Group of Trainers in Clinical Psychology 2018 Annual Conference

Self-Practice/Self-Reflection & Digital Competences

RHUL
Practice Sharing
Royal Holloway
University of London

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Developing Digital Competences
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Trainees

• 2 Conferences
  • Evidence base
  • Hands on experience

• Collaborations with Ieso and MindDistrict - teaching

• Digital case report - CBT online intervention with online supervision

• Collaborations with computer science

• Research Projects with a digital focus

• National Survey 2016 & 2018

• Leading Expert Reference Group – Digital Competences Framework

• Contributed to the TOPOL review
Digital Competency Framework

http://digitalcompetences.ooowebhostapp.com
WE NEED YOUR FEEDBACK

• Consultation on the competencies will be now until 31st December 2018 - Qualtrix Survey

• https://rhulpsychology.eu.qualtrics.com/jfe/form/SV_4NJrBL2StiooboV
Self-Practice / Self-Reflection

• Self-Practice/Self-Reflection is a way of formally practicing therapy techniques on oneself and reflecting on the process afterwards. From a training perspective, the aim is to help trainee psychological therapists learn “from the inside” (e.g. Bennett-Levy, 2014).

• Participating in SP/SR may also help trainees manage the stresses they encounter during their training.

• Some SP/SR initiatives are currently being piloted at RHUL
  • Facilitating optional self-lead SP/SR lunchtime sessions for trainees.
  • Providing a SP/SR session on imagery during teaching time – lead by an external facilitator.
Optional self-lead SP/SR sessions

- Aim: Trainees having a space to reflect on their own practice and personal development and apply SP/SR ideas to themselves.
- Supporting first and second year trainees to set up informal sessions for development of Self-Practice/Self-Reflection
- Using a variety of CBT/3rd Wave CBT models (e.g. using resources from the book "Experiencing CBT from the Inside Out")
- Initially facilitated by a course tutor to model the process, then trainees will facilitate groups themselves.

- A survey sent to trainees suggested a strong interest in participating in these groups
- Groups have been facilitated with the first and second years, with both year groups intending to self-lead a further group this term.
- Initial informal feedback has been positive.
- The groups will be more formally evaluated at the end of term in line with relevant models of SP/SR (Bennett-Levy & Lee, 2014).
SP/SR imagery session: externally facilitated

• As part of a small research project, an external facilitator (Tobyn Bell) will lead an SP/SR imagery session, focusing on compassionate and critical images.

• Trainees will be lead through an imagery exercise, and encouraged to write and/or draw the images they create.

• This will be part of a timetabled teaching session

• Participation in the exercise is required – though participating in the research project will be optional.

• RHUL ethics application is currently in progress

• (Co-researchers: Tobyn Bell, Russell Kolts, Alison Dixon, Jane Vosper)
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Please tweet about the Conference

#GTiCP2018