THE PSYCHOLOGICAL WELLBEING PRACTITIONER (PWP) ROLE AND TRAINING

Postgraduate / Graduate Certificate in Low Intensity Psychological Interventions
Aims

• Context / history of the Improving Access to Psychological Therapies arena

• PWP role responsibilities

• Training overview

• Understand training and post-training expectations

• Learn about future directions and benefits of PWP role
History of IAPT

• Emerged following Lord Layard’s Report (2006)
  o ‘We should implement the NICE guidelines; and most people with mental illness should be offered the choice of psychological therapy’

• Two demonstration sites in 2006/07
  o ‘Around half of those completing treatment moved to recovery’ (DoH, 2011)

• National training curriculum developed
  o IAPT programme began in 2008
  o Courses accredited by British Psychological Society and commissioned by Health Education England
Current IAPT

• In January 2017, the IAPT programme successfully had:
  o Over 125,000 referrals received with 85,000 entering treatment in the month
  o Almost 46,000 referrals completed a treatment course with 90% waiting less than 6 weeks to enter treatment
  o Over 42,000 finished treatment, of which 50% moved to recovery

(IAPT Executive Summary, 2017)
PWPs – Who Are They?

• **Not** therapists…
  
  …*But do work therapeutically* with clients

• **Not** advisors…
  
  …*But do provide information* on occupation, employment, leisure and other services

• **Not** teachers…
  
  …*But do deliver psychoeducation* so clients can understand and manage their conditions
National Curriculum and Accreditation

• National Curriculum

• Higher Education Institution delivery

• Heath Education England funded

• British Psychological Society (BPS) accreditation
PWP Training here in the West Midlands

We emphasise theory / practice links and encourage reflective practice in our trainees.
Training Overview

• **45 teaching days**
  - 27 enquiry-based learning days in classroom
  - 18 directed learning days in workplace

• **Clinical and academic assessments**
  - 60 credits at M (postgraduate) or H (graduate) level

• **Learning in practice with direct supervision**
Module 1

Engagement and assessment of patients with common mental health problems

- Knowledge of care systems (NHS & non-NHS)
- Common and specific factor skills for patient-centred engagement and assessment
- Building and maintaining a therapeutic alliance
- Knowledge of common mental health problems
Module 2

Evidence-based low-intensity treatment for common mental health disorders

- **Low intensity** psychological interventions
- **Brief, enabling** approaches
- **Cognitive** and **behavioural** treatment interventions for clients with mild to moderate depression and anxiety disorders *(CBT focussed)*
Module 3

Values, diversity and context

- Cultural competence and intersectionality
- Duties under the Equality Act 2010
- Adaptive practice (i.e. reasonable adjustments)
- Understanding power in working alliance
- Understanding team-working
- Supporting employment
- Case Management Supervision
The Academic Assessments!

- **Objective Structured Clinical Examination (OSCE)**
  - 30 - 45 minute audio-visual recording of a simulated assessment session, including 1500 word reflective commentary *(Module 1)*

- **Examinations** *(Module 1 & 2)*

- **Treatment Recording (T-REC)**
  - 35 minute audio recording of a treatment session with a client, including 1500 word reflective commentary *(Module 2)*

- **Clinical Planning Scenario Presentation** *(Module 3)*
  - Including 1500 word reflective commentary

- **Case Management Supervision** *(Module 3)*
  - 1500 word case study to demonstrate effective use of supervision
Placement Assessment

Clinical Practice Portfolio (CPP)

- **Evidence of meeting** clinical practice and supervision **hours required**
- **Evidence of competence** via supervisor observed & assessed sessions for each module
- **Supervisor reports** for each module
- **Clinical outcomes** for each module
Working in IAPT as a Trainee

What is it like?
- Fast-paced
- Challenging
- Rewarding

What have I learnt?
- Cognitive Behavioural Approach
- Self-reflection

What have I gained?
- Postgraduate qualification
- Lots of therapeutic contact
Future Directions

• Discussions currently underway regarding:
  o **Role expansion** – i.e. senior PWP, supervision, clinical educator
  o **Widening Participation**
  o **Development of specialisms** – i.e. MUPS, LTC
  o **Broadening Access**
  o **Ongoing Continued Professional Development**
  o **Accreditation** of training and development of professional identity
THANK YOU FOR LISTENING

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