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:
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 2017-27; 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 under the supervision of a Clinical Psychologist but they may also be supervised by an experienced 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.

Please be reminded the MSc in Applied Psychology for Children and Young People has been designed as an innovation in the training structure for Applied Psychologists and provides MSc graduates to NHS workforce roles. NES funds these training roles. Please note as of the 2019 intake, NES will not fund places in the Glasgow or Edinburgh Clinical Doctorate Training Programmes for candidates who apply to the Clearing House while in receipt of NES funding for the MSc in Applied Psychology for Children and Young People.

This means, if you are successful and continue with your acceptance of the place on the MSc in Applied Psychology for Children and Young People, you would not be eligible to apply to the Clinical Psychology Doctorate at Glasgow or Edinburgh in the September to November/December 2021 application window for 2022 intake.

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

Contact Details

Specific enquiries about the programme can be made to Clara Shaw Postgraduate Administrative Secretary, School of Health in Social Science, The University of Edinburgh, Medical School, Teviot Place, Edinburgh EH8 9AG, Tel: 0131 651 3037, applied.psych.cyp@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 2020 intake.

NHS Boards in Scotland

NHS Ayrshire and Arran

The Ayrshire and Arran Psychological Service is a multi-professional, area-wide Service employing over 100 members of staff, including Clinical/Counselling Psychologists, Cognitive Behavioural Psychotherapists, Counsellors & Clinical Associates in Applied Psychology (CAAPs). The Service offers a wide range of Psychological Specialties: Child (CAMHS, Community Paediatrics and Medical Paediatrics), Adult Learning Disabilities; Adult Mental Health (Community, In-patient, Forensic, Addictions); Older Adults & Neuropsychology, and Clinical Health across the age-span (including Medical Paediatrics). Our staff are integrated into their clinical teams and focus their work on high intensity/specialist level psychological assessment and treatment, as well as early intervention for example, increasing capacity for psychological work through the training, supervision and consultancy of the wider staff group, including external agencies such as Education.

Psychological Services employs Trainees from both the West of Scotland Doctorate in Clinical Psychology and the MSc in Applied Psychology for Adults and Children and Young People. Currently Psychological Services employs nine Trainee Clinical Psychologists and 2 Trainee CAAPs (one Child,
one Adult). There are currently seven permanent Adult CAAPs and three permanent Child CAAPs working within the Service, most of whom have gained employment following their training in Ayrshire and Arran.

Ayrshire and Arran has a mix of rural and urban population with wide variations in affluence and deprivation. The county is geographically large with services delivered through two Acute Hospitals and three Community focused Health and Social Care Partnerships (North, East and South). Trainees are based on the mainland within one of our Community based CAMHS and Adult Mental Health teams. This ensures integration into the wider Service team and ready access and support to the Psychological Services professional skill-mix, including our pool of permanent CAAPs working within the Adult and Child Services.

NHS Ayrshire & Arran have established systems for supporting Doctorate and Masters Trainees. For example, all Trainees will have access to internal training opportunities and special interest groups, including the annual Service workshop which shares innovations in practice from all our Specialties. Trainees will also receive support from the Ayrshire & Arran Local NHS Psychology Tutor, Dr Marisa Forte. This includes the co-ordination and support of clinical placements. In addition, the Psychological Services Business Group has responsibilities for reviewing all Training experience, including approving audit & service evaluation projects.

**Child Psychology Specialty**

Head of Child and Adult Learning Disabilities Psychological Speciality (Dr Kenneth MacMahon)

CAMHS Consultant Psychologist (Mr Morgan MacPhail)

Community Paediatrics Consultant Psychologist (Dr Kerry Teer)

Clinical Health Consultant Psychologist (including Medical Paediatrics) (Dr Lesley Allan)

Services for children in Ayrshire & Arran are delivered through three multi-disciplinary services: Child & Adolescent Mental Health Services (CAMHS), Community Paediatrics and Medical Paediatrics. Psychological Service staff are integrated into each of these Services and comprise a skill-mix of Clinical Psychologists, Clinical Associates in Applied Psychology and Assistant Psychologists delivering specialist assessment and therapeutic work. There are a number of Psychology and Nursing staff within CAMHS with a specific remit for early intervention work. This early intervention work offers individual and group based intervention for mild to moderate mental health difficulties and work with partner agencies through training and consultation in order to increase capacity and promote positive mental wellbeing. Trainee CAAPS have the opportunity to contribute to these activities.

Within Child Psychology, we currently have three permanent CAAPS and one Child CAAP Trainee. Our CAAPs deliver their service through CAMHS and our CAAP Trainees are based within CAMHS, supervised by either qualified CAAPs or Clinical Psychologists, with line-management by our Consultant/Clinical Psychologists.

**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. The Borders region is within easy reach of Edinburgh by road – a number of previous trainees have chosen to commute to placement from Edinburgh. Within the Borders housing is attractive and affordable and there remains a strong sense of local community.
Placement details

The Trainee Child CAAP placement is based within the NHS Borders multi-disciplinary CAMHS Service. We offer services to children and young people up to the age of 18 years, seeing a wide range of child and adolescent mental health referrals. We have good relationships with stakeholder colleagues in school nursing, social work, paediatrics and education.

The CAMH service is currently divided into East and West locality teams, both based at the Andrew Lang Unit, Selkirk*. Working relationships within the psychology team are very supportive and many former trainees have returned to the department once qualified.

Borders Trainees are usually required to travel widely for work purposes in order to provide service delivery in locality clinics and schools across the Scottish Borders region.

Child and Adolescent Psychology

Staffing includes a Consultant Clinical Psychologist, five Clinical Psychologists, two Clinical Associates in Applied Psychology and a Music Therapist. We also have a Paediatric Psychology post covered by two clinical psychologists on a job-share basis. The psychology team is a very friendly group keen to offer a supportive working atmosphere. Trainees have a designated desk within the Psychology team office at the Andrew Lang Unit and are provided with a laptop and mobile phone to facilitate working in the community.

Trainee CAAPs have the opportunity to gain a range of supervised experience in assessment, psychological formulation and intervention. There is opportunity to participate in group work alongside experienced colleagues as well as delivering cognitive-behavioural interventions for anxiety and depression. There will be opportunities to join teaching, consultation and coaching sessions provided by Psychologists to other professionals (e.g. School Nurses, Education Staff). Trainees will also develop their understanding of the roles of a range of professionals involved in children's services through joint working and liaison with other services.

*NDuring the Covid-19 pandemic all staff are spending at least some of their time working from home, using Near Me and Teams technology to communicate with families and colleagues.

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 / Early Intervention, CAMHS teams, CAMHS Intensive Therapy Service, Medical Paediatrics, Springfield & Beeches Projects (LAC), Seaview (Trauma) and Neurodevelopment /ADHD. In addition, CAMH teams in Fife include Child Psychiatrists, Community Nurse Therapists, Occupational Therapists and Psychotherapists.
Staff liaise closely with other community-based professionals such as GPs, Health Visitors and School Nurses and offer a variety of training and supervision to other staff groups.

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 in the primary care team of the Child and Family Clinical Psychology service. There are a wide range of group interventions running across Child Psychology and CAMHS and there are opportunities for MSc trainees to be involved in delivering these. There are clinics in community bases across Fife. The primary care service is designed to see children and families within a few weeks of referral, and offers 4-6 sessions of therapeutic work following assessment, mainly CBT focused.

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

NHS Forth Valley

The Region
Forth Valley’s population (approximately 308,000) lives 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 midway 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, and the cost of living within the area is relatively affordable. Stirling is a historic city with striking architecture, while Falkirk has always been an important trading and industrial centre for Scotland. As we are located in the central belt, commuting and travelling poses no challenge.

NHS Forth Valley CAMHS
We provide a Forth Valley wide CAMHS service across two bases. MSc trainees are based in one of the two bases (The Manor, Falkirk or Stirling Community Hospital). Psychologists work as part of a multidisciplinary team compromising Nursing staff, Psychiatry staff, Primary Mental Health Workers, a Family Therapist, an Occupational Therapist and 2 Speech and Language Therapists. We also have 3 Dieticians who provide input to core CAMHS.

Within Core CAMHS and LD-CAMHS, the age range is 0-18. Children and young people with a variety of presentations are seen within the service, such as 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 using 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.

MSc trainees joining us will be able to take advantage of a varied in-house programme of supervision and CPD. They will also have access to a highly efficient administrative and secretarial team. We are a popular choice for both trainee doctorate and CAAP placements and we look forward to welcoming a new MSc trainee to our friendly team.

Additional information relating to COVID
Due to the current restrictions placed on the service due to COVID, we have been adapting how we continue to support, and offer therapeutic work to some young people and their families. Whilst
a small number of young people have been seen in person due to requiring physical monitoring (such as eating disorder patients), this has been done following clear guidance on PPE, social distancing, and cleaning guidelines. However, for the majority of our cases, we have been utilising both telephone appointments and therapy by video calls, using a system called Near Me. We are currently working on how to remotely deliver some of our group-based interventions, such as the ASD Parents Group, and Timid to Tiger. It is likely that we will continue to engage with our young people via remote means until the time when we are able to resume face-to-face sessions.

**NHS Grampian**

Grampian, located in the North East Scotland, has a population of over half a million. The scenery across the North East is enchanting and inspiring. The area offers both rural and urban based leisure, cultural and sporting activities to suit a range of interests. There is easy access to the Cairngorm Mountain range and airports in both Aberdeen and Inverness.

Grampian is a major centre of Education with two Universities, including a teaching and research hospital. Placements exist in Aberdeen, Aberdeenshire and Elgin, with a wide range of research opportunities.

Our innovative and dynamic CAMHS team provide a multi-disciplinary mental health service for children and young people aged up to their 18th birthdays with complex mental health or developmental difficulties, and their families/carers. We follow GIRFEC principles and the national CAMHS referral criteria and provide a specialist mental health service for children and young people who live in Aberdeen City, Aberdeenshire, and Moray. We see individuals with difficulties such as developmental disorders, anxiety, OCD, PTSD, psychosomatic issues, depression, self harm, psychosis and eating disorders. Children and young people with a Learning Disability are also seen in the service. The CAMHS multi-disciplinary team consists of Clinical Psychology, Psychiatry, Occupational Therapy, Nurse Specialists, Clinicians and Secretarial and Admin staff. Patients are largely seen on an outpatient basis however we also have access to local in-patient beds and provide an in-patient service when required. We have close links with national Child (Caledonia House, Glasgow) and Adolescent (YPU, Dundee) inpatient services and frequently work jointly with the regional adolescent in-patient unit in Dundee.

Our treatment approach is eclectic with a wide variety of treatments offered by different team members such as schema focussed work, CBT, IPT, Family Therapy, ACT, EMDR and Pharmacotherapy. There is frequent joint working with MDT members and close liaison with other agencies (e.g School Nurses, Education, Social Work and Community Child Health). We are developing early intervention packages in conjunction with schools and social work colleagues. There is a strong focus on patient centred services, team development, training, and research. Opportunities exist for trainees to work jointly with other members of the team and also develop skills in a wide range of therapeutic approaches. 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.

The integrated CAMH service in Grampian has completed a service redesign to be an integrated 0-18 year old service with Aberdeen city and Aberdeenshire satellites moving to a purposely refurbished unit – The Links Unit at the City Hospital in Aberdeen - in June 2019 and the Moray satellite remains at the Rowan Centre in Elgin. The service is committed to training and developing the CAMHS workforce and encourages research and audit activity. The integrated service is managed within the Adult Mental Health Sector within NHS Grampian.

**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 focusing primarily on community based early intervention approaches.

Placements will mainly be provided in community Child and Adolescent Mental Health Services, focusing 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 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.

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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.

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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 & Lochals; 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

NHS Argyll& Bute CAMHS: The CAMHS team consists of a Tier 3 team based in Lomond House, 29 Lomond Street Helensburgh. The team have very close links with the Tier 2 Primary Mental Health Worker team. We work as an integrated team with lots of co-working opportunities between the different tiers of the service. We have a further locality team based Lochgilphead.

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 Helensburgh will be based in the Tier 3 CAMHS team and supervised by a Clinical Psychologist. The CAMHS team works with children and young people aged 0-18 and provides support through training, consultation and supervision to professionals in the wider children’s services network.

The trainee will be based in Helensburgh and will undertake the majority of their clinical work there but will have the opportunity, should they so wish to experience work in rural areas. The trainee will have access to a desk, computer, phone and there are video conferencing facilities available in nearby NHS buildings. There are bookable clinic rooms for seeing children, young people and families. 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.
Argyll & Bute is an area of outstanding natural beauty and a fantastic place to live and / or work. There are good transport links to Glasgow. If you would like further information please do not hesitate to contact Dr Kathryn Smith or Dr Louise Beare, Principal Clinical Psychologists, on 01436 633200 or via email Louise.beare@nhs.net, Kathryn.Smith25@nhs.net

NHS Lanarkshire

NHS Lanarkshire Psychological Services provide clinical and consultation services to the approximately 700,000 people of North and South Lanarkshire. The Service comprises approximately 170wte clinical staff and, 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 Applied Psychologists, there are Neuropsychologists, CBT Therapists, Nurse Therapists, Counsellors, and Mental Health Practitioners. 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.

The majority of the population of Lanarkshire lives in a triangular area bounded by East Kilbride, Airdrie, and Carluke. However, some parts of South Lanarkshire in particular are more rural. Consequently, and it is generally not possible to travel via public transport. Therefore, having access to a car and driving licence is preferred.

SERVICE COMPOSITION

Services are provided in the following areas:
- Adult Psychological Therapies
- Psychological Therapies for Older People
- Addiction Psychology Service
- Psychological Therapies for Learning Disabilities
- Child, Adolescent, and Family Services
- Forensic Psychology Service
- Tertiary Eating Disorders Specialist Service
- Clinical Health Psychology
- Multiprofessional Stroke Team
- Multiprofessional Chronic Pain Team
- EVA Psychology (GBV)
- Multiprofessional Traumatic Brain Injury Services

PLACEMENTS OFFERED

We offer placements to Trainee Clinical Psychologists from the East and West of Scotland Clinical Doctorate programmes; the MSc in Psychological Therapies in Primary Care; and the MSc in Applied Psychology for Children and Young People. We also offer placement to trainees on the Glasgow Caledonian University Doctorate in Counselling Psychology, and Doctorate in Health Psychology.

STRUCTURE OF PSYCHOLOGICAL SERVICES IN LANARKSHIRE

The Director of Psychological Services is Dr Gary Tanner. There are ten locality-based Adult Psychological Therapies teams (PTTs), based in the major “townships” of East Kilbride, Hamilton, Motherwell, Bellshill, Wishaw, Cumbernauld, Coatbridge, Airdrie, Rutherglen/Cambuslang, and Clydesdale. There are also six CAMHS teams across Lanarkshire. All other services provide a pan-Lanarkshire service.

CLINICAL ACTIVITIES OF THE AREA PSYCHOLOGY SERVICES

Adult Psychological Therapies

Each of the 10 Psychological Therapy Teams receives referrals across Tiers (1-4), and staff employ a variety of individual and group therapeutic approaches including Cognitive Behavioural Therapy, Interpersonal Therapy, Dialectical Behaviour 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.

**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. 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.

**Addiction Psychology Service**
The Addictions Psychology Service (APS) is a Lanarkshire-wide service, with bases within 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. There are a number
of specialist posts in the Addiction Psychology Service including neuropsychology, and BBV.

**Psychological Therapies for Older People**
Psychological Therapies for Older People (PTOP) provides a service to 10 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 East and West training courses for both core older people’s placements
and more specialist advanced placements, including in young onset dementia.

**Tertiary Eating Disorder Specialist Service (TESS)**
TESS is a multi-disciplinary team, providing a pan-Lanarkshire to adults with severe eating disorders
resulting in complex needs. There are also adapted referral criteria for young people to minimise the
harm that can be caused to their development, to capitalise on better treatment outcomes shown to
occur from early intervention, and to offer specific treatments to meet the needs of those in late
adolescence. 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.

**Child, Adolescent, and Family Services (CAMHs)**
There are six generic multi-disciplinary Tier 3 CAMHS teams, each providing services to a specific
geographical area. 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.

**Forensic Mental Health Psychology Service**
The service is based in Hamilton and comprises a mixture of inpatient (low-secure) and community
working across Lanarkshire, as well as psychological therapies within HMP Shotts. Primarily, patients
have a severe and enduring mental illness and usually a forensic history. 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.

**Clinical Health Psychology**
In addition to long-term conditions and multi-morbidity, we have specialists services in Stroke, Pain
Management, BBV, and Traumatic Brain Injury, offering assessment and rehabilitation services.
**EVA (End Violence and Abuse against Women)**
Based in Coatbridge, but working across Lanarkshire, this is a service offering psychological assessment and intervention to women who have been or are victims of abuse, as well as providing training to other services and agencies, as well as offering information, advocacy, counselling and psychological therapy.

**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.

For further information, please contact:
Dr Gary Tanner, Director of Psychological Services (email: garytanner@nhs.net).

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**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 interventions to children and young people up to age 18, and their families. There are approximately 40 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, interpersonal therapy, systemic social learning theory parenting interventions and family therapy. Structured evidence-based parenting interventions are also offered and opportunities to co-facilitate structured groups such as Coping Cat can be provided. There is a strong commitment to joint working with families towards shared formulations.

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.

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 other smaller rural towns and
villages other across the large geographical area.

Tayside Area Psychological Therapies Service (TAPTS)
The service comprises approximately 145 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 People, Clinical Health Psychology,
  Substance Misuse 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
25 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 Clinical Associates, Systemic Psychotherapists and 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.