

Autumn 2023 ACP-UK Scotland Newsletter

Welcome to the third of our 6-monthly newsletters. Below are updates on the work that ACP-UK is doing in Scotland, as well as wider developments that may be of interest.

Updates from Scotland

Changes to ACP-UK in Scotland

We are delighted to announce that the Scotland Nation Group now has its own website which is open to ACP-UK members and members of the public: <https://acpuk.org.uk/member-network/scotland-nation-group/> This has just newly been set up so if you have any comments and feedback it would be great to hear from you. We also have a **Scotland ACP-UK X (previously called Twitter) account (@ACP_UKScotland)** so please join and get regular updates. If you have anything you wish to put on the website or share on X please get in contact.



ACP-UK Scotland and DCP Scotland CPD Event

We held our first ever joint, and face to face, CPD event in Fife during October on **Building Therapist Wellbeing & Working with the Body in Reducing Stress & Burnout** by Dr Susan Simpson & Dr Diana Laponder (clinical psychologists & Advanced Schema Therapy trainers).

Dr Laponder, Dr Simpson, Dr Fiona Summers (ACP-UK), Dr Ben Wiffen (ACP-UK and Event Organiser), and Dr Claire Stark (DCP)

Michael Young, Trainee ACP-UK Scotland Rep, reported: "This was a great opportunity to reflect on how clinical psychologists experience and manage stress and how our underlying schemas can influence our risk of burnout. We also learned about the importance of incorporating 'micropauses' into our day (particularly when switching from one task to another) with research suggesting this can improve our wellbeing and overall cognitive performance. The event included some good practical examples throughout the day which I look forward to trying out at work. As a trainee, it was helpful to hear that at times we can all feel similar pressures to work harder and longer, sometimes at the expense of our own wellbeing and our lives outside of work. It's so important to step back and reflect on what might drive this (Social pressures? Systemic pressures? Our own unrelenting standards?) and whether this is sustainable or helpful in the long run."



All of us learning to 'micropause'.

We hope to run further events in the future so if you have a topic you would like us to consider please get in contact directly scotlandnetwork@acpuk.org.uk or through your local rep.

Mentoring scheme

ACP-UK is committed to supporting the career and professional development of underrepresented members particularly in senior leadership roles. The Scotland Nation Group of ACP-UK is currently in the process of developing a mentoring scheme to support members from underrepresented groups who are looking to progress to 8c positions (and beyond). Examples of underrepresented groups are people from ethnically minoritised groups, people who identify as LGBTQIA+ or people with disabilities (this is not an exhaustive list).

Mentees will be able to access support in developing and reflecting on their leadership skills as well as support in navigating the application and interview process for senior roles. Mentors will receive training and peer support to undertake this voluntary role.

For further information about the mentoring scheme or to express interest in being either a mentor or mentee, please get in contact.

Equity, Diversity & Inclusion

The ethos and principles contained within ACP-UK's [Equity, Diversity & Inclusion Strategy](#) inform and guide everything the organisation does. If you are interested in presenting at schools, universities, or other events to encourage those with an EDI background to join our profession please get in contact.

Expert By Experience

The Scotland Nation Advisory Group is currently advertising for an Expert by Experience to join the Advisory group. The advert has been shared on X, with local areas reps and through the Universities of Edinburgh and Glasgow. If you are aware of anyone who might be interested, please forward the advert. This is an important role and highly valued and, as such, is a paid position.

Scottish Government Consultations

The Scottish Government is currently consulting on the National Specification for the Care and Treatment of Eating Disorder Services in Scotland. This closes on 26 January 2024 and we are keen that clinical psychologists who work in this area express their views. If you would like to comment as an individual please do so here: [National Specification for the Care and Treatment of Eating Disorder Services in Scotland consultation](#). However ACP-UK, as a

professional body, is also looking for clinical psychologists in Scotland to comment on behalf of the ACP-UK as part of its organisational response. Please get in contact with Fiona Summers on scotlandnetwork@acpuk.org.uk if you are interested.

ACP-UK Scotland Membership

Membership of ACP-UK in Scotland and across the UK continues to grow. If you are interested in hosting a brief CPD event on what ACP-UK can offer please contact your local rep (see below for contact information) or email us at scotlandnetwork@acpuk.org.uk

ACP-UK aims to be a member-led organisation and guided by your concerns. **ACP-UK's Scotland Nation Group would be delighted to hear from you** - this could be about something you would like us to do or something that you would like us to support. You can get in touch by email: scotlandnetwork@acpuk.org.uk

We are also keen for members to **contact us if they are interested in becoming involved** with ACP-UK. This could be to explore becoming a representative for your local area or it could be in relation to a particular project, such as responding to a consultation that overlaps with your specialist area.

UK-wide updates

- The [member support scheme](#) provides all ACP-UK trainee and qualified full members with confidential support from other clinical psychologists who will listen, advise and help. There is also a separate support scheme for Professional Issues (often related to HCPC issues but not exclusively).
- Group psychological ‘Debriefs’ : Practice guidance for post-event team reflection (PETR) following distressing events at work: [Group psychological ‘Debriefs’ : Practice guidance for post-event team reflection \(PETR\) following distressing events at work \(acpuk.org.uk\)](#)
- ACP-UK provided a critique of practices revealed by BBC undercover investigation into some private assessment clinics and explained what good clinical practice should look like: [ACP-UK Rapid Response to ADHD: Private clinics exposed by BBC undercover investigation \(acpuk.org.uk\)](#)
- ACP-UK is working in a number of ways to try to improve and increase protection of the public regarding the [Lack of Protection of the Psychologist Title \(acpuk.org.uk\)](#)
- ACP-UK has continued to [liaise with HCPC](#) over the regulation of clinical psychologists
- [Detailed guidance](#) has been produced to help those **supervising assistant psychologists, research assistants and aspiring clinical psychologists** in similar roles.
- Useful guidance for the public has been published on [how to find a highly qualified and regulated psychologist](#)
- The Complex Mental Health Network has published [a guide to team formulation](#) and have also organised [a free webinar on team formulation](#)
- ACP-UK board members have been active in the media, **highlighting issues relating to the use of unregulated expert witnesses** (see [here](#) and [here](#))
- [Support for Senior Medical Staff, Clinical Team Leaders and Senior Management](#) continues to be offered through a confidential self-referral service and provides one-to-one psychological support for those impacted by their frontline work with COVID-19 Please contact support@acpuk.org.uk for more information and funding options.

Webinar series

We hope you are already well aware of ACP-UK's successful webinar programme, which provides an invaluable source of Continued Professional Development. **Webinars are free to members, ensuring your membership fees continue to provide value for money.**

Recordings of past events are available to members - we currently have 32 webinars available in our [archive](#) and all further webinars will be added. Recent events have spanned a range of topics, including:

- [Demystifying the HCPC - Fitness to Practice Process - ACP UK](#)
- [Demystifying HCPC webinar part 2 - ACP UK](#)
- [Setting Up In Independent Practice - ACP UK](#)
- [Crisis psychology: opportunities and challenges for psychologists working with acute distress and suicidality - ACP UK](#)
- [Copyright & Intellectual Property for Clinical Psychologists \(acpuk.org.uk\)](#)
- [We Are All Leaders](#)
- [Trauma-Informed Care](#)

Upcoming webinars include:

- [Working with Individuals Experiencing Homelessness and Multiple Disadvantage](#), 12 December 2023, 12pm-1.30pm
- **Neuropsychology meeting: Concussion - Wednesday 15 November at 12- 1pm - open to all ACP-UK members; please contact members@acpuk.org.uk if you would like to attend or join the Neuropsychology Group**

Details of upcoming webinars can be found on the [ACP-UK events page](#).

Networks

We also want to draw your attention to ACP-UK's [Member Networks](#). Networks allow members a strong collective voice to influence and participate in local, regional and national work of interest and relevance. Most Networks have a representative from Scotland. Member Networks are truly member-led and are supported in developing and working to their own unique strategic goals. Our Member Networks contribute to both the development and delivery of the ACP-UK Webinar Programme and also host and produce a wide variety and type of network-specific meetings, CPD events, webinars and peer support activities. We are delighted that three new networks will be launching soon: Primary Care Launch meeting - 14 November 12.30pm, Community Care Launch - 12 December 12pm - and the Expert Witness Network – launch date to be confirmed.

If you are interested in joining [any of our networks](#) please do make contact with members@acpuk.org.uk and Naomi, our Network Administrator, will be happy to help.

ACP-UK Scotland Reps

We are particularly keen to hear from members who would be interested in becoming a representative for the following health board areas & network:

- NHS Lothian
- NHS Forth Valley