

Welcome...

...to the first issue of the Psychological Practitioner Community of Practice (PP CofP) newsletter.

The aim of our CofP is to bring together committed individuals in the psychological practitioner roles, PWP, CYWP, EMHP, and MHWP, due to our common areas of practice and shared development needs. We hope to connect individuals who have a desire to work collaboratively to learn, share, and build the capacity and voice of the CofP members. This quarterly newsletter will support this aim, providing a regular channel for communication and connection between psychological practitioners across the North West.

Hopes and goals for this CofP were gathered at a Kickstarter Event, held at the University of Central Lancashire in December 2022. Since that event, we have identified 4 co-chairs - meet your co-chairs below.

Please read on for more news, updates, and information. We are keen to hear from members for contributions to the newsletter, or requests of things you'd like to see going forward.

Meet Your PP CofP Co-Chairs:



Elsbeth Ward
Representing PWP

Currently New Roles
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Scharine Mebarkia
Representing MHWP

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Brief Overview of the Psychological Practitioner Roles:

Psychological Wellbeing Practitioner (PWP)

Works with: Individuals 16+, Groups, Computerised Cognitive Behavioural Therapy (cCBT).
Setting: NHS Talking Therapies and other specified systems of care.
Offers: Assessment, Cognitive Behavioural Therapy (CBT) based interventions i.e., Behavioural Activation (BA), Thought Challenging, Graded Exposure.
Training: Postgraduate Diploma, 1 year recruit-to-train.
Launched: 2008

Works with: Individuals 0-18 or parent/carers; Groups 0-18; Community Organisation staff.
Setting: Within CAMHS services and partnership providers.
Offers: Assessment and formulation, Individual Brief BA, Worry Management, Exposure, Parent-led support for anxiety or behaviour; Group psychoeducation or brief intervention for 0-18; Training for community organisation staff.
Training: Postgraduate Diploma, 1 year recruit-to-train.
Launched: 2017

Children & Young Person's Wellbeing Practitioner (CYWP)

Education Mental Health Practitioner (EMHP)

Works with: Individuals 0-18 or parent/carers; groups 0-18; school staff.
Setting: Within education settings, as part of Mental Health Support Teams (MHSTs).
Offers: Assessment and formulation, Individual Brief BA, Worry Management, Exposure, Parent-led support for anxiety or behaviour; Group psychoeducation or brief intervention for 0-18; Whole school approach support, consultation, and training for education staff.
Training: Postgraduate Diploma, 1 year recruit-to-train.
Launched: 2018

Works with: Individuals 18+ living with severe and enduring mental illness who currently access CMHT support.
Setting: Community Mental Health Team (CMHT) / Secondary Care
Offers: Psycho-social assessment, psychological formulation, care planning, psychologically informed intervention (low-intensity CBT) of: Behavioural Activation, Graded Exposure, emotional regulation, building confidence/building self-compassion, problem solving, sleep hygiene, guided self-help for bulimia.
Training: Postgraduate Certificate, 1 year recruit-to-train.
Launched: 2022

Mental Health Wellbeing Practitioner (MHWP)

Community of Practice: Terms of Reference

Based on the feedback gathered at the Kickstarter Event in December 2022, the co-chairs have now developed a first draft of the Terms of Reference for this CofP.

We are keen to give all members the opportunity to review this document and provide feedback, before it is confirmed.

The Terms of Reference document can be found on the CofP page within the North West section of the PPN website:

<https://www.ppn.nhs.uk/north-west/groups/psychological-wellbeing-practitioner-professional-network>.

Comments and feedback can be sent directly to Elspeth at elspeth.ward@lscft.nhs.uk.

PPN Blog: NHS Long Term Workforce Plan

The recent PPN Blog post by Dr Adrian Whittington, the National Clinical Lead for Psychological Professions at NHS England, gives an overview of the recent NHS Long Term Workforce Plan (published June 2023).

As Adrian puts it, there

are some "big wins" for psychological professions within the plan. The full blog post can be found at: <https://www.ppn.nhs.uk/our-work/news/item/long-term-workforce-plan>

NHS Long Term Workforce Plan: Implications for the Psychological Professions



- Coinciding with the 75th anniversary of the foundation of the NHS, the NHS Long term workforce plan was published on 30th June 2023. The plan represents a further step forward towards a more psychological NHS.
- The Plan includes a growth ambition of 24,000 - 26,000 additional posts for psychological professionals from 2023 to 2037, a 157% increase on the stated baseline. The rate of demand growth for psychological professions is faster than the rate of growth in mental health in the model.
- There is a commitment to continue with the current level of clinical psychology and child psychotherapy intake (and growing this) to 2037, and a £600m investment over three years in continuation of psychological therapies and psychological practitioner training.
- The Plan has a strong focus on the potential of apprenticeship expansion, which should prove very positive for Clinical Associates in Psychology, Psychological Wellbeing Practitioners and the forthcoming Family and Systemic Psychotherapist apprenticeships. Apprenticeships are an important part of the supply picture as we move into more detailed planning.
- Next steps will involve input from professional bodies and other stakeholders. The biggest challenge will be translating the high level of ambition into committed action and investment at local level. This is something that can only be achieved with a wide coalition.

Resource Share: Neurodiversity Toolkit

The Neurodiversity Toolkit, recently developed and launched to support neurodivergent learners and those in practice supporting them, is now available via the RePair Hub.

The RePair Hub is located on the [NHS Learning Hub](#), which can be accessed by anyone with an NHS email address or a university email address. Registered OpenAthens users can also access the NHS Learning Hub using their OpenAthens account.

Log in and search "neurodiversity toolkit" to find out more.

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



Membership of the Psychological Professions
Network brings you:

- Updates on regional and national NHS policy developments
- Debates and consultations where you can learn from and influence colleagues and commissioners
- News about our and other organisations' activity, including CPD and events
- PPN regional events and annual PPWeek celebrations, including national conference and regional sessions
- Communities of Practice – join or start special interest groups across the region with our support

Membership is free and open to psychological professionals,
trainees, experts by experience, and other stakeholders -
join at ppn.nhs.uk/register

*As a member of the PPN NW they can
then also join our PP CofP!*



PPN NW is on Instagram
@ppn_northwest

If you are interested and/or skilled with social media, have ideas, or would like to be involved with our Instagram presence, please contact Scharine directly at scharine.mebarkia@gmmh.nhs.uk.

CofP Webpage Update

Our PP CofP webpage has had an update! Find it via the main PPN website, North West area.



www.ppn.nhs.uk

CWP National Conference

The first CWP* National Conference takes place on September 15th in London. A North West delegation of CYWPs, supervisors, service leads, and academic staff will be there on the day, and we have two North West young people helping to co-host. A highlight reel from the day will be produced and shared for those not able to attend.

**known as CYWP here in the North West*

Do you have an idea, or something to submit, for our newsletter?

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 CofP.

For issue 2, content requests are required by the end of November 2023.

Please send directly to Kirsty at:

kirsty.mcneilis@gmmh.nhs.uk

*Issue 2 due out second week of
December 2023.*

Thank you!