

Title: Clinical Psychology influencing, improving and supporting at the heart of the national policy agenda

Dr Sonya Wallbank: National Advisor, NHS Leadership & Quality Team

This session will explore the opportunities for Clinical Psychologists to ensure that their voices are represented at a national level in the broadest range of change programmes, not necessarily limited to mental health. Sonya currently works on a diverse range of national programmes. She works with Trust boards to grow their leadership for improvement skills and to develop culture and leadership across their organisations, encouraging a higher representation of clinical leadership at board level and working on large scale change. As NHS England and NHS Improvement work through their alignment strategy, Sonya has been invited to support the joint health and wellbeing strategy for the organisations focusing on building resilience.

Working within an arm's length body* has revealed opportunities for Clinical Psychologists to better utilise their knowledge, skills and experience to develop thinking around areas which support the long-term plan. Understanding the national work streams and how you can contribute to these both within and beyond your organisation, thinking about the system working around you and how you can support leaders working in this area, ensuring that where improvement programmes are taking place across your organisation, regardless of topic area, your contribution to understanding change behaviour is included as part of the core programme planning. Clinical Psychologists have a critical role in supporting meaningful interventions, both specifically around organisational wellbeing and around other areas of the long-term plan.

*An organisation that delivers a public service but operates at a greater distance from ministers than a government department.