

## **SAMPLE INFORMATION SHEET FOR CLIENTS**

### **WORKING WITH TRAINEE CLINICAL PSYCHOLOGISTS**

#### **WHAT DOES IT MEAN TO SEE A TRAINEE CLINICAL PSYCHOLOGIST?**

##### ***Introduction:***

In order to meet the needs of current and future NHS patients, it is essential to train doctors, nurses and other health professionals, including clinical psychologists. If you have been referred for a clinical psychology appointment, a trainee psychologist may be involved in your care. This information sheet explains the training process and how you might be involved.

##### **What are Trainee Clinical Psychologists?**

Trainee Clinical Psychologists are:

- People who already have a degree in psychology
- Working to complete a three-year postgraduate training programme in Clinical Psychology
- Working under the supervision of qualified Clinical Psychologists
- Often have considerable experience working in the NHS
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- An important part of clinical psychology training involves the trainee psychologist working in NHS settings under the supervision of an experienced clinical psychologist.
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- If you have been referred to see a clinical psychologist, you may be offered an appointment with a trainee. This might mean the trainee working together with you and the psychologist or the trainee might work with you more independently under the psychologist's supervision.
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- Trainee clinical psychologists are required to follow the same rules, regarding matters such as confidentiality, as qualified psychologists. As they are at the beginning of their careers they are keen and enthusiastic, have up-to-date knowledge and you may be seen more quickly than otherwise.
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- If you have any questions about seeing a trainee clinical psychologist, please discuss these at your first appointment.

Trainees are working towards a professional qualification in Clinical Psychology based at the University of Sheffield. Their Programme is approved by the Health and Care Professions Council (HCPC) and recognised by the British Psychological Society (BPS).

##### **Will seeing a trainee affect the standard of care received?**

All work undertaken by a trainee is:

- Supervised by a qualified Clinical Psychologist or equivalent member of staff

This means that the trainee will discuss their work with you with their supervisor, in confidence, to make sure you get the best possible help. This discussion will be confidential between the

trainee and supervisor and will not usually be shared with anyone else.

***If you are at all worried about seeing a trainee, please ask to speak to their named supervisor. You can find this out from the trainee or from the service with which you have an appointment. All supervisors will be registered with the Health and Care Professions Council (HCPC).***

## **Professional Behaviour**

All trainees are expected to:

- Conduct their work in a professional and respectful manner
- Follow the Code of Conduct and ethics published by the British Psychological Society
- Follow the local protocols and procedures on placement
- Work in a thoughtful manner befitting the needs of all service users their carers and dependents

## **Confidentiality**

The work that is carried out by the trainee remains confidential to the setting in which the trainee is based. Confidentiality is only broken if there is reason to believe that there is a danger to you or to other people.

## Written Work

Trainees must, however, write up some of their clinical work for the university. Case reports are written so that any details that could identify clients are left out or altered. These reports are not available to the public and are locked away at the university. If you have any questions about case reports, please ask about this when you attend your appointment.

The university and the British Psychological Society take confidentiality very seriously indeed. Therefore, if a trainee writes a report for the university based on their work with there is a requirement that clear permission must be gained from you, the service user.

The trainee:

Will not include any information that would reveal your personal identity (i.e. name, address, where the work took place or other identifying details).

Any reports based on clinical work are:

- ***Kept in securely locked premises***
- ***Not available for public access***
- ***Not kept in the university library***

If you have any concerns about them it is important that you discuss them with the trainee and their supervisor who is working with you. If despite these conversations you remain worried in anyway about the writing up process and do not feel able to grant permission, then the trainee will of course respect your wishes.

### ***Finally...***

*As with any NHS professional*, if you decide that you prefer not to see a trainee, your wishes will be respected. Your care will not be affected.

## Complaints

Trainees are covered by the same complaints procedure as all other staff in the NHS. If you wish to complain, the information on how to do this will be available from the service with which you have an appointment.

***If you have any concerns, please discuss these directly with the trainee or with the trainee's clinical supervisor, who carries overall responsibility for the trainee's work on placement.***