



Doctorate in Clinical Psychology Programme Newsletter

Summer 2019

Hello from all on the Newcastle DClinPsy programme - I hope that everyone is enjoying their summer. We have had a busy but successful year so far on the programme with a recent BPS re-accreditation visit. The team felt that the two-day visit was a collaborative, reflective and helpful process through which to review our training programme and I am very pleased to say that we were re-accredited without conditions. I am also delighted to report that we were awarded a commendation for our collaborative engagement with stakeholders and strong partnership with supervisors throughout the revamp and updates made to the programme. I appreciate that there have been a substantial number of changes to the programme over the last few years – including to the staff team, governance processes and focus of therapy models – and it is very welcome for our accrediting body to recognise the collaboration and support that our stakeholders have provided over the period during which the changes have been implemented.

There are a number of other developments that are outlined in this newsletter, including updates from our very active sub-committees and from our accreditation pathways. An excellent Research Conference was convened this year with Prof. Paul Salkovskis providing a stimulating keynote talk on how to increase the integration of research and clinical practice in our work. It is always

a highlight of the year to see our final year trainees showcase their research to a wider audience, and 2019 saw an interesting range of clinically relevant research projects presented. Earlier in the year our clinical team held an Electives Fair for the first time, and this was a very successful engagement event which allowed our supervisors and trainees to meet, network and hear about different services and placement opportunities. In this newsletter the clinical team provide details of our supervisors' workshops and training events, to which all supervisors are invited to register. Finally, we have invitations for you – to attend the Community Festival led by the North East branch of Psychologists for Social Change on the 21st September, and to join our trainee and service user-led group KEEN.

As ever I and the programme team would like to extend our gratitude to all of our regional supervisors who are involved in supporting trainees with their research or in offering clinical placements. Your continued involvement and collaboration with the programme ensures that we provide our trainees with the highest quality of training.

With best wishes,

Claire Lomax

Programme Director

BPS ACCREDITATION VISIT

Following a successful visit to our programme, the British Psychological Society confirmed the ongoing accreditation of the Doctorate in Clinical Psychology. This means of course that graduates from the programme are deemed to have met the requirements for Chartered Membership of the Society (CPsychol) and full membership of the Division of Clinical Psychology.

We recently received the final report from the BPS visit, the summary of which we would like to share with you here:

The visiting team would like to thank the programme team for their hospitality during the accreditation visit and for engaging in open and constructive dialogue in the spirit of partnership. In particular, the visiting team would like to acknowledge the leadership and responsiveness of the Programme Director in driving forward necessary changes to the programme within a relatively new programme team; working collaboratively with programme staff, clinical leads and supervisors to implement various changes including a new governance structure. Through discussions with various stakeholders that the visiting team met it is clear that the programme sits within a strong school and faculty with a commitment to ensuring the delivery of a well-regarded research programme. A number of areas of good practice were highlighted by the visiting team which include: positive communications between staff and trainees, responsiveness of programme staff and a true commitment to inclusivity, responding to the diverse needs and abilities of students in partnership with supervisors and the continued strength of a well-regarded research programme.

We were also delighted to receive a commendation for a key aspect of our work:

The programme is commended on its collaborative engagement with stakeholders and strong partnership with supervisors throughout the revamp and updates made to the programme. The programme has undergone a significant amount of change since the Society's last accreditation visit in 2012, including changes to the Programme Director and other key members of the programme team, changes to the governance structures, establishing a Programme Board and the Knowledge and Experience Exchange Network (KEEN) initiative. The visiting team heard positive feedback from various stakeholders throughout the visit. Clinical supervisors spoke about the positive communication they have with the programme team, highlighting the pro-activeness and solution focused approach the programme team takes to arranging placements and supporting trainees with additional needs; ensuring that supervisors receive appropriate training. In addition, members of KEEN who the visiting team spoke to talked about their expanding level of involvement with the programme and their ability to influence the content and wider involvement in the programme. The visiting team felt that communication and partnership working was a real strength of the programme and the programme team had ensured a continued collaborative approach through various programme changes.

The team worked very hard in preparation of this visit and I am very pleased that their work over the last few years have been recognised. Thank you again to all of those who participated and contributed to the visit.

Claire Lomax

CLINICAL UPDATE

Electives Fair: Thanks to everyone who attended the Electives Fair in March. We had a great turnout with over 20 clinical supervisors from across the region, representing a diverse range of specialisms including services for military veterans, national deaf CAMHS service, inpatient children and young people's service, forensic CAMHS, family therapy, eating disorders, forensic LD inpatient and community, adult inpatient, paediatric health and specialist CBT.



Next year's Fair will be held on **5th March 2020** and we will be inviting both the first and second year cohorts to attend. If you would like your service represented at the event do get in touch so that we can start planning.

Online submission of paperwork: We are moving to online submission of placement forms. The aim is to make the process of submitting paperwork more straightforward, less cumbersome, and kinder to the environment! It should

also make it easier for us to compile placement audits to monitor the quality of placements and report back to the services. We are expecting this to be in place for the next round of placements starting at the end of October and will be providing training on this for all supervisors at our workshops.

Supervisor Training: The next Refresher supervisor workshop will take place at the University on 20th September. If you are taking a trainee in October, we would particularly encourage you to attend in order to get the training in the new online submission system for placement forms. There will also be a 3-day Introduction to Supervision workshop starting in October for all those who are new to supervising. In addition we are also able to provide free places for a 2-day workshop on the CBT 'Cake Stand model' of supervision for any supervisors offering a core adult placement, or for those who have done this training already, a one day refresher to the 'Cake Stand model'. For more details see below.

Exciting opportunity: Finally we were extremely pleased with the recent BPS visit and their high praise for our strong relationships with supervisors in the region. Huge thanks to those supervisors who attended on the day and provided such positive feedback, and to all in the region who continue to offer placements - we couldn't do it without you! We are also pleased to let you know that we are increasing the size of the clinical tutor team and are advertising for two new tutors (details following). Please don't hesitate to get in contact if you would like to know more about the posts.

Theresa Marrinan & David O'Sullivan

Supervisor training workshops

Introduction to Supervising DCLinPsy trainees

17th & 18th October 2019 & 27th March 2020

This 3-day workshop is open to those who haven't previously supervised DCLinPsy trainees.

Supervisor Refresher Workshop

Friday 20th September 2019

This workshop is intended to provide an update for all clinical supervisors

ADDITIONAL TRAINING

The Newcastle 'Cake Stand' model of supervision

3rd & 4th October 2019

Stephen Barton & Matt Stalker

(For supervisors who offer CBT placements and are new to the CBT model of supervision)

'Cake Stand' model of supervision - a Refresher

11th October 2019

Stephen Barton

(For those who have already completed training in the Cake Stand model but would like to brush up on their CBT supervision skills)

If you would like to reserve a place on any of these workshops please get in touch by emailing doctorate.director@ncl.ac.uk, stating which workshop you would like to attend.

RESEARCH CONFERENCE 2019

The Research Conference was held in May and there were several CPD events held through the day. In the morning two sessions were convened, with one talk delivered by Dr. Fiona Gullon-Scott aimed at encouraging clinicians in the region to get involved with research supervision on the programme (aimed at clinicians who are interested in getting involved in research with us, but aren't sure where to start!) and a second talk presenting on a novel and exciting development in psychological research ('Network Analysis in Social Science Research' by Dr. Lucy Robinson).

In the afternoon three symposia were convened around key research themes, and this gave our final year trainees the opportunity to present and discuss their research to a wider audience. Finally Prof. Mark Freeston introduced our keynote speaker Prof. Paul Salkovskis. Paul is Professor of Clinical Psychology at



Oxford University, Director of Oxford Institute of Clinical Psychology Training and Oxford Cognitive Behaviour Therapy Centre and as ever gave a very stimulating talk about the challenges and benefits of

integrating research into clinical practice. This was a very well-attended event and gave students, researchers and clinicians to spend a day hearing about novel research and clinical developments that are happening in our region and beyond.

SYSTEMIC MODULE ON DCLINPSY PROGRAMME

Thanks to all of our colleagues who have contributed to the development and delivery of the systemic module for the Doctorate over the past year. We are fortunate that family therapy and systemic practice is in good health across many services in this region as a result of the creativity and hard work of local practitioners.

The systemic SIG is the main forum for discussions about systemic elements of the Doctorate programme, and we'd be delighted to hear from any colleagues who might be interested in attending. The SIG meets four times each year, and each session includes a practice-focused CPD section. The next meeting is Thursday 26th September from 9-30am-12-00pm in Room 4.08, Ridley Building 1 at the University. (If you'd like more information about the SIG, contact Alex Reed: a.reed2@ncl.ac.uk).

We're delighted to announce that Margaret Dimmock has been appointed as Coordinator for the Systemic Module of the DCLinPsy programme at Newcastle University, and will be taking over the role from Alex Reed in September. Margaret is a very experienced and highly regarded systemic trainer, supervisor and therapist. She was previously a Senior Lecturer in Family Therapy at Northumbria University, and more recently Programme Lead for the systemic pathway of the IAPT programme for children and young people. Margaret is also an active member of the local branch of the Association for Family Therapy.

Dr Alex Reed

NEUROPSYCHOLOGY PATHWAY

Now that our Neuropsychology pathway has been finalised across all 3 years of training, we are excited to announce that Drs Ingram Wright and Martin Bunnage from the University of Bristol PG Diploma in Clinical Neuropsychology, with whom our pathway is affiliated, are planning to visit our Programme this autumn to meet with interested trainees, local supervisors, Neuropsychology SIG, and the staff team. This is part of their ongoing desire to support courses wanting to facilitate trainees keen to pursue post-qualification neuropsychology training, and to formalise and consolidate the arrangements our DClinPsy programme has with Bristol so they have an up-to-date record of compatibility in terms of knowledge and case study / placement experience.

In addition, we are delighted to say that at least one of our outgoing 2016-19 cohort has applied to do the Bristol PG Diploma via our pathway route, and is planning to begin the course in January 2020 having already secured a post within a neuropsychology service. The knowledge and experience obtained during our Programme enables Mithila to offset 25% of the knowledge component of the diploma, at least 6 and up to 12 months of the required 24 months neuropsychology-relevant experience, and to have already successfully met the research requirement - thus significantly reducing the length of time required to reach QiCN clinical neuropsychology qualification. We wish Mithila every success in her pursuit of qualified clinical neuropsychologist status!

Dr. Fiona Gullon-Scott

ADMISSIONS UPDATE

We had 332 applicants for 14 funded places in our 2019 intake. 52 of those applicants made it through our Shortlisting process to be invited to interview, where they were interviewed by a Panel consisting of a Programme Tutor and chair, an NHS colleague, a colleague from NTW (Northumberland, Tyne and Wear NHS Foundation Trust as our host trust), and a Service User representative. Our interview panels were impressed with the number of high quality applicants, and we were delighted to fill our 14 places with a new cohort set to join us in September.

SERVICE USER AND CARER INVOLVEMENT GROUP UPDATE

KEEN is an inclusive group where experts by experience, trainee clinical Psychologists and staff from the DClInPsy programme team at Newcastle University meet to learn from one and other and work together to achieve common goals. Our main goals are to create better links between the doctorate course and groups in the community, to increase the involvement of trainees in community projects and to involve experts by experience in the doctorate course. For example, experts by experience already help with interviews for the doctorate course and are involved in teaching the trainees. We want to do more

of these initiatives and find ways that trainees can give back to the community. KEEN is a relatively new group and we encourage everyone to attend, whether you have experienced mental health issues yourself, are a carer for someone who has, or are just interested in learning more about KEEN. We meet every few months at RE-CO-CO so come along to one of our meetings to find out more or get in touch at KEEN@newcastle.ac.uk

The last KEEN meeting of the year was held in June, and it provided an opportunity to review progress this year and think about plans for the future. The following areas were discussed:

- The development of video resources with a view to expanding this into a MOOC (Massive Open Online Course) are ongoing. Scoping exercises have revealed gaps in content of existing MOOCs that would potentially be useful to explore - particularly in relation to content created by experts by experience/service users/carers. The group are at the stage of creating trial videos to consider preferred format and also using this to consider the questions they wish to ask.
- Discussions are ongoing about potential opportunities to think about teaching format of certain aspects of the course for incoming first years and the way in which this could lead to greater links between course and the community (especially RECOCO)
- Positive feedback received regarding expert by experience/service user involvement in recent BPS visit and the interviews for incoming cohort.

KEEN

KNOWLEDGE & EXPERIENCE
EXCHANGE NETWORK



What is KEEN?

KEEN is an inclusive group where experts by experience, Trainee Clinical Psychologists and staff from the Doctorate in Clinical Psychology at Newcastle University meet to learn from one another and work together to achieve common goals.

Why would I come to a KEEN meeting?

You may have experienced mental health issues yourself, be a carer for someone who has or are just interested in finding out more about the goals of KEEN.

We meet every few months at RE-CO-CO so come along to one of our meetings or get in touch at KEEN@newcastle.ac.uk



NEXT MEETING
FRIDAY 25th OCT 2-4pm
at RE-CO-CO

TRAINEE UPDATE

We are very sad to be saying goodbye to our current third years who are completing the programme in September 2019. We are confident that they will be an asset to the services they work with and we wish them well in their future careers. Before they leave, we are having our second away day together as a staff team and all three cohorts of trainees at the Dove Marine Laboratory at Cullercoats, which will be a great way to say goodbye and good luck!



After this event, we will be looking forward to welcoming a new cohort of trainees in September. They are:

Claire Borthwick; Aoife Bradley; Claire Brown; Claire Cadger; Megan Finegan; Olga Karagiorgou Johnstone; Sarah Kay; Alisa King; Latoyah Lebert; Declan McMahon; Kathryn Ragan; Sasha Stone; Luke Wilson Rogers; Mma Yeebo

BEING AN INTERNATIONAL STUDENT ON THE NEWCASTLE DCLINPSY PROGRAMME

We have been lucky enough to work with several international students on the programme, who have trained with us and we believe will be a real asset to the profession. They have brought a valuable perspective on training and to the programme, and one of the students Mithila Mahesh agreed to write a short piece for the newsletter on her perspective of her time with us. Thank you to Mithila for sharing this with us all.

Getting closer to the end of the course, it feels like a long time ago that I had first moved to Newcastle to begin this journey. Coming from another country with a different accent and cultural understanding to work as a trainee psychologist was initially challenging. I encountered quite a steep learning curve academically and professionally since I had little clinical experience before the course. To add on was the unpredictable weather and adapting to a completely new city. It's an interesting city: the winters are cold, the weather is confusing, but the people – who made my journey – are incredibly warm!

It was difficult initially but I was lucky enough to have excellent supervisors and tutors for research, on placement and on the course to help out when extra support was needed. My greatest support system was the friendships I built within my amazing cohort. Whether it was a quick catch up session over coffee or hours discussing a difficult methodological issue in the trainee room, these interactions made my DCLinPsy experience. Looking back, it was these conversations that welcomed me at the start and got me through this course. It was a challenge to move to a city three years ago without knowing anyone at

all, but now I face the even greater challenge of saying goodbye to my Geordie family. Thank you to the course for this opportunity and giving me the chance to make Newcastle my home these past three years!

JOB OPPORTUNITIES

We are looking for two HCPC registered Clinical Psychologists to work as Clinical Tutors within our supportive and friendly team within the School of Psychology. Our team are committed to providing the highest standards of training in clinical psychology. The posts are 0.4 WTE, are offered on a secondment basis at 8a or 8b level. The successful candidates will have post-qualification clinical experience, a commitment to developing and delivering clinical psychology training and experience of supervising other professionals. They will hold a recognised postgraduate qualification in clinical psychology and will have an understanding of the roles of clinical psychology within the NHS. The post-holders will work under the Clinical Director to help deliver all aspects of the programme related to the organisation and implementation of supervised clinical placements, including clinical assessments and delivering teaching and training to trainees and supervisors. Depending on applicants' interests and experiences, the post-holders will also have the opportunity to work within our selection processes and supervise service-based research.

Please see <https://www.jobs.ac.uk/job/BUA682/clinical-tutor-a238493a> for more information, or contact Claire Lomax on Claire.lomax@ncl.ac.uk or Theresa Marrinan on Theresa.marrinan@ncl.ac.uk for informal enquiries.

PSYCHOLOGICAL THERAPIES TRAINING & RESEARCH CLINIC

In February 2018 the Psychological Therapies Training and Research Clinic was established at the university to deliver CBT to students and is consistent with the aims of the Universities UK Step Change Framework to deliver a meaningful, impactful change in student mental health. Using the staffing and experience of two of our postgraduate therapy training programmes (the Doctorate in Clinical Psychology and the Postgraduate Diploma in CBT), qualified and training staff from both programmes see referrals from the University Counselling Service who present with anxiety and/or depression and have been assessed as suitable for a course of CBT.

The clinic is available to all students – undergraduate and postgraduate – across the university and aims to provide a realistic, quick-to-access alternative to NHS treatment. Students identify lack of provision of suitable services, long waiting times, and too few sessions as key barriers to accessing appropriate care when they need it. This initiative directly addresses these issues and is consistent with Newcastle's vision of supporting our students to meet their full potential. To the best of our knowledge it is the only service of its kind at a UK university.

In February 2019 we were delighted to win The Guardian's University Awards 2019 Student Experience category.

In May 2019 the clinic project was awarded more than £400,000 by the Office for Students (OfS) in a grant led by Dr. Lucy Robinson from the DClInPsy staff team. **There will be job opportunities within the clinic advertised shortly so please look out for further announcements.**

COMMUNITY FESTIVAL

The North East branch of Psychologists for Social Change, which some of our third year trainees are involved with, are holding a Community Festival in September. The event will bring together and celebrate local organisations and highlight the great work that is being done in the region.

The festival is taking place at Star and Shadow Cinema (Warwick Street, Heaton) on Saturday 21st September 2019 from 12-6pm. There will be live music throughout the day, activity stalls to get involved in, a 'living library' which brings together the sharing of experiences and information and advice. The festival will close with a free showing of the film 'I am Nasrine' (tickets need to be reserved via Star and Shadow website). For more information about the event please visit <https://www.starandshadow.org.uk/>

If you're interested in being involved in the day or have any thoughts or ideas to share with us, please get in touch with Rowan Tinlin on PSC_community_festival@outlook.com

Community Festival

SATURDAY
21st September
12 NOON START

STAR &
SHADOW
CINEMA
Warwick Street, NE2 1BB

Bring donations
food/hygiene
for food banks

Bar &
vegetarian
cafe open
all day

Social media
& E-mail

@fest_ne
@ne_againstausterity_festival
NE Against Austerity
Festival @ Star & Shadow
psc_community_festival@outlook.com



Presented by
'North East Psychologists
For Social Change'

LIVE MUSIC FROM
SKYLARK SONG
NEV CLAY • SIMON TAYLOR
PROPER BUZZIN • SAM SLATCHER
DARYL QUINCY • LIVE DJs & MORE

INTRODUCING OUR
'LIVING LIBRARY'
HELP & ADVICE WITH HOUSING, LAW, FOOD,
HEALTH, WELLBEING AND HUMAN RIGHTS

LIVE COMEDY INCLUDING OUR COMPERE JOHN SCOTT

COMMUNITY RADIO Q&A PANEL / FILM SHOWING OF 'I AM NASRINE'

Click onto venue website: www.starandshadow.org.uk to reserve free film ticket, starts at 7pm

