

Newsletter



Welcome to the **Winter 23 edition** of the **PPN North East and Yorkshire Newsletter**.

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

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Psychological Professions Week 2022

Thank you to everyone who took part in making this year's Psychological Professions Week 2022 a success!

It was a week of **interesting and inspiring talks** from **Psychological Professionals** and **Experts by Experience** from across the country.

If you didn't get a chance to watch the national conference sessions, you can still **watch the recordings by clicking [Here](#)**. All you need to do is use your **#PPWeek22** Log in or **Register Today** to access the recordings.



Psychological Professions Week

14 – 18 November 2022

More information about **Psychological Professions Week 2023** in the New Year!

Current Taxonomy of the Psychological Professions

The National Psychological Professions Workforce Group has considered the input of PPN England and wider stakeholders and has agreed on the **current taxonomy**, shown below. **Art, Drama and Music Therapist** are included in the taxonomy as they often identify as **both an allied health professional (AHP)** and a **Psychological Professional**. Therefore, **leadership for both will work together** to ensure the professions thrive. Art, Drama, and Music therapists **can join regional PPNs** but will continue to be **represented nationally and regionally by AHP leadership**.



Psychological Professions

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

* Allied health professions professional leadership

Taxonomy for the Psychological Professions

Clinical Psychology Training Course Update

During 2021/2022 clinical psychology training courses in England went through a retendering process with Health Education England (HEE). It is intended that all new contracts will be signed by end of February 2023. All existing courses were retained, and no new courses were started. **The number of trainees appointed has increased by 90% from 2019 to 2022.**

The courses are also busy **implementing changes** in their delivery – in particular some courses are facilitating **embedded CBT training and BABCP accreditation**, at level 1 and/or 2; and others are (also) setting up **embedded Family therapy courses**, with AFT accreditation at Foundation and/or Intermediate level.

All English courses were able to bid for **anti-racism funding** to support the development of **mentoring schemes for aspiring clinical psychologists** from the global majority, and to review curricula and practices drawing upon the HEE 9-point antiracism action plan.

This is an exciting time of active change in the clinical psychology community where we look forward to **establishing a larger and more ethnically and racially diverse workforce**, developing **measurable therapy competencies**, and work on our **creative inclusion of different ways of working with diverse populations** needing emotional and physical support.

Clinical Psychology Training Update

Regional Supervision Hub Update

NEY PPN have received funding from NHS England to support a **project to** establish a mechanism to **optimise clinical supervision capacity within the region for** psychological therapies for severe mental health problems (PT-SMHP). Within scope are the following therapies: CBT psychosis, CBT for eating disorders, CBT for personality disorders, dialectical behaviour therapy, mentalisation based therapy, cognitive analytic therapy and EMDR.

This project is being informed by a **mapping exercise involving all key providers of psychological therapies within the region.**

Potential outcomes include the development of **supervision hub(s), and the development of a supervision workforce calculator which will facilitate planning at local, regional and national levels.**

For further information please contact Project Lead and PPN Leadership Fellow, Laura Dixon on Laura.dixon@bdct.nhs.uk or Assistant Psychologist Zara Ahsan-Kazkouzeh on zara.ahsan-kazkouzeh@nhs.net

Look out for further updates on the **supervision hub!**

PPN NEY Low Intensity Practitioner Community of Practice

Look out in the coming months for the announcement of a **Low Intensity Practitioner Community of Practice (LIP COP)**. The CoP will have aims to **unite the low intensity practitioner professions** (PWPs, CWPs, EMHPs, CAPs, MHWP, PSWs) across the **North East and Yorkshire**, foster a collegiate and supportive environment to facilitate knowledge and skills sharing across the workforce and enable **representation at local, regional, and national forums and events**.



All low intensity practitioners will be welcome including those in **training, newly qualified and those who are more experienced**. If you have **any queries or would like to express your interest in joining** the LIP CoP, please **contact Paul Thompson**: Paul.Thompson@tees.ac.uk

Low Intensity Practitioner Community of Practice coming soon!

Many thanks to Martin Groom for telling us about being a...
Cognitive Behavioural Therapist!



Martin Groom
Senior Psychotherapist
(Cognitive Behavioural Therapist)

Complex Treatment Team, Veterans Service,
LYPFT.



Professional Profile

What led you to train as a CBT therapist?

I'm an Occupational Therapist (OT) and I could see the commonalities in terms of evidence-based practice and a focused, systems based approach with excellent outcomes.

What advice would you offer someone wanting to pursue a career in CBT?

That's a tricky one. Perhaps try to be sure enough its what you want. I think you have to be interested in collaborative empiricism and helping people re-discover vitality, meaning and purpose. Interested in people. It helps if you are comfortable with sitting with others distress and have an acceptance of working in dysfunctional systems.

What are your hopes/expectations for the profession?

That we become ever more influential in leading and shaping health services so they can be more effective.

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

Psychological Professions Ethnic Minority Leadership Mentoring Scheme 2022/23

The **Ethnic Minority Leadership Mentoring Scheme** is in its **third year of commissioning** by Health Education England (HEE). It has been designed to help **address the recognised barriers and disadvantages** that ethnic minority psychological professions have in progression to NHS leadership positions.

Information for Mentees

To access mentoring through this scheme, your service will have made an application against the available funding and had this confirmed by HEE regional teams. **If you have been shared this document and the application link by your service, please can you complete the following application form:**

<https://forms.office.com/r/3MYd1jUjTp>

Information for Mentors

We **welcome applications from Psychological Professionals working in leadership positions.**

Mentors should:

- Be a psychological professional
- Currently hold a band 7+ leadership position within the NHS
- Be able to commit to providing 12 x 1 hour mentoring sessions to a minimum of 1 mentee.

If you meet these requirements and would like to undertake mentoring as part of 2022-23 scheme, please complete the following application form:

<https://forms.office.com/r/3MYd1jUjTp>



Health Education England

Forms must be returned by **Friday 20th January**

OPEN EVENING - Systemic Practice Training Courses - 2023

Leeds Family Therapy & Research Centre (LFTRC) is running an open evening to prospective applicants and current students to the following courses which commence in September 2023:

- Foundation Course in Systemic Practice
- Intermediate Course in Systemic Practice
- Postgraduate Certificate in Systemic Practice



This is a drop-in session to answer your questions about:

- Course commitments
- Course philosophy
- Systemic approach
- Application process

and an opportunity to meet staff and other prospective applicants

Date and time: Wednesday 8th March 2023 at 5.00 – 6.30pm

Venue: Room B.08 (in the basement!) of the Parkinson Building, University of Leeds Campus

Open Evening **Wednesday 8th March 17:00-18:30**

State of the Nation Report

[A review of the use of digital technologies in health and care education](#)

NHS South Central and West are currently working with Health Education England on the State of the Nation report, a review into the role of digital technologies within health and care education across England.

The State of the Nation report will cover undergraduate and pre-registration education, for all professions, with a focus on:

- Digital technologies currently in use
- The digital literacy and digital technologies within curricula and teaching
- The specialist and technical skills needed by faculty staff (clinical and academic).

You can find out more about the report [here](#) and share your experiences and views by answering their survey [here](#) before **Friday 20 January**. They will also be holding two focus groups in February, which anyone can [express an interest for through this form](#).



Give your feedback by **Friday 20th January**

Psychological Professions Workforce Data Updates

11 new National Job Role Values will now be included in the National Workforce Data set (NWD)

Dr Gail Harrison, the West Yorkshire ICS Psychological Professions Workforce lead, has been working collaboratively with PPN National colleagues and NHS England to ensure accurate workforce data for Psychological Professions.

Currently, 11 Job Roles for the Psychological Professions are missing from the National Workforce Data, meaning they cannot be accurately tracked and useful data such as trainees into qualified roles and staff retention is missing.

On December 8th, Gail Harrison and National PPN Co-Chair, Adrian Whittington, took a paper to the NHS National Workforce Information Reference Group and **the group agreed these 11 Psychological professional qualified and trainee roles would be added to the National Workforce Data update in Spring 2023.**

Want to find out more about NHS National Workforce Data?
Click [here](#).

National Workforce Data Set

The National Workforce Data Set (NWD) is a reference Data Set comprising standardised definitions to facilitate the capture of nationally consistent information relating to the NHS and wider healthcare workforce.

ESR Coding Guidance

ESR Coding Guidance for the Psychological Professions was initiated in West Yorkshire by Gaynor Clark, HEE NEY Workforce Planning lead, Sonya Robertshaw, and Gail Harrison. The guidance was then further developed for National Consistency with PPN colleagues and signed off by PPN England and approved by the NHS National Workforce Information Reference Group.

This guidance will enable HR, Payroll, and workforce colleagues to accurately code the 17+ Psychological professions. It will be linked to the Occupational Coding Manual, with additional guidance for systems on how to cleanse their existing workforce data set.

This work has involved significant time, energy and system working on a regional and national level leading to this positive impactful result, so well done to all those involved in this important project.



Accurate **data** for the **Psychological Professions** incoming!

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 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.



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