

Welcome...

...to the 5th issue of your quarterly Psychological Practitioner Community of Practice (PP CoP) newsletter. We have now

been sharing information about Psychological Practitioner roles in the North West region, with the aim of connecting our workforce, for a whole year and are celebrating the newsletter's first anniversary. *Happy 1st birthday to our newsletter!*

As co-chairs we would like to thank all of the PWPs, CYWPs, EMHPs, MHWPs, APPs, YIPPs, and others who have supported our events, contributed to the work of the PP CoP, and given us opportunity to write about it all in this newsletter. We are keen in the year moving forward (and onward) to have a much wider range of your voices, covering all the Psychological Practitioner roles, represented here - so please get in touch! Tell us what fabulous work you are doing around the North West, or let us know what you are wanting to hear about from others. And if you want to get involved in the writing or development of the newsletter (as well as of our social media presence) we'd be eager to hear from you via england.ppn.northwest@nhs.net

In this issue we have some event reports for you, including our latest online PP CoP event and the Low-Intensity Day at the 2024 BABCP Conference. We have an upcoming event to share with you, specifically for our MHWP members. And we have our usual range of links that you can use to access our website, social media etc., and can share with peers and colleagues to get them registered to the PPN and on our CoP mailing list!



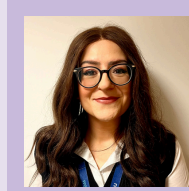
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Event Report: Trainee Ask a Qualified (or combinations of!)

Psychological Practitioner Community of Practice Online Event



On Tuesday 3rd September our PP CoP held an online event, inviting both trainee and qualified Psychological Practitioners to join us for a facilitated opportunity to ask and answer questions about the role. We were delighted with the turnout, with over 50 practitioners taking part in this event... thank you to all who joined us!

The four co-chairs (Elspeth, Chloe, Rachel, & Kirsty) warmed the room up by answering the first question, “What is your favourite part of your specific role?”, and then inviting other qualified practitioners to also share their thoughts. It was lovely to hear the varied things that people value about their work, and how much we get from our jobs as Psychological Practitioners.

We had a number of representatives from the APP (Associate Psychological Practitioner) role in the room and information about this role in the North West, as well as potential upcoming changes and transitions within the role, was covered via the questions asked. Themes in questions from those just beginning or about to begin their training as a Psychological Practitioner included...

- general requests for advice on what to expect
- curiosity about the types of assignments used for assessment
- interest in the supervisor role and the possible backgrounds of supervisors
- how to make the most out of supervision as a trainee

A number of qualified practitioners in the room shared their own experiences and provided helpful tips on how to manage the training year (with the most important and oft repeated tip... don't leave your portfolio to the last minute!)

Further questions that generated discussion included...

- curiosity about the use of Psychological Practitioner roles in different services and with differing populations, such as the MHWP role in drug and alcohol services
- interest in pathways to develop within the role, such as via supervisor training or senior positions
- developments in Psychological Practitioner registration

There was an interesting request for advice on how to learn more about the varied Psychological Practitioner roles, which allowed for the sharing of some resources.

Continued below.

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The questions and lively discussion could likely have continued, but we drew our hour to a close with (we hope) some inspired trainees, and with thanks to the qualified practitioners who had joined and supported us (both by speaking on camera/mic and contributing via the chat function).

Some resources we shared:

- [Our PP CoP webpage](#)
- [Mental Health Practitioner Roles](#)
- [The PPN Career Map for Psychological Professions](#)
- [Sign up links for the PPN and the PP CoP](#)

Save the Date! Calling all MHWPs in the North West:

Based on feedback we have received from MHWPs across the North West, we have recognised a need for a supportive space for both qualified and trainee MHWPs. As MHWPs are one of the newest Psychological Practitioner roles we believe it would be beneficial to have an opportunity and a dedicated space where we can share best practice and key learnings as this role continues to develop.

The PPN NW Psychological Practitioner Community of Practice (PP CoP) are running our first **Peer Support Group** on **4 November 2024** at **12pm** on **Teams**.

If you would like to get involved or have any questions please contact Rachel, your co-chair representing MHWPs, via england.ppn.northwest@nhs.net, marking it “FAO: Rachel Wharton”, for more details and the Teams link.

If you would like to be involved, please ensure you are registered with PPN North West and also with The Psychological Practitioner Community of Practice. See links below, or on the final page of the newsletter, to join and register.

To sign up to the PPN NW please go to <https://ppn.nhs.uk/register>.

To register for the Psychological Practitioner Community of Practice mailing list please complete [this form](#).

*The above event has been developed as an outcome of our recent PP CoP online event “Trainee Ask a Qualified”.
If you have an idea for an event that may benefit the wider CoP please contact one of the co-chairs to discuss.*



Event Report: BABCP Low-Intensity Event; part of the BABCP Annual Conference 2024



L-R: 3/4s of your PP CoP co-chairs, Rachel, Kirsty, & Elspeth. (Chloe was with us, but missed our photo!)

On Wednesday 24th July, as part of the BABCP 52nd Annual Conference, a range of current, former, and trainee PWP, CYWPs, EMHPs, MHWP, plus APPs, TAPPs, YIPPs, and others with a keen interest, flocked to Manchester, or joined online, to discuss low-intensity CBT and the Psychological Practitioner roles, in particular the topic of research.

Our very own co-chair for the North West PPN (amongst other roles), Liz Kell, introduced and welcomed attendees to the day, alongside PWP and BABCP LI SIG co-chair, Samantha Torney. The agenda for the event included presentations on national research into wellbeing of trainee

LICBT practitioners; embedding compassion into training curricula; an international example of research into practice in Indonesia; writing for journal publication; writing for CBT Today, the BABCP members magazine; and the role of peer reviewing. There were two roundtable discussions included on the agenda - the first on experiences of completing LICBT research and the second on experiences of writing and publication. The range of speakers on the day was varied but all demonstrated their passion for the low-intensity Psychological Practitioner role and shared useful advice.

All four of your PP CoP co-chairs were fortunate to attend the day, and it was great to see other CoP members there also.

Opportunity to network, to visit the conference poster displays (LI representation there too!) and see LI topics pop up on the wider programme, made for an overall interesting day.

The programme for the Low-Intensity Day, including details of speakers and topics, can be found on page 11, within the full final conference programme [here](#) on the BABCP website.



BABCP
www.babcp.com

**23-26 July
2024**

**52nd Annual
Conference
& Workshops**

UNIVERSITY OF MANCHESTER

Remind your peers, colleagues,
and key stakeholders to...

Check out our website...

You can find our CoP webpage
via the main PPN website at...



www.ppn.nhs.uk/north-west



Find and connect with
us on LinkedIn...

Psychological Professions Network North West

Your CoP co-chairs, as well as many of the PPN regional networks, can be found on LinkedIn. If you use LinkedIn, come and make some connections with us, and one another, and see what we're up to as Psychological Practitioners.

Join the PPN

Membership of the PPN is free and open to psychological professionals, trainees, experts by experience, and other stakeholders.

Join at... ppn.nhs.uk/register

Join our CoP

To join our CoP please click on the button below:

[Psychological Practitioner CoP](#)

Other CoPs are also available in the NW region, including communities for Counselling, Psychological Practice in Physical Health, and Schwartz Rounds. Please see the PPN website for further details of these and to join.

Do you have an idea, or something to submit, for our newsletter?
Or can we encourage you to join our newsletter team?

We are keen to engage our membership in developing content for this newsletter. We are looking for news, examples of good practice, shared learning, research or any other ideas/suggestions you feel would benefit our PP CoP.

If you are unsure about writing your piece up, please reach out to us with the idea and we can either write it for you, or give support to get it ready. We would love to build a team of people to develop this newsletter, to make it truly representative of the CoP membership and ensure content is interesting and relevant to all!

For issue 6, content requests (or submissions of ideas for inclusion) are required by mid November 2024. Please send directly to Kirsty at:

kirsty.mcneilis@gmmh.nhs.uk

*Issue 6 due out in early
December 2024.*

Thank you!