

ADVANCED SUPERVISOR WORKSHOPS 2018

Organised by the Sheffield, Leeds and Hull DClin Psy Programmes

For Supervisors across the Yorkshire and Humber Region

The Sheffield, Leeds and Hull Clinical Psychology training programmes have once again put together a shared programme of Advanced Supervisor Training Days to run from March 2018 through to June/July 2018. There are two aims for these events. First, to support our supervisors in providing high quality placements for clinical psychology trainees, and second, to provide learning opportunities which focus upon the development of all aspects of supervisory skills and frameworks at a time of significant and ongoing professional change.

To apply:

All three training events are **free to all our supervisors of clinical psychology trainees**. They are independent events and **can be booked separately**. Places on each of the days will be allocated on a **first come, first served basis**. **Don't miss out**. These events have always been very popular with supervisors across the region. Due to their popularity, supervisors who have 2 years plus experience will be given priority. However, don't let that put you off applying as spaces do crop up frequently.

Following from the success of last two years' events on supervising using specific models, this year we have three quite different workshops, each uniquely positioned to make a valuable contribution to the supervising of Trainee Clinical Psychologists.

Sheffield, Hull and Leeds will each be organising one of the events. Please email the identified contact person from each of the programmes.

The titles and dates of the three events are listed on the following pages.

1. The Challenges and Benefits of Using Technology and Social Media in Clinical Practice: How to support and supervise trainees

Date: Thursday, 15th March 2018

Venue: Park Inn by Radisson, Decoy Bank South, White Rose Way, Doncaster DN4 5PD

Synopsis of Workshop

This will be an interactive and experiential workshop utilising local expertise and engaging with the experiences of trainees. We are fortunate to be joined throughout the day by Vanessa Garrity. Vanessa has a background in the NHS as a Clinical Nurse, Manager and Professional Lead for Nursing. She has a strong interest in the use of social media and digital technology within clinical practice and for professional development and provides consultancy in this area.

Vanessa also leads [@WeMHnurses](#) - an online community for mental health nurses and those interested in mental health. Vanessa is also part of [Beyond The Room](#) - a Digital Conference Service that provides a full social media service to various health care events around the country to maximise conversational reach and engagement. Vanessa will be sharing her experiences and expertise and also helping us to think about how to use social media for CPD and professional development, including how to facilitate this for Trainees

The day will include:

- A presentation on the issues raised by social media from our trainees' perspective
- An overview of policy documents and consideration of how to implement them in supervision and practice
- Reflections on both the challenges and benefits in different services: What issues might trainees bring to supervision? How best can services engage with their clients' use of social media?
- The opportunity to share and learn from our experiences

The day will look at the ethical dilemmas, challenges and benefits that arise from the increased use of social media in both everyday life and our clinical practice. Current guidance on good practice will be reviewed, as will issues around some of the clinical and ethical issues facing us and our trainees. How do we address these issues in supervision? What do our trainees want from us as supervisors? Case studies will be looked at from range of clinical areas and the afternoon will focus on clinical examples of both good practice and challenges.

Booking

To apply, **please contact** the **Leeds Programme**; email Sarah Snowden on hssssno@leeds.ac.uk

2. **Prioritising our Neuropsychological Skills in Supervision and Practice – A two-day training event**

Date: 11 and 12 June 2018

Venue: Holiday Inn Doncaster A1 (M), Jct.36 – High Road, Warmsworth, Doncaster, DN4 9UX

Workshop led by

- Dr Charlotte Baker, Teaching Fellow in Clinical Neuropsychology, University of Leeds
- Dr Peter Fleming, Clinical Tutor, University of Hull
- Suzie Beart, Principal Psychologist, SHSC
- Sophie Thomas, Consultant Paediatric Neuropsychologist, Nottingham

Synopsis of Workshop

The workshop is aimed at clinical psychologists who do not necessarily specialise in neuropsychology but who are requested occasionally to complete a neuropsychological assessment and who supervise clinical psychology trainees. Day One will cover issues such as: When to test, when not to test, how to test, what does it mean, situational/contextual factors in assessment, how do you recognise when you're out of your depth, what knowledge do you need to supervise others, and an update on DClinPsy neuropsychological teaching and core competencies.

The second day will be specific case discussions led by neuropsychologists working in specialist areas across the life span such as child, learning disability, brain injury, etc.

PLEASE NOTE: We would like to cover this topic area in sufficient depth and therefore feel to do it justice we need two days. As this is a free event to the supervisors of Sheffield, Hull and Leeds programmes, the commitment for attendees would be for two consecutive training days and a minimum number of supervisors would be required for the event to be viable.

The aim of the two-day event will be to update and prioritise neuropsychological skills development for clinical psychologists, with the goal of covering the clients' journey through a neuropsychological assessment.

Booking

To attend, **please contact Jacquie Howard** from the Sheffield Programme, email j.a.howard@sheffield.ac.uk

3. ACTivating Your Supervision: An Acceptance and Commitment Therapy (ACT) Workshop

Date: Friday, 13th July 2018

Venue: Park Inn by Radisson, Decoy Bank South, White Rose Way, Doncaster
DN4 5PD

Workshop led by

- Dr Richard Bennett

Synopsis of Workshop

ACT is a unique transdiagnostic psychological intervention that comes from the contextual behavioural science tradition. ACT uses acceptance and mindfulness strategies, together with behaviour change strategies, to increase psychological flexibility. It is concerned with helping individuals identify what is important to them and taking committed action in order that their behaviour is more consistent with their values. Rather than focusing on reducing 'symptoms' or changing thoughts, ACT promotes skills that help people develop a more helpful relationship with their inner experience. It is rapidly developing a wide-ranging evidence base across numerous areas of clinical practice.

This workshop is designed for supervisors of therapists working in mental or physical health care who want to enhance and develop their practice of effective and model-consistent supervision.

The workshop will explore issues such as:

- The common mistakes that therapists new to ACT make
- To identify ways of noticing traps therapists typically fall into
- Effective ways to supervise practitioners to develop competencies in contextual therapies
- Structuring supervision to promote flexibility and functional perspectives
- SHAPE: An ACT-informed models and practice of supervision
- Fostering supervisees to understand and influence function over form

The workshop will be highly interactive, involving a variety of methods including didactic teaching, experiential exercises, group work, and live demonstrations of supervisory interventions. Participants may be invited to explore their own psychological experiences to enhance their learning of the concepts that will be covered, although it should be stressed that participation in the experiential exercises is an invitation and not an expectation.

About the facilitator

Dr Richard Bennett works as a Clinical Psychologist and Cognitive Behavioural Psychotherapist.

He worked in physical and mental health services in the NHS for over 20 years as both an Occupational Therapist and Clinical Psychologist, before setting up Think Psychology, which is an independent psychology practice offering, therapy, supervision, training, and expert witness services. Richard is also an active committee member of the Association for Contextual Behavioural Sciences (ACBS) UK and Ireland Chapter and the British Association of Behavioural and Cognitive Psychotherapy (BABCP) ACT Special Interest Group.

In addition to his clinical experience, Richard has extensive experience of teaching and training. He is a Senior Academic Tutor in CBT within the psychology department of the University of Birmingham, where he leads the Postgraduate Diploma in High Intensity CBT, training NHS staff to work in IAPT services. He has trained and supervised a wide range of healthcare professionals across the UK, as well as overseas. He is recognised as a BABCP accredited psychotherapist, supervisor and trainer, and as an ACBS Peer-reviewed ACT trainer. He is also the co-editor of the book, "Rational Emotive Behaviour Therapy in Sport and Exercise", published by Routledge in 2017.

Booking

To attend, **please contact both Claire Kemp and Tara Nelson** from the Hull Programme, email C.Kemp@hull.ac.uk T.Nelson@hull.ac.uk . *(Please email both contacts as they both work part time).*

Additional Important Note:

Clinical psychology training programmes are required by HCPC/BPS to ensure the skill level of our supervisors. One of the easiest ways for supervisors to update and extend their skills is to attend supervisory training events. Sheffield, Leeds and Hull have a monitoring process in place whereby we maintain records of attendance as part of our quality assurance processes. The current expectation is that all supervisors will attend as a minimum one recognised supervisory event in a 5-year period.