Aligning clinical psychology training with the NHS Long Term Plan (England)

Or
The long and winding road

Or
I want to hold your hand

Or
Everybody's got something to hide except for me and my monkey

Or
help

Or
Yesterday

All my troubles seemed so far away....

Gary Latchford Jan Hughes Anna Daiches
Money, that’s what I want

- Threat to funding
- Engagement with HEE and NHSE
- Raised the profile of the profession
- An opportunity?
- Closer ties
We can work it out

- Responsiveness to NHS planning
- Are courses producing graduates with the skills needed by the NHS?
- Currently, NHS Long term Plan in England outlines priority areas, and psychological therapies highlighted by NHSE
What goes on

• The survey:
• Specialities/areas of practice
- The survey:
- Therapies

<table>
<thead>
<tr>
<th>Therapy</th>
<th>Do you provide teaching on this?</th>
<th>Are placements available that offer this?</th>
<th>If applicable, do you offer accreditation?</th>
<th>What are the barriers to covering this therapy?</th>
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<tbody>
<tr>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
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<td>Acceptance and Commitment Therapy (ACT)</td>
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<td>Cognitive Analytic Therapy (CAT)</td>
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<td>Cognitive Behavioural Therapy (CBT)</td>
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<td>CBT for bipolar</td>
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<td>CBTp (psychosis)</td>
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<td>Compassion Focussed Therapy (CFT)</td>
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<td>Couples Therapy/Behavioural</td>
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<td>Anorexia Nervosa</td>
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Come together

• 20 courses responded (60%)
Here, there and everywhere

• **Areas of practice:** Areas well covered with broad experience available on placement:
  – Adult mental health
  – Autism Spectrum Disorders Adult and child
  – CAMHS
  – Early intervention for psychosis
  – Learning disabilities
  – Older adults
  – Physical health – long term conditions
  – Severe and enduring mental health/psychosis
  – Perinatal mental health: 16 provide teaching, 16 provide placements
  – Leadership: all provide teaching, 15 provide experience on placement
  – Infant mental health: 17 provide teaching, 13 provide placements (emphasis on direct & indirect work)
  – Drug & alcohol addiction: 18 provide teaching, 12 placements (emphasis on direct & indirect work)
Areas of practice: Mixed; often covered; variable experiences available on placement:

- Working with school systems: 14 provide teaching, 12 provide placements
- Service user and carer involvement: all provide teaching, 11 provide placements
- Primary care: 13 provide teaching, 11 provide placements
- Working with homeless people: 10 provide teaching, 10 provide placements
- Community prevention/health inequalities: 16 provide teaching, 9 placements (emphasis on leadership)
- NHS Staff wellbeing: 17 provide teaching, 8 provide placements
- Public Health/ Health economics and contribution of psychology: 13 provide teaching, 7 provide placements (emphasis on leadership)
• **Areas of practice**: Poor; sometimes covered in teaching but little experiences available on placement:
  – Digital healthcare: 5 provide teaching, 2 provide placements
  – Problem gambling: 6 provide teaching, 3 provide placements
Something

• Other areas?
  – Forensic
  – Student health
  – Paediatric
  – Gender identity
  – Community/critical psychology
  – Domestic abuse
  – Eating disorder
  – Personality disorder
  – Neuropsychology/ neuro rehab
  – Veterans
  – Refugees
  – international
All you need is Love

- Therapies covered by all:
  - ACT
  - CAT
  - CBT
  - CBTp (psychosis)
  - Systemic family therapy

Video-feedback intervention to promote positive parenting and sensitive discipline (VIPP-SD)
Therapies covered variably:

- Positive Behaviour Support (19 cover this; 19 have placements)
- CFT (19 cover this; 18 have placements)
- DBT (19 cover this; 18 have placements)
- Mindfulness based (MBT) (18 cover this; 17 have placements)
- Narrative (18 cover this; 17 have placements)
- CBT for bipolar (16 cover this; 16 have placements)
- Schema focussed (16 cover this; 15 have placements)
- Family intervention for psychosis (14 cover this; 16 have placements)
- Parent Training (PT) (13 cover this; 11 have placements)
- EMDR (11 cover this; 11 have placements)
- Family intervention for bipolar (6 cover this; 9 have placements)
- Interpersonal (IPT) (6 cover this; 8 have placements)
Therapies not widely covered:

- Video-feedback intervention to promote positive parenting and sensitive discipline (VIPP-SD) (7 cover this; 7 have placements)
- Couples therapy/behavioural couples therapy (6 cover this, 4 have placements)
- Interpersonal Psychotherapy for Adolescents (IPT-A) (4 cover this; 5 have placements)
- Incredible Years Programme (4 cover this; 4 have placements)
- Systemic Family Practice for Conduct Disorders and Depression (SFP CDD) (4 cover this; 4 have placements)
- Cognitive Behavioural Therapy for Children and young people (4 cover this; 3 have placements)
- Dynamic interpersonal (DIT) (4 cover this; 3 have placements)
- Personalised Individualised Parenting Therapy (PIPT) (no one covers this)
• Other therapies covered?
  – Psychodynamic
  – Intensive Short-term Dynamic Psychotherapy
  – Group therapy
  – Solution focussed
  – Motivational interviewing
  – Mentalisation based therapy
  – PIT
Ticket to ride

- Accreditation?
  - CBT: 5 optional pathway; 6 planning
  - Systemic Family Therapy: 3 full, 2 optional, 5 in planning
  - Narrative Therapy: 1 full, 2 optional, 1 planning
  - ACT: 2 optional; 2 planning
  - Dialectical Behaviour Therapy (DBT): 2 optional
  - CAT: 2 optional; 1 planning
  - CBT for bipolar: 2 optional
  - CBTp (psychosis): 2 optional
  - Family Intervention for Psychosis: 2 optional; 1 planning
  - Mindfulness Based Cognitive Therapy (MBCT): 2 optional; 1 planning
  - Positive Behaviour Support: 1 optional
• Accreditation?
  – Cognitive Behavioural Therapy for Children and young people 2 planning
  – Schema Focussed Therapy: 1 planning
  – Compassion Focussed Therapy (CFT): 1 planning
  – Family Intervention for Bipolar: 1 planning
  – Systemic Family Practice for Conduct Disorders and Depression (SFP CDD): 1 planning
• Accreditation?
  – Neuropsychology: QiCN compliant teaching: 10 (50%) have this in place
I feel fine

• Comments:
  – Our graduates will be adept at applying a range of psychological theory to novel and complex situations, deriving formulations from first principles and observation, and therefore adapting interventions to the need of the client and the service, as well as responding with new forms of therapy as they develop over the years
Getting better

• We cover a lot of areas in the Long Term plan really well
• Between the courses, we cover almost everything
• Most placements offer experiences of face to face, indirect and consultancy/leadership work
Cry baby cry

• There are a couple of specialties we don’t cover so well
  – Problem gambling
  – Digital healthcare

• And we probably should

• Some therapies not often covered
  – Incredible Years Programme
  – Systemic Family Practice for Conduct Disorders and Depression (SFP CDD)
  – Cognitive Behavioural Therapy for Children and young people
  – Dynamic interpersonal (DIT)
  – Personalised Individualised Parenting Therapy (PIPT)

• Secondary accreditation
  – A lot going on!
  – But most courses don’t offer it for CBT yet
Because

- Barriers to secondary accreditation & coverage of different specialties/therapies
  - Lack of local experts/qualified practitioners
  - E.g. 7 courses cite lack of local accredited supervisors as barrier to CBT accreditation
Let it be

(any questions?)