

THE PSYCHOLOGICAL WELLBEING PRACTITIONER (PWP) ROLE AND TRAINING

**Postgraduate / Graduate Certificate in Low Intensity
Psychological Interventions**



Birmingham and Solihull 
Mental Health NHS Foundation Trust

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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)**
 - *'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**
 - *'Around half of those completing treatment moved to recovery'* (DoH, 2011)
- **National training curriculum** developed
 - IAPT programme began in 2008
 - Courses accredited by British Psychological Society and commissioned by Health Education England

Current IAPT

- In January 2017, the IAPT programme successfully had:
 - Over **125,000 referrals** received with **85,000 entering treatment** in the month
 - Almost 46,000 referrals completed a treatment course with **90% waiting less than 6 weeks** to enter treatment
 - 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
- Health 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:
 - **Role expansion** – i.e. senior PWP, supervision, clinical educator
 - **Widening Participation**
 - **Development of specialisms** – i.e. MUPS, LTC
 - **Broadening Access**
 - **Ongoing Continued Professional Development**
 - **Accreditation** of training and development of **professional identity**

THANK YOU FOR LISTENING

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