Profile

### What qualifications/ training did you complete to do this role?

There are two pathways to becoming a counselling psychologist: university doctorates and an independent pursuit through the BPS. The BPS website is a great resource which details relevant information and links to institutions offering the accredited counselling psychology doctorates, as well as the information for those wanting to complete the BPS counselling psychology qualification.

My academic route to become a counselling psychologist included 3 steps. I first gained an undergraduate 1st class degree in a British Psychological Society-accredited course from the University of Bradford. The second stage was working as an assistant psychologist/ psychotherapist. In addition, I gained a Masters in Psychoanalytical Observational Studies with the Northern School of Child and Adolescent Psychotherapy and the Tavistock. Finally, at stage three I undertook a three-year, full-time counselling psychology doctorate with the York St John University, all of which are accredited by the BPS and HCPC.

The doctorate is a mix of training and practice and is a not salaried position, so there are associated costs which need to be met by the trainee but it is a rewarding experience.

For the full interview, please visit [PPN - Professional Profile Counselling Psychologist](#) or to see the career map visit [PPN - Career map for the Psychological Professions](#)

## Regional Supervision Capacity Scoping Exercise

We have recently recruited a new assistant psychologist, Zara Ahsan, to support the regional supervision capacity project.

Zara will be working alongside Laura Dixon, Principal Psychological Therapist and Professional Lead for CBT to help deliver a regional mapping exercise to understand supervision capacity over the region.



Welcome Zara!

## ESR Workforce Coding Pilot: What is ESR and why does it matter?

Electronic staff records (ESR) are an invaluable data source, allowing us to understand the demographics of our workforce, finding out who they are and how they represent the psychological professions and wider population.

Gail Harrison, Consultant Clinical Psychologist, is currently leading on an ICS and regional project to support the development of a psychological professions' workforce dashboard.



Look out for more updates on the ESR pilot!

## How you can get involved...

### Share your news!

We would love to hear updates from your work or local network that aligns with our vision that we could include in this newsletter. So please email the PPN-NE&Y team at [ppn-ney.lypft@nhs.net](mailto:ppn-ney.lypft@nhs.net) with **anything you think might be relevant**. Alternatively, follow us on Twitter [@NEandY\\_PPN](https://twitter.com/NEandY_PPN) for more regular updates and tag us when tweeting about your work. We want to profile events and developments from around our region, so let us know what's going on where you are.

### Interested in joining the PPN?

**Anyone** can join the Psychological Professions Network – **aspiring and qualified psychological professions; members of the public; other health and social care staff; commissioners, and policy makers**. Please use this [link](#) to sign up and join us for free and share this newsletter more widely.



[ppn-ney.lypft@nhs.net](mailto:ppn-ney.lypft@nhs.net)



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