The personal and professional impact of being a member of the involvement group

Leeds
Evaluating the Personal & Professional Impact of being a member of the Involvement Group

SAAFI MOUSA
COMMISSIONED BY DR TRACEY SMITH
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Background

- Commissioned by Dr Tracey Smith

- The involvement group is a subgroup of the Group of Trainers in Clinical Psychology (GTiCP) group and consists of members who are academic staff, service users and carers. The involvement group members are part of a mailing list and are invited to regular meetings, although some members may only be involved in either the mailing lists or the meetings.

- This SEP was commissioned as a follow-up from previous SEPs (Dunning, 2015; Berry, 2016) and discussions at the Involvement Group meetings, in which it became apparent that it would be useful to explore the personal and professional impact on members as a result of being part of the Involvement Group.
Aims

- Observe the demographics of those taking part in the Involvement Group.

- Gain insight on the personal and professional impact of being part of the Involvement Group.

- Identify if those taking part in the Involvement Group feel that being part of this group has led to changes in the Clinical Psychology Programmes.
Methods & Analysis

Stage 1 - Online Questionnaire:
- Recruitment email sent on two occasions to the Mailing List
- Online questionnaire completed by 8 members of the Involvement Group Mailing List
- Upon completion, option to volunteer for telephone interview by leaving an email address

Stage 2 - Telephone Interviews:
- 6 volunteered, 4 completed interviews
- 2 SU & Academic Staff and 1 SU, 1 SU & Carer
- Interviews ranged from 8 minutes to 25 minutes
- All interview analysed using Thematic Analysis (Braun & Clarke, 2006)
## Findings

### Table 1. Demographics of respondents

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>87.5%</td>
</tr>
<tr>
<td>Male</td>
<td>12.5%</td>
</tr>
<tr>
<td>White British</td>
<td>100%</td>
</tr>
<tr>
<td>Employed</td>
<td>100%</td>
</tr>
<tr>
<td>Disability</td>
<td>25%</td>
</tr>
<tr>
<td>Service User</td>
<td>37.5%</td>
</tr>
<tr>
<td>Academic Staff</td>
<td>25%</td>
</tr>
<tr>
<td>SU &amp; AS</td>
<td>37.5%</td>
</tr>
<tr>
<td>Mailing List Only</td>
<td>50%</td>
</tr>
<tr>
<td>ML + Meetings</td>
<td>50%</td>
</tr>
</tbody>
</table>

N=8 (7%)
### Wider Training Community

- Wider involvement required
- Changes to courses
- Feedback on Developments
- Exchange of ideas
- Reinforcement of good practice
- Knowledge of other courses

### GTiCP Involvement Group

#### Restorative use of experiences

- Giving back
- Involvement from start
- Influence future care
- Feeling valued

### Local SU Involvement Groups

#### Treated as a person

- Listened to/feeling heard
- Social contact
- Structure & routine
- Role & identity

#### Skills development

- Increased confidence & self-worth
- Teaching skills
- Interviewing skills
- Research Skills
- Knowledge of Clinical Psychology

#### Language

- Motivation

#### Funding

- Critical Voice
Figure 1. Interview Themes
Wider Training Community
“Just getting in touch with other groups, what they’re trying to do and just reaching out with a different community and I’m pretty sure something came up from this.”

Being treated as a person
“.worked several years now with a group that positively welcomed what I had to say and what I could offer and what I could do and it makes me feel like a human again and useful.”

Restorative use of experiences
“.made me feel that my experiences of having mental health problems are now sort of providing me with some useful information to draw on that in my life experience.”
Thank you!


Please tweet about the Conference

#GTiCP2018