



THE UNIVERSITY
of EDINBURGH



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 psychological assessments and interventions for mild to moderate mental health difficulties 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 this [benchmark document](#).

The MSc is accredited by the British Psychological Society as meeting the Standards for the accreditation of applied psychology programmes for Associate Psychologists. The programme continues to work closely with the BPS, NES and other stakeholders in supporting the development and delivery of a BPS register for individual graduates.

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 An Honours degree graduate in psychology (2:1 or above) which has the BPS Graduate Basis for Chartered Membership. Applicants who have completed a Masters level conversion programme in Psychology that confers GBC and have achieved a 2:1 level or equivalent (an average of 60% or higher) will be viewed as equivalent to applicants whose original undergraduate degree confers GBC. It was agreed across all NES funded Applied Psychology programmes that all programmes amend the conversion threshold to accept candidates with a 240 credit equivalent (120 ECTS) Higher Diploma conversion qualification which confers GBC, where the overall number of research credits is at least 80 (40 ECTS) and the Higher Diploma is at 2.1 equivalent level or above.

For applicants whose first language is not English, documentary evidence of competence in both written and spoken English must be provided. This normally takes the form of good results in an IELTS, TOEFL or other approved test. Please visit the [postgraduate language requirements website](#) for further information.

If you are invited to interview, you must provide proof of eligibility for the British Psychological Society Graduate Basis for Chartered Membership (GBC). Please contact the British Psychological Society if you need advice on whether your qualification gives you eligibility for GBC.

Successful applicants to the programme are currently employed by the NHS while they study. **By applying for this programme you would be applying for a job with the NHS and therefore need to have the right to work in the UK without restriction.** A student visa is not applicable for this programme as, if you were accepted, you would be classed as an employee, not a student. We are currently not employee-sponsoring any trainees. We are not qualified to tell you whether you have the right to work in the UK or not. If you are unsure of your status, please:

- 1) check the [UK Visas and Immigration website](#); or
- 2) contact your local [British Embassy](#).

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. Clinical supervision is provided by a Clinical Psychologist or a Clinical Associate in Applied Psychology who is supported in their supervision by a Clinical Psychologist. The trainee will attend the University of Edinburgh and NHS sites in Glasgow for teaching blocks and days throughout the year. Some teaching will also be delivered remotely. 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, two joint interview panels (of NHS and academic representatives) select applicants for admission onto the programme. Interviews will be conducted remotely.

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 2024 application window for 2025 intake.

Programme Length

12 months full time

For detailed information about the programme structure, individual modules, and degree regulation please visit [our website](#).

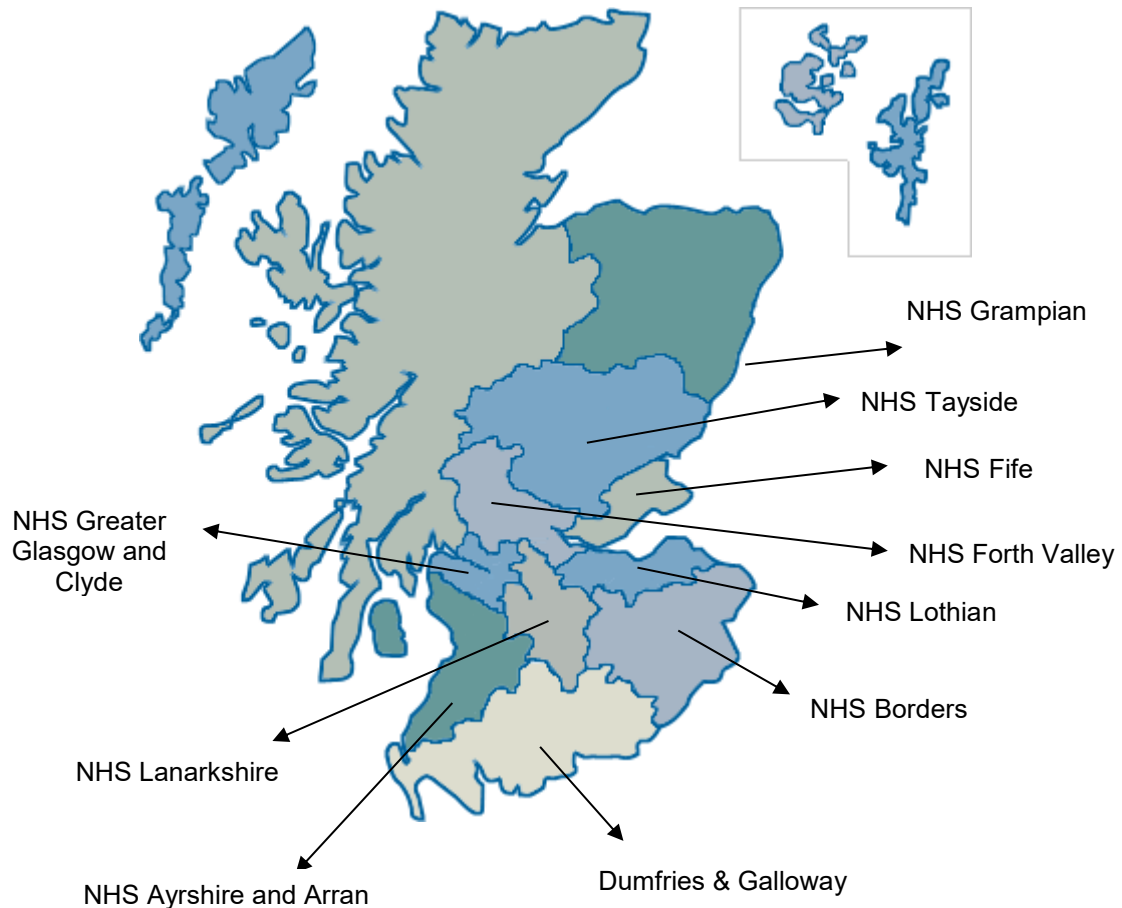
Contact Details

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 2024 intake.

NHS Boards in Scotland



NHS Ayrshire and Arran

Geographical Area

Ayrshire and Arran has a population of around 370,000 people living in a mixture of rural, suburban and urban areas. There are excellent transport links from Glasgow with North Ayrshire being 40 minutes by car from Glasgow Town Centre & South Ayrshire being one hour away by car or rail. The main administrative bases are in North Ayrshire (Irvine), East Ayrshire (Kilmarnock) and South Ayrshire (Ayr).

Many clinicians within the Service choose to commute from the Glasgow regions by car. Consistent feedback from Trainees currently employed in Ayrshire and living in Glasgow is that the travel time by car is very manageable. Quotes include:

“Although I initially thought of Ayrshire as a lengthy commute from Glasgow, I was surprised that I often had a shorter commute than some of the Glasgow trainees who were crossing the city. As you’re always going against the traffic, it’s only 25-30 minutes down the M77 to Kilmarnock and 40-45 minutes to Irvine. Placements in Ayr take an extra 10 minutes on the motorway but benefit from being a short stroll away from a sandy beach”.

“The travel time to Ayrshire is very manageable and it is well worth it for the support you receive within NHS Ayrshire and Arran. As there are only a small number of trainees in this area, you are given a lot of time and guidance and you really feel like you are valued within the service”

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, Paediatric 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.

Psychological Services in 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 and Counselling Psychologists, Cognitive Behavioural Psychotherapists, Counsellors and both Child and Adult Clinical Associates in Applied Psychology (CAAPs). The Service offers a wide range of Psychological Specialties: **Child & Families (CAMHS, Community Paediatrics, Medical Paediatrics and Infant Mental Health)**, Adult Learning Disabilities, Adult Mental Health, Forensic/Low Secure/Prison, Addictions, Perinatal/Maternity/Neonatal, Staff Wellbeing, Older Adults, Neuropsychology and Clinical Health. 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.

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)

Medical Paediatrics Consultant Psychologist (Dr Lesley Banning)

Psychology Services for children and families in Ayrshire & Arran are delivered through four multi-disciplinary services: Child & Adolescent Mental Health Services (CAMHS), Community Paediatrics, Medical Paediatrics and Infant Mental Health. In addition, the new National Secure Adolescent In-Patient Service (Foxgrove) is due to open in 2023 at Ayrshire Central Hospital.

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 Ayrshire’s Child services with a specific remit for early intervention work. They 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 a number of qualified Child CAAP clinicians working across Child specialities as well as our Adult Learning Disability Service. Our two current CAAP

trainees are based within CAMHS and Community Paediatrics, supervised by either qualified CAAPs or Clinical Psychologists. Previous Child CAAP trainees have also completed placements within the Medical Paediatric team.

Psychological Services employs Trainees from the Child and Adult Applied Psychology MSc Programmes, and from the West of Scotland Doctorate in Clinical Psychology Course. Currently, Psychological Services employs 12 Trainee Clinical Psychologists and 4 Trainee CAAPs (two Child, and two Adult).

Continued Professional Development

NHS Ayrshire & Arran have established systems for supporting Masters and Doctorate 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 Kim Robertson. 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.

Line management arrangements

As an area-wide service, overall management of the Service and staff is through the Professional Lead for Psychological Services. Direct Line Management for Trainees is typically provided by a Consultant or Principal Clinical Psychologist working within the service within which the trainee is based.

For Further Information: We would welcome enquiries from applicants. In the first instance, please contact Dr Kim Robertson, Local NHS Psychology Tutor on 01294323072 or e-mail: kim.robertson@aapct.scot.nhs.uk

NHS Borders

The Region

The Scottish Borders has a population of approximately 115,000 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 and core CAMHS staff commute from Edinburgh and the Lothians. 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.

The CAMH service is currently based at the Andrew Lang Unit, Selkirk. Working relationships within the multi-disciplinary CAMH service are good and the core team benefits from additional multi-disciplinary input from a Music Therapist, Speech and Language Therapists, Occupational Therapists and Paediatricians.

Borders Trainees are required to travel widely for work purposes in order to provide service delivery in locality clinics and schools across the Scottish Borders region and therefore will need access to a car. CAMHS currently (2021) have hybrid working weeks, with some days worked physically in our base

or in locality clinics or school, and some worked from home using NearMe for clinic appointments and MS Teams for other multidisciplinary and multiagency work.

Child and Adolescent Psychology

Staffing includes a Consultant Clinical Psychologist, Clinical Psychologists, Clinical Associates in Applied Psychology and D.Clin trainees. We also have Paediatric Psychology posts. We are a small, friendly group keen to offer a supportive working atmosphere. Trainees have a desk in the Psychology team office at the Andrew Lang Unit and are provided with a laptop to facilitate working.

Trainee CAAPs will have the opportunity to gain a range of supervised experience in assessment, psychological formulation and intervention. There may be 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 benefit from the opportunities for observational and joint working with members of the wider multidisciplinary team and other agencies, which will support an understanding of the roles of a range of professionals involved in children's services.

NHS Dumfries & Galloway

Department of Psychological Services & Research

The department is based at Mountainhall Treatment Centre in Dumfries and covers the whole of Dumfries & Galloway, an area of 2500 square miles and with a population of over 147,000. The Director is Dr Louise Cumbley, who is also the Head of Child & Adolescent Psychology.

The department offers a range of specialities:

Speciality

Adult Mental Health
Learning Disabilities/Forensic
Child & Adolescent
Older Adults/Neuropsychology/Stroke
Clinical Health Psychology Services
Staff Support
Perinatal

Head of Service

Dr Audrey Young
Vacant
Dr Nicola Scott
Dr Gillian Bowie
Dr Ross Warwick
Dr Jim Lemon
Dr Saffron Dickinson

There is a wide range of skill mix including Clinical Psychologists, Psychological Therapists and a Guided Self Help team. Our Child Psychology team includes staff who specialise in working with Care Experienced Children and Young People, Paediatrics, Infant Mental Health, Neuropsychology and Neurodevelopmental conditions. Adult mental health also includes Eating Disorders and Inpatient work including early intervention for Psychosis. Opportunities for trainees to work with these clients or observe practice is available. The team offer direct clinical work, consultation, training and opportunities for group work and school based events. Altogether the Department currently employs around 80 members of staff. Many of our MSc trainees have gained employment in our service after completing their training.

As well as taking a Trainee each year from both MSc Courses, the department is fully involved with the University of Edinburgh Doctorate in Clinical Psychology Course and currently employs 6 Trainee Clinical Psychologists (usually 2 per year). All trainees share a large office in the Dumfries base and provide good peer support. All members of the department are encouraged to develop their own special interests and be involved in Trainee education. Regular CPD sessions are held and research is encouraged. Members of the department regularly hold training sessions for a wide range of other professionals within the NHS.

Dumfries & Galloway has a long history of psychological services and the department plays a major part in delivering services locally.

Dumfries & Galloway is a beautiful part of South West Scotland and easily accessible for Edinburgh, Glasgow, Carlisle and Northern Ireland.

If you are interested in training and working in our department, we welcome informal visits.

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 Service 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 Service is a large department comprising eight specialities, with over 100 staff, one of which is the Child and Family Clinical Psychology service. There are over 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 Service 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. There are also opportunities to experience work in the CAMH Service.

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

NHS Forth Valley

Psychological Therapies Service

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.

Around 100 Clinical Staff (Clinical Psychologists, Counselling Psychologists, Counsellors, Clinical Associates and Nurse Therapists) are employed by NHS Forth Valley to provide psychological therapies in the area. Most are arranged in two main departments, Psychological Services and Child and Adolescent Mental Health. Within Psychological Services, there are ten specialties: Adult Psychological Therapies, Secondary Care, Forensic (and Prisons), Clinical Health Psychology, Older People, Substance Use, Learning Disability, Arts Therapies, Eating Disorders and Psychotherapy.

MSc trainees are considered a valuable addition to our service and clinical experience is primarily gained through providing one-to-one therapy to those referred with mild to moderate difficulties, Involvement with group work may also be possible. As well as receiving weekly supervision, trainees are involved in department CPD.

MSc PTPC

Our Adult MSc trainees work within the Adult Psychological Therapies Service (APTS), which works to a matched care model and offers:

- Individual therapy, using a variety of therapeutic approaches
- Group therapy (including a trauma-focused Emotional Resources Group, Schema Therapy group, CBT-based Change Up group, a Mindfulness group and Compassion Focussed Therapy group)
- Computer-based CBT programmes
- Self-help materials

There are around 34 whole time equivalent (WTE) psychologists and other therapists working in Adult Psychological Therapies, taking a wide range of referrals including anxiety, depression and complex trauma. There is also a psychosexual counsellor. Clinics are held in three main department bases in Falkirk, Stirling and Larbert, as well as in some GP practices.

MSc APCYP

MSc trainees completing the Applied Psychology for Children and Young People course are placed within Women & Children's Services in NHS FV. This comprises several teams/services, including Tier 3 CAMHS, LD-CAMHS, Medical Paediatric Psychology, Paediatric Neuropsychology, and the NES-funded TIPPs team. Trainees are likely to be based either at Stirling Community Hospital, or The Manor in Camelon.

As well as face to face sessions, patients may attend remotely via telephone call or video link (Near Me).

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 Specialist Children's Services allow trainees to meet with colleagues and hear about services, recent developments and other clinical issues.

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.

Child and Adolescent Mental Health Service (CAMHS)

Our values based, 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, AHP's, Nurse Specialists, Clinicians and Business Support, Secretarial and Admin staff. Patients are largely seen on an out-patient 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) in-patient 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.

Specialist Children's Services

Trainees placed with us will be joining a well-established and large network of Applied 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 multi-disciplinary colleague in the team. Experience could also be offered in Paediatric Psychology (see below). 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. Whole service weekly and Psychology specific monthly meetings in Children and Young People's Services allow trainees to meet with colleagues and hear about services, recent developments and other issues.

Paediatric Psychology

In addition to the above, within Grampian, we also have a separate Paediatric Psychology Service based in Royal Aberdeen Children's Hospital (RACH). This service consists of a friendly team of two Health Psychologists, four Clinical psychologists, a Neuropsychologist and Clinical Associate in Applied Psychology (CAAP). As a hospital-based service, psychologists are very much embedded within medical teams (e.g., diabetes, gastroenterology, oncology, neurology, complex respiratory and so on), hence work closely with our MDT colleagues in this context. In its broadest sense, our remit is to provide psychological care to Children and Young People (CYP) under the care of RACH who are

experiencing significant problems related to acute, chronic, life-limiting, and life-threatening medical conditions and injuries (including major trauma; with input to the Paediatric Major Trauma Centre). Examples of this work includes:

- Delivery of psychological assessments and therapies to CYP (and their families) who have significant condition-related psychological and/or behavioural difficulties that impact upon their ability to manage effectively their chronic, life-limiting, and life-threatening medical conditions and injuries.
- Treatment of family-wide distress related to medical circumstances that substantially impacts on CYP's psychological wellbeing, quality of life or ability to self-manage their condition.
- Pre-surgery assessments and delivery of necessary psychological support before and after procedures.
- Neuropsychological assessment and intervention/ rehabilitation for neurological conditions and injuries.
- Supporting CYP nearing the end of their lives, and their families.
- Provision of consultation and training, support and supervision to RACH multi-disciplinary staff.
- Delivery of debriefs to MDT's following deaths and other critical incidents.

All of the above patient-focused work is delivered in both in-patient and out-patients settings.

Out-with direct clinical work, department staff have organisation-wide, directorate-wide and hospital-wide roles in research, teaching, innovation, and improvement. There would be potential opportunities to become involved in these work areas and in our efforts to ensure we deliver the best possible service to the hospital and our community.

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 250wte 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, 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
- Inpatient Psychiatry
- 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

- Neuropsychology
- Perinatal, Neonatal, and Maternity Services
- 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 placements 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 Patricia Graham. 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 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 Addiction 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 four multi-disciplinary locality CAMHS teams, each providing services to a specific geographical area. Additionally, there are a number of area wide specialist teams, including Reachout (providing a service to infants, children and young people whose lives are affected by parental mental illness) CUIT (CAMHS Urgent Intervention Team), CITT (CAMHS Intensive Treatment Team), Nursing Outreach, The Neurodevelopmental Service for Children and Young People, Learning Disabilities CAMHS team, CAYP (CAMHS for Care Experienced Young People), and Paediatric Psychology and Neuropsychology. A new area wide CAMHS Eating Disorder Service is currently being developed. Specialist placements are offered across the service. Multi-disciplinary teams generally consist of Clinical Psychologists, Clinical Associates in Applied Psychology, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians and Social Workers, in addition to area wide AHP provision including Speech and Language Therapists, Physiotherapists and Occupational Therapists. CAMHS teams are based across three locations; Airbles Road Clinic in Motherwell, Coathill Hospital in Coatbridge and new facilities in Udston Hospital, Hamilton. The service places strong value on training and CPD, and CAMHS staff deliver a range of therapeutic approaches in line with the evidence base, including CBT, DBT, FBT, IPT, DDP and Family Therapy.

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 specialist services in Stroke, Neuropsychology, Pain Management, BBV, and Traumatic Brain Injury, offering assessment and rehabilitation services.

Perinatal, Neonatal, and Maternity Services

We have developed services specifically for women in recent years, and have two consultant psychologists, and a range of other psychologists in this area.

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. The service also provides 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, Strathclyde, Caledonian, and Stirling universities, and the service provides 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:

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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. Graduates of the Child CAAP course are also employed in the service. There are approximately 25 whole time equivalent CAAPs working in Lothian CAMHS.

Lothian CAAP 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 Paediatric Psychology and Liaison Service (PPALS) based at the Royal Hospital for Children & Young People. 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. Since 2018, Lothian CAMHS and the local authority Psychology of Parenting Project co-ordinators have worked together to provide opportunities for CAAP trainees to support the delivery of Triple P and/or Incredible Years parenting programmes with families at the community level. This has involved trainees co-facilitating groups or providing parent coaching. There are also opportunities to shadow or observe the work of the Early Intervention Service provided by CAMHS which delivers LIAM (Let's Introduce Anxiety Management) training and coaching to a range of educational and health staff.

The placement of clinical and applied 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 The Cresswell Parents' Anxiety Group 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 also develop the skills of delivering clinical interventions remotely using NearMe, the NHS videocall system.

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, with approximately 67,100 of these being children under 16. The population is distributed through the major urban centres of Dundee and Perth, and other smaller rural towns and villages across the large geographical area. The service provides a friendly, supportive and stimulating environment to work.

Tayside Area Psychological Therapies Service (TAPTS)

The service comprises approximately 160 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, Perinatal Mental Health, Maternity and Neonatal Psychology.

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 31 applied psychologists within CAMHS working predominantly in outpatient services. In addition to regular outpatient services, psychologists also offer input to neuropsychology, specialist 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.