Hello...

.....and welcome to our 2019 Newsletter. The Clinical Psychology Unit is still at Cathedral Court in the City Centre and there's lots going on at the moment as you will see. We have had some staffing changes – Sue Walsh has moved on from the DClin Psy programme after many years and Vyv Huddy and Kate Rayner have joined us. Jennie, Rachel, Eleanor, Louise and Arthur are all part of the growing IAPT team with Beck joining the admin team - see below for brief bios. We will be very sorry to see Lynsey Henstock (IAPT secretary) leave us later this month but are delighted that she is staying in the University with her new post as Course Support Officer in Electronic and Electrical Engineering - keep in touch Lynsey!

Paul Boyden has been with us on secondment working on the development of a local Psychological Professions Network (PPN) and we are delighted to say that The Yorkshire and Humber PPN is now open for registration. We are working with Leeds and Hull programmes on initiatives to encourage more diversity in the profession and continue to have lots of exciting research collaborations happening. More on these below.

We have also been looking at developing the programme to reflect our view that psychology has much to offer when considering wider society and community concerns. For example, we have been thinking about how we can contribute to a psychological understanding of Adverse Childhood Experiences (ACEs), how we might work to improve the well-being of individuals, families and communities outside the traditional clinic-based work and how we can impact on health inequalities. We are keen to contribute to a greater appreciation of the social determinants of mental health, the role of psychological and social factors in physical health and to policy development that reflects these ideas. As part of this we are developing links with third sector organisations, public health/local government, and communities and see this as key to training psychologists of the future.

In line with these ideas our biennial stakeholder day is on Friday 24 May 2019 with title: "Beyond the Clinic: Clinical Psychology in the Community". Greg Fell, Director of Public Health will start off the day and a number of local supervisors/trainees/services will give brief presentations on innovative psychological work they are doing. The event will be held at the Clinical Psychology Unit, Cathedral Court, Sheffield City Centre (with lunch). If you would like to come, and have not already responded, please contact Rachel Hill on rachel.hill@sheffield.ac.uk and we can reserve you a place.

There are also a number of national developments at the moment including the development of a Digital Competencies Framework (see http://digitalcompetences.000webhostapp.com) which outlines a framework of the knowledge and skills Clinical Psychologists should develop to work effectively in a digitally enabled NHS as highlighted in The Topol Review. The new Clinical Associate Psychologist (CAP) roles are also in development - more information about CAPs can be found at https://www.bps.org.uk/member-microsites/division-clinical-psychology/news

We had a lovely graduation lunch in January with our trainees who finished last September and we are interviewing for our new intake early this year – as this newsletter goes out in fact! We wish all our recent graduates success in their future careers, good luck to prospective candidates and many, many thanks to all of you who contribute to the programme in various ways – we couldn't do it without you!

Liza Monaghan
Gillian Hardy
Equality, Diversity and Inclusion

In September 2018 we held our first meeting with the aim to widen the demographic of professionals within psychological services. Peter Isebor (SHSC) chairs the group, which includes members of the Leeds and Sheffield course team, trainees and staff from local services. In August 2018 we held an open day in Leeds, jointly with the Leeds DClinPsy programme for potential applicants to DClinPsy programmes from a Black, Asian and Minority Ethnic groups (BAME). We are planning to hold another open day in June in Sheffield (date to be confirmed).

We are also in the process of scoping out the feasibility of running a Mentoring Scheme for potential candidates for clinical psychology training who come from a BAME background. We are working jointly with the Leeds and Hull programmes on this and hopefully supervisors will have received an email asking if you would be willing and able to act as a mentor for a potential applicant from a BAME background.

As the letter explains we are doing this work because data from the clinical psychology clearing house has shown a trend in application figures which shows that, proportionately, people from BAME groups are much less likely to be offered a place on training programmes. There is some local variation and some programmes have different application rates, but broadly this is an issue nationally. The numbers of applicants from BAME groups had increased over the last few years but it remains the case that overall, as an applicant you are half as likely to gain a place if you are from a BAME group than if you are from a 'white' group.

If you did not get the email and would like to register your interest in being a mentor please get in touch with Sarah Radgick (email: s.a.radgick@sheffield.ac.uk) or Rachel Hill (email: Rachel.hill@sheffield.ac.uk).

We hope that over time the group will develop further targets in this area.

Gillian Hardy

Yorkshire and Humber Psychological Professions Network (PPN)

The newly established Yorkshire and Humber Psychological Professions Network (PPN) is now open to membership registration. Similar to the North West PPN, the Yorkshire and Humber PPN is a multi-professional, regional membership network, for all psychological professionals contributing to NHS commissioned healthcare.

The Yorkshire and Humber PPN is being established by Dr Paul Boyden, Development Lead, who is based at the University of Sheffield’s Clinical Psychology Unit.

The PPN aims to establish a joined-up voice for all psychological professionals in workforce planning and development and to support excellence in practice. This includes anyone whose primary role is providing NHS funded therapies and interventions for individuals, families and communities.

Membership will be open to all Clinical Psychologists, Counsellors, Psychotherapists, Experts by Experience, Educators and Commissioners. Whether members work with adults, children or another population, and whether qualified or in training, all are invited to join and contribute.

Being a member of the Yorkshire and Humber PPN is free and will help join up all the psychological professions with other key stakeholders by being part of a broader community.

For more information on the Yorkshire and Humber PPN and how to become a member, please visit their website: https://www.nwppn.nhs.uk/index.php/groups/yorkshire-and-humber-psychological-professions-network

Paul Boyden
Development Lead
Collaboration with Gulu University in Uganda

Andrew Thompson in collaboration with a number of colleagues in the University and in SHSC has been successful in gaining GCRF QR funding to work with the Gulu-SHSC partnership towards developing psychological training and interventions. There will be several exchange visits over the course of the coming year with an initial visit to Gulu and visitors arriving in Sheffield in late May or June. The aim of the project is to look to secure research funding so as to enable the partners to develop low intensity psychological interventions. It is also hoped that the collaboration will create opportunities to develop shared teaching and placements. The project has the support of the Ugandan UK Health Alliance and builds on the existing Gulu-Sheffield Health Partnership led by SHSC.

Andrew Thompson

Changing Faces

In recognition of his research in the area of visible difference Andrew Thompson has recently accepted a role as a Trustee for the charity Changing Faces- well done Andrew!

Yorkshire Psychologists’ Post-Qualification Training (PQT) Group

The Yorkshire and Humber PQT group continues to thrive and organises 10 events a year across the region to meet the needs of local psychologists. The committee consists of representatives from local services (plus reps from the 3 training programmes) and meets twice a year to plan and organise training events. At £50 membership (£30 early bird rate until June 2019!), this represents excellent value for money. The most recent event in February was on ‘Applying ACT with flexibility’ led by Chris Graham which was very well received. Upcoming events include:

- ‘Systems, People and Psychology’ led by John Walsh and Steve Keyes on Wednesday 27th March at Devonshire Hall, University of Leeds
- ‘Reflecting on Practice with Staff Groups: Schwartz Rounds (am) and Balint Groups (pm)’ led by Jane Barton and Steve Delaney (plus colleagues) on Monday 15th April 10am -5.30pm at the Clinical Psychology Unit, University of Sheffield.

If you are interested in attending events and/or in joining the PQT please contact Carol Northey, email: cnortheyPQT@gmail.com

New Staff in the CPU

New IAPT staff...

Jennie Hague- Deputy Programme Director
Jennie has worked as an accredited PWP and then CBT therapist and supervisor in the Sheffield IAPT service since it’s conception in 2009. She is a BABCP accredited Cognitive Behavioural Psychotherapist. Jennie works clinically 2 days per week within the Sheffield IAPT service giving her frontline experience of the PWP/CBT roles, the pragmatic application of stepped care and service delivery. Jennie has special interests in psychoeducational groups (Stress Control), Behavioural Activation, the assessment of PWP competency and the delivery of transdiagnostic protocols at step 3. She joined the University team in 2015.

Rachel Clarke- IAPT Teacher (HIPI)
Rachel is a BABCP accredited CBT therapist, clinical supervisor and Tavistock approved Couples Therapist for Depression. Since 2009 Rachel has worked in two IAPT services; Sheffield IAPT and Talking Space Plus in Oxford. She trained as a PWP at the University of Sheffield and as a CBT therapist at the Charles Waller Institute, University of Reading. She has supervised
both trainee and qualified PWP's and CBT therapists. Rachel has a particular interest in Cognitive Therapy, Trauma focused CBT and Obsessive Compulsive Disorder.

**Eleanor Morton - IAPT Teacher (HIPI)**

Eleanor is a BABCP accredited Cognitive Behavioural Psychotherapist, Clinical Supervisor and a practitioner in both Eye Movement Desensitisation Reprocessing (EMDR) and Cognitive Behavioural Analysis System of Psychotherapy (CBASP) for persistent depression. She has worked within IAPT since 2010, studying at the University of Sheffield for both the Low and High Intensity Postgraduate courses. Eleanor has a special interest in the therapeutic relationship and how it can optimise clinical outcomes and a Behavioural approach to Obsessive Compulsive Disorder.

**Louise Hendley - IAPT Teacher (PWP)**

Louise has been working as a PWP since 2014 and began her PWP career at Hertfordshire Partnership and Foundation Trust (completing her PWP training in Essex). Louise moved to the Sheffield IAPT service in 2016 and currently works as a Senior PWP and supervisor within the service 3 days a week. Louise has been involved in Sheffield service enhancement projects; recently developing a large psycho-education group for University of Sheffield and Sheffield Hallam student to meet the growing need for mental health support amongst students. Louise is an advocate for the step 2 IAPT role and enjoys supervising and supporting PWPs.

**Arthur Nye - IAPT Teacher (PWP)**

Arthur is a PWP and supervisor working with long-term conditions (LTCs) in the Sheffield IAPT service. Arthur has published articles on experiences of training in psychological therapies and delivered training to physical health professionals on using CBT-based guided self-help. Arthur has a special interest in delivering psycho-educational courses for skin conditions and health anxiety at step 2, and is involved in evaluating patients’ qualitative experiences of these courses.

**Beck Rotherham - IAPT Secretary**

Beck joined the CPU in April 2018 as an administrator for the IAPT courses. Beck facilitates the smooth running of the High Intensity and Low Intensity Psychological Interventions courses from recruitment through to completion, and provides support for the trainees, IAPT teaching team and external speakers. Beck graduated from the University of Sheffield in 2016 and joined the CPU following employment with the University’s Admissions Service.

...and DClinPsy staff

**Dr Kate Rayner - Clinical Tutor**

Kate completed her DClinPsy in Sheffield in 2005 and has stayed and worked in Sheffield Adult Mental Health services ever since. For over ten years Kate worked within different community teams including Early Intervention, Family Intervention, Access and Assessment Team and Recovery Teams for people with long term and complex mental health problems. Following this, Kate has spent the last few years working within inpatient settings, across all adult acute wards but predominantly on the psychiatric intensive care unit. Kate has a keen interest in working with teams, supervision and staff wellbeing. She values working alongside different professionals to enable time and space to promote psychological understanding, reflective practice and emotional support for staff working in very challenging environments.

**Vyy Huddy - Lecturer in Clinical Psychology**

Vyy completed his DClinPsy at Royal Holloway University of London in 2008 following postdoctoral research in early psychosis at Imperial College London. His experience since qualifying as a Clinical Psychologist has been predominantly in secure inpatient and prison settings. This has fostered a keen interest identifying how to integrate psychological therapies into unpredictable and challenging settings. He is also interested in the social determinants of mental ill health and how services should be designed to provide efficient access to support.

**Dr Paul Boyden - Senior Clinical Psychologist and Development Lead for PPN Network**

The Yorkshire and Humber PPN is currently being developed by Dr Paul Boyden, Development Lead. Paul is currently also working clinically as a Senior Clinical Psychologist into the North Sheffield Home Treatment Team (Sheffield Health and Social Care NHS Foundation Trust). Paul regularly provides teaching for the Sheffield DClinPsy Programme around anxiety and an introductory workshop to Acceptance and Commitment Therapy. He also has a strong interest in working with people who have experienced trauma, psychosis and who have complex mental health needs.
Food for thought...

Whiteness in Psychology - Starting a Conversation

How often do we talk about diversity on clinical training? A reasonable amount I would say. We acknowledge our differences from our clients, we tick boxes on placement confirming we have discussed diversity and we recognise that clinical psychology programmes are pretty much dominated by middle class white women. So we talk about it, but how often do we really face the harsh reality that ‘Whiteness’ remains a persistent entrenched problem in clinical psychology and little appears to be changing. It’s taken me until my third year of clinical training and my fourteenth year of being part of the psychology world to start talking about the white privilege that exists and is maintained within clinical psychology. Are we simply blind to white privilege? Do we ignore it because it’s uncomfortable? Or do we allow it to continue because it is beneficial to the most of us?

There’s no denying it, psychology is Eurocentric. In the main, our psychological assessments are developed and normed on and by white people, our theories were developed and re-tested by white people, our therapies are based on the norms of a Eurocentric society, almost all lecturers are white, our trainees are mainly white and the majority of qualified psychologists are white.

Yet when we talk about ethnicity, diversity or racism we look to our black peers to take over. Surely it is not the role of the very people who marginalised by clinical psychology to address it? Should it not be the responsibility of those who are afforded power and privilege due to their whiteness to challenge it?

So why has it taken me to my fourteenth year in the psychology world to start talking about this? Well because for many years I was simply blind to it. I didn’t notice my skin gave me an advantage (which in itself defines privilege). I never had to worry about my whiteness, so I never did. I was always the norm especially in psychology. It didn’t occur to me that if others were oppressed then perhaps I was an oppressor. When it started coming into my consciousness I resisted it, I was too awkward to acknowledge it, too ashamed to admit I was part of any wrong doing. I kept quiet when I heard stereotypes at work, I thoughtlessly ticked the boxes agreeing I was reflecting on diversity and felt quietly pleased I had done my bit to understand others. I excused any part I had in systemic racism and colluded with the status quo. And as I write this, it remains awkward. I still don’t have the words, I talk clumsily and constantly worry I am getting it wrong or being offensive. The difference is, now I believe it is better to be clumsy and awkward than to collude with the racism.

Professor Nimisha Patel (2004) states:

“…To develop and to demonstrate competence in empowerment, clinical psychologists need to be able to operationalise a social and political analysis of culture and racialism oppression in their psychological thinking, as well as in their assessment, intervention, training and research skills”

There is much more to say on this topic. But as a start, I encourage everyone within clinical psychology to take a step back and ask themselves what they do to challenge the status quo. Some suggestions for exploring white privilege include:

- Reach the book "Why I’m No Longer Talking to White People About Race" by Reni Eddo-Lodge
- Read the (3 page) article "White Privilege: Unpacking the Invisible Knapsack" Peggy McIntosh
- Check out Patel and Keval (2018) “Fifty ways to leave…..your racism”
- Participate in Nimisha Patel’s research exploring the views of trainees, trainers and service users on this topic to produce learning tools to explore issues of racism (prior ideas/knowledge not needed, just discussion). Email n.patel@uel.ac.uk to participate
- Review and reflect on social media echo chambers. How much content is mindlessly absorbed that only reflects our own privilege. Follow pages representing; disabled, trans, cultural, Asian, black and platforms that actively support and promote people of colour

Tansy Warrilow
3rd Year Trainee

Editors note: we encourage articles from trainees, supervisors, experts by experience, programme staff and other stakeholders. Please contact Liza, Gillian or Rachel for further information and guidelines if you would like to submit something for a future newsletter.
Mindful Parenting Group

The mindful parenting group are recruiting parents of children with eczema or psoriasis, so if you know of anyone that may be interested, please see the below flyer

For more information, please contact Dr Connor Heapy (c.heapy@sheffield.ac.uk)