



SUPERVISOR WORKSHOP PROGRAMME 2023–2024

For Supervisors of North Thames' Trainee Clinical Psychologists

The three North Thames Doctoral Programmes in Clinical Psychology (DClinPsy) – University College London (UCL), Royal Holloway University of London (RHUL) and University of East London (UEL) – run a programme of workshops* for supervisors of Trainee Clinical Psychologists in the region.

Please note these workshops are for supervisors of North Thames DClinPsy trainees only. Priority is given to supervisors who are either currently supervising, or expecting to supervise within the next placement intake.

These events are free and are live online workshops.

BOOKING:

You can register for workshops via:
<https://dclinpsy.psychologyresearch.co.uk/supervisor-workshops-north-thames/>

Note – until further notice, all workshops will be run online (August 2023 onwards)

Contents:

Section 1. Online recordings.

Section 2. Live attendance only, online workshops (not recorded) schedule

Section 1

Updated 27.09.23

Recording: Developing a Service-related project (SRP)

Online only
(approx. 1.5 hours)

This workshop is for psychologists and therapists who supervise clinical psychology trainees undertaking small-scale service-related projects (SRPs).

Workshop Content

This workshop is designed to assist regional supervisors to develop or consolidate their skills in supervising Service Related Projects (SRPs). The workshop will cover:

- A definition of a Service Related Project and audit
- The scope and time frame of an SRP
- How to develop ideas for an SRP
- Expectations for the supervisor and trainee
- Basic design, methodology, and analysis for SRPs
- How to assist with writing up (including possible publication)

This is a pre-recorded workshop that was facilitated by Dr Janet Feigenbaum from UCL in June 2022.

Access via link : <https://youtu.be/cSY4ggCKY-I>

Recording: Boosting CBT skills using therapy recordings: the CTS-R and UCL CBT Scale as tools for therapist development

Online only
(approx. 3 hours)

Workshop Content

This programme is designed to give you the tools you need to rate your own and your supervisees' therapy recordings confidently and use these ratings to create plans that help with further skill development. The course is delivered through a mixture of audio, video and written materials. It will take you approximately 3 hours to complete. You can work at your own pace, and we have included approximate timings in each section. By the time you finish it you will be able to:

1. Demonstrate knowledge of two commonly used tools used to rate recordings of Cognitive Behavioural Therapy session (the UCL scale and the CTS-R)
2. Analyse the content of a therapy recording using one of the scales
3. Reflect upon the strengths and weaknesses of a session and devise an action plan to move yourself or your supervisee forward
4. Understand the principles for judging a tape summatively (if you are required to make a formal pass/fail judgement for university purposes).

Please contact the UCL host who will provide you with access to this online course. Upon access being granted (we send a list of those signed-up to our colleagues to grant access once a month), you will have access to this resource for 1 month.

Host: UCL – Tel: 020 7679 1897 | Email: b.tasker@ucl.ac.uk

Digital Mental Health workshops

The Division of Clinical Psychology's Digital Healthcare Committee has co-produced a series of four digital mental health e-learning modules to be freely available to psychological practitioners.

<https://dclinpsy.psychologyresearch.co.uk/e-learning/>

Section 2

Supervision Part 1: Two-day Workshop for New Supervisors

This two-day workshop is for psychologists and therapists who are relatively new to supervising or are about to supervise Trainee Clinical Psychologists in the North Thames region for the first time.

Workshop content:

- Information about the DClInPsy programmes in North Thames.
- Models of learning and training, and the structure of supervisor sessions.
- Monitoring, assessing and giving feedback to trainees; BPS and DClInPsy programme supervision requirements.

Supervision Part 2 – Advanced Supervisor Workshop

This workshop is for psychologists and therapists who already have some experience of supervising DClInPsy trainees in the North Thames region.

We suggest that people enrol on this workshop after a minimum of 12 months after attending the two-day introductory workshop (Part 1). Priority will be given to those currently supervising DClInPsy trainees.

Workshop content:

Revisiting themes from Part 1 in the context of supervisors' experiences with trainees. The content includes:

- Dilemmas in the supervisory relationship.
- Managing power in the supervisory relationship.
- The supervisor's role as both assessor *and* facilitator of learning.
- Evaluation of trainees' clinical competence.
- Working with trainees who may be struggling on placement.

Host: UCL – Tel: 020 7679 1897 | Email: b.tasker@ucl.ac.uk

Addressing Whiteness and Anti-Racism in Clinical Psychology supervision Workshop and Reflective practice follow up sessions

We are offering a unique opportunity to supervisors to attend a one-day workshop with two follow-up reflective practice sessions (in early 2023) facilitated by Nimisha Patel (Professor

of Clinical Psychology, UEL), focussed on addressing Whiteness and anti-racism clinical psychology supervision. This workshop will aim to build skills in:

- Understanding Whiteness and racism
- Understanding how our everyday practices and services can perpetuate often subtle and indirect discrimination
- Noticing and addressing racialised processes in the supervisory relationship, in supervision and in services
- Talking about Whiteness
- Engaging in anti-racism praxis and supporting trainees to do the same

Host: UEL – Tel: 020 8223 4174 | E-mail: clinpsyworkshops@uel.ac.uk

Neuropsychology Workshop

This workshop is for psychologists who supervise DCLinPsy trainees undertaking cognitive or neuropsychological assessment. It is aimed at those who would like a refresher on psychometric theory and how this applies to supervising trainees on placement. The workshop will be useful for psychologists working with children, adults, older adults, or people with learning disabilities.

Workshop content:

- Review of key psychometric constructs and the cognitive functions.
- Planning the assessment: brief, screening, and comprehensive test sets.
- Helping trainees with test scoring, interpretation, formulation, and report writing.
- Contextual, personal and environmental factors that affect test performances.

BABCP/CBT Supervisor Workshop

This workshop is for supervisors who are accredited with the BABCP and who are offering a placement to DCLinPsy trainees in Autumn 2022 or Spring 2023.

Workshop content:

- The BABCP pathway through DCLinPsy training: *What do I need to know and do as a supervisor?*
- Reliable rating of assessment and therapy sessions using the UCL CBT Rating Scale and the CTS-R.
- Space for discussion of your own questions and dilemmas

Host: UCL – Tel: 020 7679 1897 | Email: b.tasker@ucl.ac.uk

Leadership in Clinical Psychology

The aim is to support supervisors in the development of DCLinPsy trainees' leadership competencies.

Workshop content:

Updated 27.09.23

- Exploring relevant models of leadership.
- Examining the DCP Clinical Psychology Leadership Development Framework.
- Generating practical ideas for appropriate trainee activities on placement to support the development of leadership competencies.

Host: RHUL – Tel: 01784 414388 | E-mail: clinpsyworkshops@rhul.ac.uk

Using Systemic ideas in supervision

This workshop is for psychologists and therapists who use systemic theory routinely in their clinical practice and would like to develop their skills in supervising DClInPsy trainees in systemic practice.

Workshop Content:

- Systemic teaching curriculum on the North Thames DClInPsy programmes.
- Different ways of helping trainees to apply theory to practice.
- Evaluating competency.

Host: RHUL – Tel: 01784 414388 | E-mail: clinpsyworkshops@rhul.ac.uk

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