MSc in Applied Psychology for Children and Young People

Introduction

The MSc in Applied Psychology for Children and Young People is a taught Masters course which aims to train psychology graduates in the range of skills and competencies essential for the delivery of tier two psychological assessments and interventions in a range of services for children, young people and their families. The core purpose and philosophy of the programme is that trainees should be competent practitioners in applied psychology for children, young people and families. In addition to the essential elements for applied psychologists in health (e.g. assessment and formulation, and evaluation) and Child and Adolescent Mental Health professionals (e.g. recognition of Child Abuse, developmental impairments and delays), there is a particular focus on the Early Years and Early Intervention across a variety of settings. There is also a strong emphasis on parenting and supporting parents through evidence-based models of parent-focused intervention.

The key areas covered by the syllabus are:
- Professional Context and Clinical Management
- Assessment and Formulation
- Child and Adolescent Development
- Early Years and Early Intervention
- Promotion of Mental Health and Emotional Well-being
- Psychological Intervention and Structured Treatment Approaches
- Evaluation and Research

Programme Structure

This is a one year full-time taught programme. The distinguishing feature of the MSc is its collaboration between the University of Edinburgh, NHS Greater Glasgow and Clyde, key NHS stakeholders and clinical psychologists working within several NHS Health Board areas, and Child and Adolescent Mental Health services (CAMHS).

The academic basis for the programme is governed by current models of developmental psychology and developmental psychopathology in order to establish a solid theoretical foundation and genuine theory practice links. There is a strong emphasis on evidence-based practice and effective treatment models for this client group. This includes individual, family and group approaches for children, young people and parents. A substantial proportion of teaching is workshop based and trainees are encouraged to develop clinical decision-making skills as well as skills necessary for carrying out psychological interventions with children, young people and families.

The MSc is supported by several of the territorial Health Boards in Scotland who provide training placements and supervisors for the trainees. Over the course of the training programme, trainees will undertake a clinical placement in an NHS CAMH service. The clinical experience gained on placement facilitates the linkage of psychological theory to practice and fosters development of professional skills necessary for post-qualification practice.

The Quality Assurance Agency (QAA) for Higher Education in Scotland produced a benchmark statement that articulates the standards and competences expected at Doctoral and Masters levels for Chartered Clinical Psychologists and Clinical Associates respectively. This programme aims to train students to the level of Clinical Associate as outlined in the benchmark document. Information about the benchmark statement, including a direct link to the document is available at: [http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/training-psychologists/benchmark-statement.aspx](http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/training-psychologists/benchmark-statement.aspx)

Background

The MSc was developed in response to a NHS Education for Scotland (NES) initiative following the recommendations of the Scottish Needs Assessment Report on Child and Adolescent Mental Health (2003) and
the workforce planning exercise for Scottish CAMH Services. In line with the Scottish Needs Assessment Report on Child and Adolescent Mental Health (2003) and the Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care (2005) and the Mental Health Strategy 2012-15; this programme aims to boost the provision of psychological healthcare for children and young people in universal as well as specialised service settings.

Award of the MSc confers eligibility for the post of Clinical Associate in Applied Psychology in the NHS. There is no guarantee of employment following training, however, previous graduates are undertaking a number of roles within and out with NHS settings. These include Clinical Associate posts, Primary Mental Health worker, School Mental Health Link worker, and Voluntary Sector project worker with children and young people. Within the NHS further career development is available through continuing professional development and progression, according to the competencies acquired, as outlined in Agenda for Change. A range of career pathways exist and there are further post qualification routes into Family Therapy, Play Therapy, Cognitive Behavioural Therapy and Clinical Psychology.

Further Information

Entry requirements

The programme will be available to Honours graduates in psychology (or equivalent, if eligible for Graduate Basis for Chartered Membership) at 2:1 or above. Applicants should be able to demonstrate knowledge of relevant psychological theories and models for working with children, young people and their families. Knowledge or experience of relevant areas such as education, social care or health care settings may be advantageous. A genuine interest in working with children and young people is essential as is a commitment to evidence-based practice and knowledge of Early Intervention Approaches.

Orientation

Trainees will generally be placed throughout the year in one (occasionally two) main Child and / or Adolescent Clinical Psychology Service or CAMHS within the NHS in Scotland and will be involved in delivering services immediately. In the majority of cases they will be under the supervision of a Clinical Psychologist but they may also be supervised by and experience Clinical Associate in Applied Psychology in certain circumstances. The trainee will attend the University of Edinburgh and NHS sites in Glasgow for teaching blocks and days throughout the year. Assessment will be by a combination of performance on clinical placement, and a range of written assessments including case conceptualisation, written examination, group project and research dissertation.

Selection

Places on the programme are commissioned for NHS Scotland by NHS Education for Scotland (NES). Trainees are NHS Employees, employed and managed within psychology services in NHS Boards. There will be a single selection process jointly undertaken by the University and the NHS employers. The selection process is conducted in three stages; an initial shortlist is selected by the core programme team and NHS representatives; local NHS representatives and members of the programme team then select applicants for the interview stage of the selection process; finally, a joint interview panel (of NHS and academic representatives) select applicants for admission onto the programme.

Programme Length

12 months full time

For detailed information about the programme structure, individual modules, and degree regulation please visit: [http://www.ed.ac.uk/schools-departments/health/clinical-psychology/studying/msc-applied-psychology](http://www.ed.ac.uk/schools-departments/health/clinical-psychology/studying/msc-applied-psychology)

Contact Details

Specific enquiries about the programme can be made to Lorna Sheal, Postgraduate Administrative Secretary, School of Health in Social Science, The University of Edinburgh, Medical School, Teviot Place, Edinburgh EH8 9AG, Tel: 0131 651 3970 / 0131 651 3969, cyp.msc@ed.ac.uk
Participating Health Boards

Trainees on the MSc programme are salaried employees of NHS Health Boards in Scotland. Half of the training involves successful completion of supervised clinical placements in a health board area. The employing Health Board is responsible for paying trainee salaries and expenses and for providing supervised clinical placements. Health Boards have a formal agreement about these responsibilities with NHS Education Scotland (NES) which provides funding. Health Boards were invited by NES to indicate their interest in commissioning training places and we expect the following Health Boards are looking to recruit trainees for the February 2015 intake.

NHS Boards in Scotland

NHS Ayrshire and Arran

Psychological Services is a multi-professional, area-wide psychological Service within NHS Ayrshire & Arran employing over 100 members of staff, including Clinical/Counselling Psychologists, Cognitive Behavioural Psychotherapists, Counsellors, Group Analytic Psychotherapist, & Clinical Associates in Applied Psychology. The Service offers a wide range of clinical specialisms: Child & Family Services (delivered through Community Paediatrics, Child & Adolescent Mental Health Services (CAMHS), Medical Paediatrics and an Autism Service. Older Adult Service; Adult Services (delivered through Primary Care Mental Health Teams and Community Mental Health Teams); Learning Disability Services (delivered through multi-disciplinary Learning Disability Teams & a 16 bed residential assessment & treatment service). In addition, Clinical Psychologists provide a service to the sub-specialty areas of: Oncology & Palliative Care (1 Clinical Psychologist), Eating Disorders (1), Health & Neuropsychology (4), Psychiatric Rehabilitation & Continuing Care (6).

Psychological Services employs Trainees from both the West of Scotland Doctorate in Clinical Psychology and the MSc in Applied Psychology for Children and Young People. Currently Psychological Services employs eleven Trainee Clinical Psychologists and two Trainee Clinical Associate (Children and Young People).

NHS Ayrshire & Arran have established systems for supporting Trainees. For example, (1) throughout their training experience Trainees will receive support from the Ayrshire & Arran Local NHS Psychology Tutor, Dr
Marisa Forte. This includes the co-ordination and support of clinical placements (2) the Psychological Services Clinical Governance, Research and Strategy Group have devolved responsibilities for reviewing and approving audit & service evaluation projects allowing more streamlined processes for approving projects.

**Child Clinical Psychology Service**

Head of Psychological Speciality(Child) and Consultant (Community Paediatrics) – Mr Alan James
Consultants – Mr Morgan MacPhail (Child and Adolescent Mental Health Service)
Dr Terri Carney (Medical Paediatrics)
Dr Kerry Teer (Paediatric Neuropsychology)

Training placements are currently offered to the Glasgow Postgraduate Course for Clinical D.Clin.Psy on both generic and specialist basis. The generic placements have to date been centred on the Child and Adolescent Mental Health Service and the Community Paediatric Service. Specialist placements have been offered within CAMHS, Medical Paediatric, Paediatric Neuropsychology and in Community Paediatrics. The Service consists of an establishment of 18.5 wte Clinical Psychologists, 2 wte Clinical Associate in Applied Psychology and 3 Psychology Assistants.

Organisational change within Ayrshire and Arran has seen the development of a Combined Children’s Service of which psychology is a part. Ayrshire and Arran is split into 3 local authority areas. The Child and Adolescent Mental Health Service is delivered from 3 teams located broadly co-terminus with the local authority areas. There are a number of nursing and psychology staff within CAMHS with a specific remit for early intervention, based within each of the three localities. They offer individual and group based interventions for mild to moderate mental health difficulties and work with partner agencies offering training and consultation in order to increase capacity and promote positive mental wellbeing. Trainee Clinical Associates in Applied Psychology have the opportunity to contribute to these activities. They tend to be based in the North CAMHS Team in Irvine for the duration of their training, however some travel across Ayrshire while on placement is expected.

The Community Paediatric Service is based within a Child Development Centre (Rainbow House) in Irvine but also delivered to the 3 locality areas by Psychologists who have a specific responsibility to those geographical regions.

The Paediatric Neuropsychology Service for Children is currently delivered Ayrshire wide with Clinical Psychologists providing input to both the CAMHS and Community Paediatric teams.

The Medical Paediatric Service is well established and focused on the full range of clients within the acute hospital sector from Neonates to late teenagers. The Clinical Psychologists offer a service to children and young people with a range of physical health conditions.

Ayrshire is an area that has wide variations in affluence and significant pockets of both rural and urban deprivation. The county is geographically widespread and it is likely that any trainee would get maximum benefit if they are also able to drive and have access to a car.

**NHS Borders**

**The Region**

The Scottish Borders has a population of approximately 114,000 in a rural setting. There are no cities, with the largest towns being around 15,000 in population. The roads are relatively quiet and the scenery is stunning. It is an ideal area for those who enjoy fresh air and outdoor pursuits, such as, cycling, walking, horse-riding etc. The Borders region is within easy reach of Edinburgh by road. Housing is attractive and very affordable, and there remains a strong sense of local community.

**Child and Adolescent Psychology Services**

Psychological Services in the Scottish Borders are located within a multi-disciplinary team that provides services to children, adolescents and families across the region. The service is based in Selkirk however staff members work across five geographically determined areas to provide accessible services in community settings. Working relationships within the core multi-disciplinary CAMH service are good and the service also benefits from additional multi-disciplinary input from Dieticians, Music Therapists, child Psychotherapy, Speech and Language Therapists, Occupational Therapists and Paediatricians.
Psychological Services are well staffed with one full-time Consultant Clinical Psychologist, three Clinical Psychologists and two Clinical Associates in Applied Psychology. A further post provides Clinical Psychology Services within Paediatric settings. The Psychology team regularly offer child and adolescent placements for trainees from both the MSc in Applied Psychology and the Doctorate in Clinical Psychology courses.

The Psychology Service prides itself on providing a supportive and creative working atmosphere whilst retaining a sense of humour and perspective. Staff members have a range of special interests. The Psychology Service is quite eclectic in its approaches to clinical work drawing on a wide range of training and experience. Evidence-based interventions provided include: Family/Systemic work, Cognitive and/or Behavioural work, Schema Therapy, Narrative Therapy, Interpersonal Psychotherapy, EMDR, and Incredible Years/Triple P programmes.

Trainee Psychologists with the service will benefit from a broad range of clinical experience which includes both individual and group work (e.g. co-facilitating evidence-based parenting programmes). A high level of support and clinical supervision will be offered, alongside opportunities to develop personally and professionally. Trainees will also have opportunities to develop their understanding of the work of other professionals and to work with individual differences within child development and mental health.

NHS Fife

The Kingdom of Fife is a large mixed rural/urban area stretching from Kincardine in the West to St Andrews in the East, and bordered by the Firth of Forth in the South and Firth of Tay in the North. There are good road links throughout the region as well as to other parts of Scotland. The scenery varies from small ex-mining towns to rolling farmland, all bounded by a wonderful coastline. NHS Fife is geographically contiguous with Fife Local Authority, and the two organisations have begun the process of health and social care integration.

The Area Clinical Psychology Department has a major commitment to training and we train a large number of clinical psychology doctoral trainees, trainees on the MSc in Applied Psychology at Stirling University and trainees on the MSc in Applied Psychology for Children & Young People at the University of Edinburgh.

The Area Clinical Psychology Department is a large department comprising eight specialities, with over 100 staff, one of which is the Child and Family Clinical Psychology service. There are about 30 full and part-time staff based within our service, working in primary care, CAMHS Tier 3 teams, CAMHS Intensive Therapy, paediatrics, Springfield Project (LAC), ADHD team, ASD services, youth justice and early intervention. In addition, CAMHs teams in Fife include Child Psychiatrists, Community Nurse Therapists, Occupational Therapists and Psychotherapists.

The Area Clinical Psychology Department is located at two bases at Lynebank Hospital in Dunfermline and at Stratheden Hospital near Cupar. The department has a reputation for being friendly, welcoming and supportive, with good staff retention.

MSc trainees’ clinical placements are based either in the primary care team of the Child and Family Clinical Psychology service, or one of our geographical CAMHS teams, but trainees will usually have the opportunity to gain some experience of each. There are clinics in community bases across Fife. The primary care part of our service is designed to see children and families within a few weeks of referral, and offers short-term assessments and interventions, liaising closely with other community-based professionals such as GPs, Health Visitors and School Nurses.

Dr Hilary Maddox: Head of Child & Family Clinical Psychology Service

NHS Forth Valley

The Region

Forth Valley's population, of approximately 277,000, live in a variety of urban and rural settings. The area’s southern reaches lie in Scotland’s Central belt, where the majority of its population lives, approximately mid-way between Glasgow and Edinburgh. The northern limits end in small towns and villages amongst the scenic fringes of the Southern Highlands. The two main urban centres of the region are Stirling and Falkirk. Stirling is a historic city with striking architecture, whilst Falkirk has always been an important trading and industrial centre of
Scotland. Although there are some areas of deprivation within the catchment population, in general, the levels of morbidity and deprivation are below the national average.

NHS Forth Valley CAMHS

We provide a Forth Valley wide CAMHS service across two bases. A MSc trainee will primarily be based in one of the two bases (the Manor, Falkirk or Stirling Community Hospital). Clinical Psychologists work as part of a multidisciplinary team compromising nursing staff, psychiatry staff, primary mental health worker and a speech and language therapist. We also have a dietician who provides input to core CAMHS.

Within Core CAMHs the age range is 0-18, there is a lower limit of 16 in LD CAMHS.

Typical conditions that are seen in CAMHS are anxiety (including OCD), mood disorders, trauma (including PTSD), psychosis, deliberate self harm, eating disorders and neurodevelopmental disorders including ASD and ADHD.

MSc Trainees will have the opportunity to be involved in formulation and intervention in a range of models, and an integrative approach is commonly taken. There will be opportunities to use CBT and adapt that to the age and stage of the child or young person.

NHS Grampian

The Region

Grampian region enjoys both fine rural landscape and spectacular coastline. There is easy access to the Cairngorm Mountain range and airports in both Aberdeen and Inverness. Moray has a population of approx. 90,000 with the Royal Air Force bases and the oil industry attracting many families to move to the area ensuring a rich and diverse population.

Child and Adolescent Services

The integrated CAMH service in Grampian is currently based in 3 sites; the Rowan Centre in Elgin, the Child and Family Mental Health Service based in the Royal Aberdeen Children’s Hospital and the Young People’s Department based in Cornhill Hospital in Aberdeen City.

The service is undergoing a service redesign to be an integrated 0-18yr old service with an Aberdeen city; Aberdeenshire; and Moray satellite. The service is committed to training and developing the CAMHS workforce and encourage research and audit activity across the teams as part of redesign. This integration will be taking place in Autumn so new teams would be in place as per redesign plan for the 2017 intake.

The integrated CAMH service is managed within the Adult Mental Health Sector within NHS Grampian. The Grampian placement for the 2017 intake will be covering the Aberdeen city and Aberdeenshire satellites.

CAMHS Grampian

The CAMHS service provides a multi-disciplinary mental health service for children and young people up to the age of 18yrs. We follow the national CAMHS referral criteria and provide a service for young people who live in Aberdeen City and Aberdeenshire, and Moray. We see young people with difficulties such as developmental disorders, anxiety, OCD, PTSD, psychosomatic issues, depression, self harm, and eating disorders. Children and young people with a learning disability are also seen in the service.

The multi-disciplinary team consists of Clinical Psychology, Psychiatry, Occupational Therapy, Nurse Specialists, clinicians and Secretarial and Admin staff. Patients are largely seen on an out-patient basis however we also have access to in-patient beds in the main hospital and provide an in-patient service when required. Our treatment approach is eclectic with a wide variety of treatments offered by the different team members such as schema focussed work, CBT, IPT, Family Therapy, ACT, EMDR and Pharmacotherapy. There is frequent joint working with other team members and liaison with other agencies such as Education, Educational Psychology, Social Work, and Community Child Health.

The CAMHS service offers the potential for a wide variety of specialist interests as can be seen from the breadth of the population served. There is an active and ongoing CPD program within the department.
NHS Greater Glasgow and Clyde

Working and living in and around Glasgow

Glasgow is Scotland’s largest city and the third largest city in the UK, with over one million inhabitants. Glasgow is a thriving cosmopolitan and commercial centre as well as offering a wide range of cultural and leisure attractions. It is the UK’s largest retail centre after London. The city and surrounding towns house many wonderful municipal art galleries and museums, first class sports and leisure facilities; excellent theatres; an array of restaurants, pubs and clubs; and beautiful parks. Glasgow combines the energy and sophistication of a great international city with some of Scotland’s most spectacular scenery. Countryside and coastal views are within easy reach and Scotland’s capital city of Edinburgh is only 42 miles away. Transport links are excellent, both internal to the area and to the wider UK.

Psychology Services

With approximately 250 Psychologists, NHS Greater Glasgow & Clyde contains the largest grouping of Applied Psychologists in Scotland working across all areas of the lifespan: from neonates to older adults and at all levels of complexity: from primary care settings to national specialist services within clinical health, trauma and psychosis. The area offers many opportunities for working closely with clinical psychologists and in a wide variety of multidisciplinary teams. There are strong links between services with a range of formal and informal networks enabling excellent relationships between psychologists throughout the area. NHS Greater Glasgow & Clyde provides training for trainees on the MSc in Child and Family course and trainees completing the MSc in Psychological Therapy in Primary Care. There are also a large number of trainee Clinical Psychologists studying on the University of Glasgow Doctorate in Clinical Psychology programme.

Specialist Children’s Services

Trainees placed with us will be joining a well established and large network of psychologists (over 60 wte) working with children and young people. Many of the services to children and young people are provided through multi-disciplinary Child and Adolescent Mental Health Services as well as physical health, developmental and disability services in community and hospital settings. Psychologists are embedded within these service frameworks and offer a wide range of specialist skills. It is envisaged that MSc trainees will have the opportunity to learn about and gain some additional experience across specialties while focussing primarily on community based early intervention approaches.

Placements will mainly be provided in community Child and Adolescent Mental Health Services, focussing upon mild to moderate mental health needs, sometimes undertaking circumscribed work within a wider intervention delivered by a multidisciplinary colleague in the team. Occasionally placements will also be offered in paediatric clinical psychology. Trainees will gain experience across the entire age range and will have well co-ordinated supervision arrangements from a staff group with considerable experience and enthusiasm for training and supervision. Trainees will be co-located with supervisors and will have frequent contact with peers. Psychologists are actively involved with service evaluation, audit and research across several themes in CAMHS and clinical outcome data is routinely collected, analysed and used to inform service design and delivery.

Within this large Health Board there is good access to libraries and professional and clinical development activities. Quarterly network meetings for psychologists in Children and Young People’s Services allow trainees to meet with colleagues and hear about services, recent developments and other clinical issues.

NHS Highland

Region

NHS Highland covers the largest geographical area of all of the Health Boards in Scotland (41% of the mainland). The population served by NHS Highland, including Argyll and Bute, is 310,000. The main administrative base for the Highlands is Inverness (population 77,000). NHS Highland is split into community health partnerships to manage the large geography, which encompasses: Caithness, Sutherland, Skye & Lochalsh; Wester & Easter Ross; Lochaber, Inverness; Nairnshire; Badenoch & Strathspey and Argyll & Bute. An excellent summary of the Highlands population and key features can be found at www.highlands.gov.uk/maps/keyfacts.htm
Clinical Psychology Services

Highland Health Board: Health Service re-organisation in 2004 led to the formation of the Highland Health Board as the overall body for the provision of health care in the Highlands. The Acting Lead Clinical Psychologist, Dr Wendy van Riet, is responsible to the Board for all matters pertaining to the provision of Psychological Services in the Highlands until a new Lead Clinical Psychologist is recruited. Clinical psychologists working within CAMHS in Highland (apart from CAMHS in Argyll & Bute) are professionally line managed by Dr Wendy van Riet. NHS Highland Clinical Psychology Services hold an annual trainee conference which the trainee would be expected to present at.

NHSH CAMHS: The CAMHS team consists of a Tier 3/Tier 4 team based in the Phoenix Centre, Raigmore Hospital and a Tier 2 PMHW team based in Care and Learning (council). We work as an integrated team with lots of co-working opportunities between the different tiers of the service. We have locality teams in Skye, Caithness/Sutherland and Lochaber.

There are a range of professionals within CAMHS including psychologists, nurse therapists, psychiatrists, psychological therapists and primary mental health workers. There are good working relationships with other agencies including paediatrics, education and social services.

Placement Opportunity

The trainee placed in Inverness will be based in the Tier 3/ Tier 4 CAMHS team and supervised by a Clinical Psychologist. The CAMHS team works with children and young people aged 0-16/18 (working with young people 16-18 if they are still in school) from Highland (Argyll and Bute excluded) and provides support through training, consultation and supervision to professionals in the wider children’s services network.

The trainee will be based in Inverness and will undertake the majority of their clinical work there but will have the opportunity to experience work in rural areas. The trainee will have access to a desk, computer, phone and there are video conferencing facilities available on site. There are bookable clinic rooms for seeing children, young people and families. Excellent library facilities are provided by Highland Health Sciences Library (www.nm.stir.ac.uk/HHSL/HHSLibrary.htm). Whilst not essential the trainee would benefit from being able to drive and have access to a car due to the rural nature of some of the work required.

Highland is an area of outstanding natural beauty and a fantastic place to live and / or work. If you would like further information please do not hesitate to contact Dr Wendy van Riet, Lead Clinical psychologist/ Service manager, on 01463 701336 or via email wendy.vanriet1@nhs.net.

NHS Lanarkshire

Historically, Lanarkshire was the most populous county in Scotland and is situated in the central Lowlands of Scotland, between Glasgow and Edinburgh. NHS Lanarkshire is Scotland’s third largest Health Board, and our Psychological Services provide clinical services to the approximately 710,000 people of North and South Lanarkshire. As of March 2016, there are approximately 155 whole time equivalent clinical staff within the Service.

As services have developed over the past few years, so has the range of clinicians working in the Service. In addition to clinical, counselling, and health psychologists, there are Clinical Associates in Applied Psychology (CAAP), CBT Therapists, Mental Health Practitioners, and Therapeutic Counsellors. Together, these specialists provide a wide range of psychological interventions, across the spectrum of needs. Clinical staff are based in a variety of community and hospital settings. Our staff provide teaching to both the Glasgow and Edinburgh Clinical Doctoral programmes, the Primary Care and the Child and Adolescent MSc programmes, as well as to the Doctoral programme in Counselling Psychology at Glasgow Caledonian University and to the South of Scotland CBT programme.
2. SERVICE COMPOSITION

Services are provided in the following areas:

Adult Psychological Therapies; Psychological Therapies for Older People; Addiction Psychology; Psychological Therapies for Adults with Learning Disabilities; Child, Adolescent, and Family Services; Forensic Psychology; Lanarkshire Eating Disorders Team; Clinical Health Psychology; Multiprofessional Stroke Team; Multiprofessional Chronic Pain Team; Domestic Violence Prevention and Intervention (EVA); Multiprofessional Traumatic Brain Injury Service; Blood Borne Virus

3. PLACEMENTS OFFERED

We offer placements to the MSc in Applied Psychology for Children and Young People and the MSc in Psychological Therapies in Primary Care. We also offer placements to Trainee Clinical Psychologists from both the Edinburgh and Glasgow Doctorate in Clinical Psychology programmes, across generic, CAMHS, forensic, and Older People pathways. We also have locally aligned pathways in LD and Addictions. In addition, opportunities are available for specialist placements during training. In addition we offer places for the Glasgow Caledonian University Doctorate in Counselling Psychology.

4. STRUCTURE OF PSYCHOLOGICAL SERVICES IN LANARKSHIRE

The Clinical Director, and Professional Lead, for Psychology is Dr Gary Tanner. The Local NHS Tutor is Dr Sally Dewis, and she organises clinical placements. There are ten locality-based Adult Psychological Therapies teams (PTTs), based in the major “townships” of East Kilbride, Hamilton, Motherwell, Bellshill, Wishaw, Cumbernauld, Cambuslang/Rutherglen, Coatbridge, Airdrie, and Clydesdale. There are also six CAMHS teams across Lanarkshire. All other services are hosted within a single locality, but provide a pan-Lanarkshire service. Given the wide range of services, there are good opportunities for trainees to gain experience across a variety of settings and locations.

5. CLINICAL ACTIVITIES OF THE AREA PSYCHOLOGY SERVICES

5.1 Adult Psychological Therapies

Each of the ten Psychological Therapy Teams team has a range of staff employed with a Consultant Clinical/Counselling Psychologist as Team Co-ordinator/Manager. Referrals are received for clients across Tiers, and staff employ a variety of individual and group therapeutic approaches including Cognitive Behavioural Therapy, Interpersonal Therapy, Schema Focussed Therapy, Psychodynamic Psychotherapy, Behavioural Family Therapy and Person Centred Counselling. The PTTs work in close association with the CMHTs, and are active in training and supervising clinicians across the Services. Further specialist services are also provided in Psychiatric Rehabilitation, and Clinical Health Psychology.

5.2 Psychological Therapies for Adults with Learning Disabilities

The department provides community based clinical input and psychological services to two multi-disciplinary community learning disability health teams and an inpatient assessment and treatment unit. The department has a major role in providing autistic spectrum disorder services and forensic services, in both community and inpatient settings. Staff undertake training and consultancy with a variety of public sector and volunteer organisations. The Learning Disability Service’s central base houses a variety of specialists including speech and language therapy, psychiatry, physiotherapy and occupational therapy – providing ample opportunity for collaborative working with persons from other disciplines. Additionally there are a number of clinically relevant research projects being carried out in the department, including involvement in an RCT for EMDR with Adults with LD and an open trial of use of BFT with families where there is a person with LD using the specialist services.

5.3 Addiction Psychology Service

The Addictions Psychology Service (APS) is a Lanarkshire-wide service. Bases are in Coatbridge, Hamilton, and Motherwell, with staff linked to locality addiction teams across Lanarkshire.

The APS has developed a model of service based on direct client contact, consultation, training, supervision, and support. A range of psychotherapeutic approaches are utilised, including CBT, psychodynamic, Gestalt, and solution-focused therapies. Much of the APS is community-based, although in-patient contact is provided as appropriate. Referrals are managed via a stepped-care system, allowing a three-level approach to assessment and treatment. There are a number of specialist posts in the Addiction Psychology Service including neuropsychology, and BBV. The service can offer advanced specialist placements to trainees in third year.
5.4 Psychological Therapies for Older People

Psychological Therapies for Older People (PTOP) is a multi-professional area-wide service, with clinical psychologists, CAAPS, and Senior Charge Nurse Psychological Therapists. PTOP provides a service to ten Community Mental Health Teams for Older People, as well as to GPs, organic and functional inpatient units, day services, memory clinics and nursing/residential homes. The service also provides a substantial amount of staff training to other professionals and to psychologists from other departments within NHS Lanarkshire. Placements are offered to the Edinburgh and Glasgow training courses for both core older people’s placements and more specialist advanced placements, including in young onset dementia.

5.5 Tier 3 Eating Disorder Specialist Service (TESS). TESS is a multi-disciplinary team based at the Buchanan Centre, Coatbridge, providing a pan-Lanarkshire to individuals with severe eating disorders aged 16-64 years. Managed by a consultant clinical psychologist, there are opportunities for individual case work, multi-professional working, group interventions, working with carers/families in addition to teaching/training other professionals.

5.6 Child, Adolescent, and Family Services (CAMHs)

All psychologists working within Child and Family Services are based within multi-disciplinary teams with the exception of the Paediatric Psychology team. There are six generic Tier 3 CAMHS teams, each providing services to a specific geographical area: Cumbernauld / Airdrie, Coatbridge / Bellshill, Motherwell / Wishaw, Hamilton, Clydesdale and East Kilbride. There are also four specialist CAMHs services offering placements: Primary Mental Health team, Learning Disabilities CAMHS team, CAYP (CAMHS for Accommodated Young People), and Paediatric Psychology and Neuropsychology. Multi-disciplinary teams generally consist of Clinical Psychologists, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians and Social Workers. Clinical Psychologists working in CAMHs meet together regularly for professional management, CPD and Research and Audit meetings.

5.7 Forensic Mental Health Psychology Service

The service is based in Hamilton but comprises a mixture of inpatient (low-secure) and community working across Lanarkshire. Primarily, patients have a severe and enduring mental illness and usually a forensic history. The psychology service provides input as part of a multidisciplinary approach to care and treatment. Therapeutic work includes group-based interventions as well as formulation-driven individual work that might include interventions for psychosis, personality disorder or offence-focussed work. Forensic risk assessment is another key aspect of our role and clinicians are trained and supervise others in the use of structured risk assessment tools (e.g HCR-20 and RSVP). There are opportunities to provide teaching and training to other professionals/agencies, and to offer consultancy and supervision to others delivering low-intensity psychological interventions. The service continues to evolve in line with national developments providing scope for trainee involvement in service development at a local level. The service has good links with other forensic mental health services throughout Scotland.

5.8 Managed Clinical Network for Stroke

A specialist team, based in Coatbridge, offers assessment and rehabilitation services

5.9 Chronic Pain Team

Based at Wishaw General Hospital, clinics are offered in the Buchanan Centre, Coatbridge. The service offers assessment and rehabilitation including a group based pain management programme.

5.10 EVA (End Violence and Abuse against Women)

Based in Coatbridge, but working across Lanarkshire, this is a service offering training to other services and agencies, as well as offering information, advocacy, counselling and psychological assessment and intervention to women who have been or are victims of abuse.

5.11 Traumatic/Acquired Brain Injury
This service provides psychological assessment and rehabilitation to those with traumatic brain injuries.

6. TEACHING, TRAINING AND RESEARCH ACTIVITIES

Staff within Psychological Services have close links with Glasgow, Edinburgh, Caledonian, and Stirling universities, and a service-wide research group has been established to provide encouragement, consultation and support for psychology staff and trainees planning and conducting research. We are actively involved in developing research proposals for trainees. We have a major commitment to teaching on all the courses from which we take trainees.

Staff also provide teaching and clinical training to a variety of other professionals and staff, including nurses, health visitors, GPs, trainee psychiatrists, junior medical staff, care provider staff, adoptive and fostering parents, social workers, midwifery staff and allied health professionals.

7. TRAVEL AND SPECIAL ARRANGEMENTS

In all NHS Boards, services are offered across a wide geographical area and placements will require travel to various clinical bases and locations within the NHS Board region. There will also be a requirement for community work such as home visits which may be in rural locations. Public transport within each NHS Board area is variable, with some parts having no service and others only a very infrequent service. This means that it can be very time-consuming, and in some cases impossible, to rely on public transport to meet the travel requirements of the trainee role. Where trainees have a specific need to minimise travel due to a disability, reasonable adjustments will be made. All other trainees will be expected to meet all the travel requirements of the role, regardless of the NHS Board in which they are employed and therefore driving and having access to a car will be of considerable benefit whilst on the Programme. These factors will have no impact on the selection of trainees.

The majority of the population of Lanarkshire lives in a triangular area bounded by East Kilbride, Airdrie, and Carluke. However South Lanarkshire in particular covers a large and predominantly rural area. Consequently, especially in services that are largely peripatetic such as Learning Disability, having a car and driving license is essential. A substantial portion of other services is delivered in primary care settings, and therefore some flexibility in travelling is desirable. Distances however are not so vast that clinical duties require an overnight stay.

8. Contacts

The following people can provide further information on training opportunities within NHS Lanarkshire Psychological Services:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Gary Tanner</td>
<td>Clinical Director of Psychological Services</td>
<td><a href="mailto:Gary.Tanner@nhs.net">Gary.Tanner@nhs.net</a></td>
</tr>
<tr>
<td>Gillian Anderson</td>
<td>Head of Service, Learning Disabilities</td>
<td><a href="mailto:Gillian.anderson@lanarkshire.scot.nhs.uk">Gillian.anderson@lanarkshire.scot.nhs.uk</a></td>
</tr>
<tr>
<td>Dr Leigh Whitnall</td>
<td>Head of Service, Psychological Therapies for Older People</td>
<td><a href="mailto:Leigh.Whitnall@nhs.net">Leigh.Whitnall@nhs.net</a></td>
</tr>
<tr>
<td>Dr Sally Dewis</td>
<td>Local NHS Psychology Tutor</td>
<td><a href="mailto:sally.dewis@nhs.net">sally.dewis@nhs.net</a></td>
</tr>
<tr>
<td>Dr Fraser Morrison</td>
<td>Head of Service, Addiction Psychology</td>
<td><a href="mailto:Fraser.Morrison@lanarkshire.scot.nhs.uk">Fraser.Morrison@lanarkshire.scot.nhs.uk</a></td>
</tr>
<tr>
<td>Dr Eileen Boyes</td>
<td>Lead Psychologist, Child and Family</td>
<td><a href="mailto:eileen.boyes@lanarkshire.scot.nhs.uk">eileen.boyes@lanarkshire.scot.nhs.uk</a></td>
</tr>
<tr>
<td>Dr Fiona Mair</td>
<td>Lead Psychologist, Forensic Psychology Service</td>
<td><a href="mailto:Fiona.Mair@lanarkshire.scot.nhs.uk">Fiona.Mair@lanarkshire.scot.nhs.uk</a></td>
</tr>
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</table>
NHS Lothian

Child and Adolescent Mental Health Service

NHS Lothian Child and Adolescent Mental Health Service (CAMHS) provides a wide range of mental health services for children, young people and their families across Lothian (Edinburgh, Midlothian, West Lothian and East Lothian). The service offers a comprehensive range of community, outpatient, day and inpatient intervention to children and young people up to age 18, and their families. There are approximately 30 whole time equivalent Clinical Psychologists working in CAMHS. Some services offered are pan Lothian and the inpatient Unit offers a service across the South East of Scotland. The CAMHS Learning Disability team provide a pan Lothian Service for young people who have a learning disability, in association with complex behavioural, psychological or mental health problems.

Lothian placements will be primarily based in one of the five generic outpatient teams (North Edinburgh, South Edinburgh, Midlothian, West Lothian and East Lothian) or the Learning Disability or the Paediatric Psychology and Liaison Service (PPALS). There may also be an opportunity to work within the Under 12 Day Programme at Forteviot. In each team, the trainee will have an opportunity to work with children and young people and their families. The department has an ongoing commitment to teaching and research, and is involved in a number of Scottish Executive research projects.

The placement of clinical psychology within multidisciplinary teams offers good opportunity for joint working and consultation with partner agencies including statutory and voluntary. The therapeutic approach is varied across clinicians, but includes cognitive behavioural, psychodynamic, interpersonal therapy and narrative and family therapy. Structured evidence-based parenting interventions are also being developed. There is a strong commitment to formulation and collaboration.

MSc trainees will be supported through regular supervision and multidisciplinary meetings to provide a community based early intervention approach. Assessments will be done both individually and jointly, and the information gathered will be used to develop a clear formulation of a child and young person's presenting difficulty to guide intervention. Intervention will be individual, family and group of a short-term duration. Therapeutic skills can be developed through discussion in supervision, guided reading and audio- or video-taping of patient sessions. Treatment often requires liaison with other services and requires significant attention to the family system. Opportunities exist to participate in multi-professional consultation clinics for primary care staff, social work and education. Trainees will be encouraged to evaluate the effectiveness of the interventions using a range of age appropriate formal and informal measures.

Competencies are developed in clinical interview skills (with individual young people, families, carers and other professionals), observations of standardised instruments, as well as risk assessment where appropriate (critical importance is given to child protection training). Assessments can be carried out in a variety of settings. This may require observation within a medical, educational or home setting.

Trainees will be directed towards relevant research related to therapeutic work with young people and will be expected to make use of this to guide their clinical work and to discuss in supervision.

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NHS Tayside

The Region
NHS is responsible for providing healthcare to a population of approximately 400,000. The population is distributed through the major urban centres of Dundee and Perth, and to other smaller and towns and villages other across the large geographical area.

**Tayside Area Psychological Therapies Service (TAPTS)**

The service comprises approximately 134 wte applied psychology posts including Clinical, Counselling and Forensic psychologists, Clinical Associates in Applied Psychology, Accredited Therapists and Assistant Psychologists.

The service comprises a wide range of specialties including:-
Adult Mental Health (Primary Care and Community Mental Health Teams), Child and Adolescent Mental Health Services (CAMHS), Neuropsychology, Older Adults, Clinical Health Psychology, Addiction Services, Learning Disabilities, Forensic Psychology, Eating Disorders.

Research plays a key role in the clinical work undertaken and the service has strong links with a number of universities. The department has a strong commitment to teaching not only trainees on various courses, but members of other professions as well. The department also supports ongoing professional development and runs its own programme of lectures, workshops and events.

**Child and Adolescent Services**

The Psychological Therapies Team for children and adolescents is integrated into the Tayside–wide, multidisciplinary, Child and Adolescent Mental Health Services (CAMHS). There are approximately twenty applied psychologists within CAMHS working predominantly in outpatient services. In addition to regular outpatient services, psychologists also offer input to neuropsychology, acute paediatrics and to inpatients in the Young People’s Unit. The team comprises of predominantly Clinical Psychologist alongside 4wte Clinical Associates, 3wte Systemic Psychotherapists and 2wte CBT Psychotherapists. Additionally there are usually at least four trainees on placement at any one time. The main base of the service is at the Centre for Child Health, Dundee but some community clinics are also offered as well as a secondary base operating in Perth. It is anticipated that trainees on the MSc in Applied Psychology for Children and Young People will be based in Dundee and work primarily alongside the main secondary care service with additional experience available from the community based primary care services.