

Edrychiad Insight

People Panel Newsletter

Rhaglen Seicoleg Glinigol Gogledd Cymru

North Wales Clinical Psychology Programme

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Croeso.

Welcome to our 2nd edition of INSIGHT. We have some great contributions and updates with recent events in this issue. Gwyn (our Editor) attended a national meeting in London with representatives from other Programmes' Service Users Groups and heard about some interesting new initiatives. I am delighted that Kate and Rosie were able to share some trainee perspectives with us and Rosie's very warm gratitude for PP support with her LSRP is simply wonderful. I hope this will encourage all trainees to share their research with the PP.

Mark who very kindly donated copies of the film SPHERE to Trainees and course staff has written a very intriguing review.

We welcome two new members of staff. Elizabeth Burnside who joins us as Academic Director and Christine Blincoe who replaces James as Academic Tutor. Both Christine and Elizabeth will join us for our December meeting.

Finally a very very warm welcome to our new trainees who joined us this month. We look forward to an exciting year with lots of trainee involvement with the Panel.

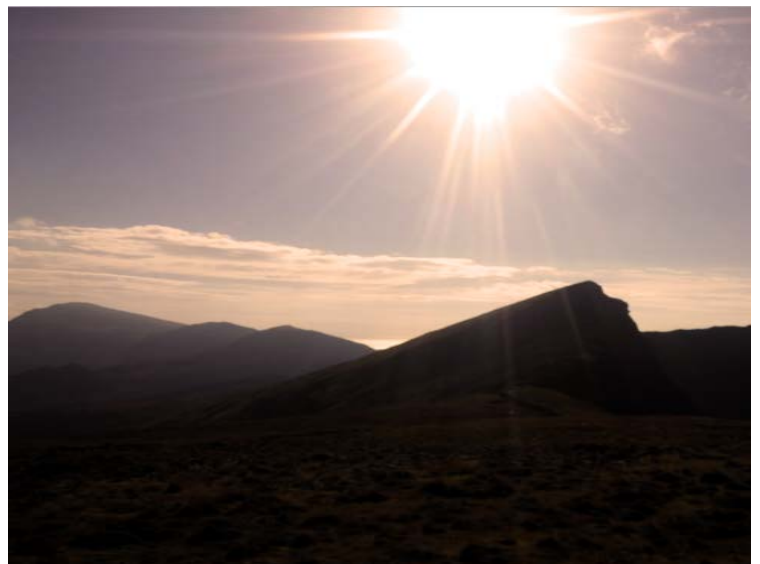
Helen

Trainee Representatives:

2013 Intake- Natalie Boulton

2014 Intake- Leah Jones & David Oakley

2015 Intake- Louise Woolfall & Tracy Dennis





Film Review

SPHERE

Sphere is a remarkable speculative fiction Film, centered around Psychologist, played by the great Dustin Hoffman, who specialises in Treating Psychological Trauma in disaster areas. But it isn't about a disaster area, or about things as we know them to be.

It is about how cool Psychology can become. It also stars Sharon Stone and Samuel L. Jackson, and lots of cool ideas, adapted from the novel by Michael Crichton.

Something that isn't at the top of this particular Psychologist's awareness, is a Contact Protocol Guidelines Document he wrote for the US Government, about how to respond to a potential Alien Contact.

The reason it's not at the front of his mind, is because he wrote it, and then, promptly, forgot all about it...They were probably advised that a Psychologist would be an excellent person to consult and utilise, and he, with his background, would be a good person to come up with the ideas needed for good Contact Guidelines.

What they didn't know, is that he winged the Document, and cited a Psychologist to Oversee the Contact Team (himself), a Biologist to understand the Aliens (a close friend), a Physicist to understand their Technologies (another good friend), and a Mathematician to Communicate with them (another close friend)...

...It is by chance then, that he is benefitting from a good piece of his own writing, considering that he wrote the thing believing it would never be used! For all of a sudden, he's being flown in a helicopter to the middle of the Ocean, to unexpectedly see friends, and meet something that is literally, beyond their imagination...

It is about them, and, it is about The S P H E R E

I wish I could tell you more, but I can't remember if I've been inside it... ..tell me, have you??

Mark William Land

GTiCP Involvement Sub-group meeting in London.

Since the publication of the last 'insight' issue, I was presented with the opportunity of representing NWCPP people panel in a Group of Trainers in Clinical Psychology (GTiCP) meeting held in London.

Despite the meeting venue being across the road from London Euston Station, befitting of the North-Wales-peasant-visits-London stereotype, in awe at all the fast cars and people in suits, I still got lost across the approximately 30 yards of London to the meeting venue. However, having found the correct building, I initially went into the wrong meeting room, ignoring my instincts, clearly out of place, aimlessly introducing myself to a congregation of corporate types in a meet-and-greet session.

Excusing myself by improvising a fake phone-call, I returned to wandering the long, endless corridors, where a benevolent janitor came to my salvation and guided me to the actual GTiCP meeting. After a "sorry I'm late" I was made most welcome by other members of various service user panels from courses from across the UK.

Held in a very casual and user-friendly format, it was a pleasant surprise to see that all course representatives were very open about their courses and service user panels; what works for them and what doesn't etc. A proposal was made for a GTiCP research project, where, initially led by Liverpool, the effectiveness of service user involvement will be explored and measured, involving service user panels from various institutions including the North Wales programme (watch this space!).

Covering a number of key areas of service user involvement within Clinical Psychology programmes, I couldn't help but feel a warm reassurance that, as a course and as a service user panel, we are doing exceptionally well at Bangor!

Gwyn Parry



Invaluable input from the People Panel

Last year was the first time trainees were invited to attend People Panel meetings and I volunteered as a third-year trainee representative. In my first meeting, the trainees were invited to give feedback from their cohort, starting with the first years. I had no idea what to expect and as our year had no experience of attending People Panel meetings, I had no comments, questions, or feedback to communicate. Our cohort was also in the dark depths of conducting our thesis research and so I was quite pre-occupied. Not only this, but I was completely outshone by the first and second-year representatives, who had brought along beautifully presented feedback from numerous trainees in their cohorts – how embarrassing!

It came to my turn and I was flummoxed. All I could think about was the fact that I had 2 weeks to recruit 4 participants, 4 months to complete my thesis, and that sat in the People Panel was unlikely to help. I

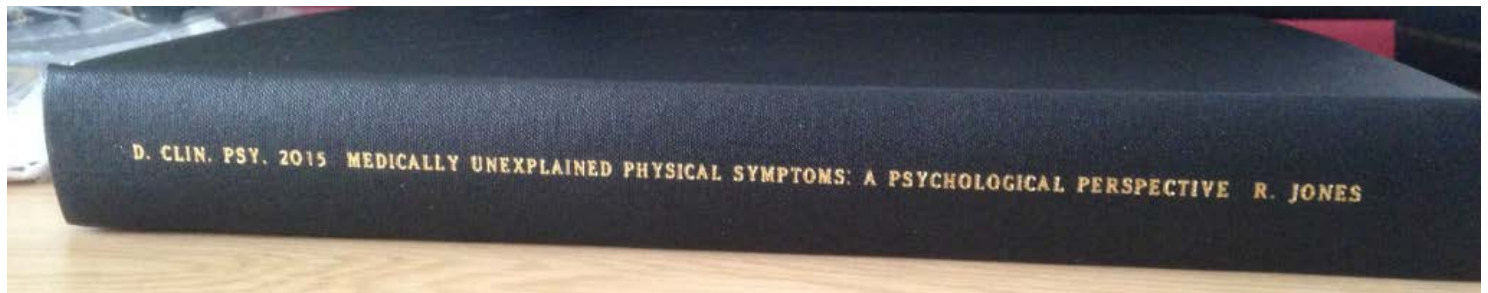
fed back how my own research was going, months to complete my thesis, and that sat in the People Panel was unlikely to help. I fed back how my own research was going, including the difficulties I was having with recruitment. The Panel listened attentively and all appeared interested in my project. This was exactly what I needed. I had completely forgotten how much I loved my research topic and had got caught up in the stress of it. Rhiannon had some great tips for recruiting participants from service-user research groups and everyone had useful feedback about the clinical relevance of my work. In the space of 15 minutes I was not only re-enthused about my research but had a significant chunk of my reflective paper written in bullet points – not such a waste of time after all.

As I wrote my reflective paper, a point of discussion emerged about the lost voice of young people in services and wider society. Having had such useful feedback during the meeting, I decided to email the People Panel to ask for their views. Helen also put me in touch with the adolescent service users who attend teaching sessions. I received prompt, insightful, and useful replies from a number of the Panel members, including a whole essay from Mark, who has since given me a signed copy. I summarised the responses and placed them directly in my reflective paper, which was commended by the internal and external examiners in my viva.

I shared the trainee representative role with another member of my cohort so by the time I returned to the Panel, I had completed and submitted my thesis. This time I was more prepared with material and spoke at length about the value of the People Panel for trainees and how under-used they are. I was impressed and relieved that a first year trainee attended the meeting to air her thoughts about her research topic and the panel provided feedback. I cannot emphasise the importance of having service user reflections to add to my thesis and I encourage other trainees to utilise the People Panel, particularly with their research. Thank you People Panel for your interest, help, and support, it has been a pleasure to work with you.

Rosie Jones

Newly-qualified Clinical Psychologist



ACT - Acceptance and Commitment Therapy training

Hello again, and thanks for having me back to hear about what I've been up to recently. In July I, with some fellow Trainees travelled back down to London for a two day intermediate Acceptance and Commitment Therapy (ACT) training course.



The course was exciting as it was run by Russ Harris, a famous person in the ACT community. He has written many books and most of my cohort have this book.

So, what is ACT? ACT is a treatment approach designed to help people to live their lives in line with their inner values. To lead a life they want to lead. ACT says that we can get bogged down with our thoughts and emotions and take them literally, such as the thought I can't do this, which can make us feel deflated and result in us not bothering.

ACT also says when we try to ignore unpleasant thoughts and emotions this only leads to more distress. ACT helps people to do the things they want despite having negative thoughts and emotions.

The second part involves considering what our values are, how we'd like to behave each day and what values we'd like our behaviour to reflect. For instance being a caring and attentive parent, a supportive colleague, or being a healthy and active person.

By using Mindfulness we can notice when thoughts and emotions are steering us away from our valued actions or goals. Once we have noticed, we have the choice to accept these thoughts and feelings and make a choice to behave in a way that reflects our values such as spending quality time with our kids, helping someone out at work or going out for that bike ride.

Here we are in a beautiful building in Camden. Me and four other Trainees attended the course and it was great fun. We even bumped into an ex-Bangor Trainee. The workshops were focused on using ACT with tricky or mandated clients, learning new techniques and how to apply ACT in our own lives. It was also cool and a little nerdy to meet a Psychology celebrity.

Another great aspect of being in London was getting to buy lunch from Wholefoods, a mega health food shop from America and navigating London during the tube strikes. I didn't use the Boris bikes this time, but did successfully navigate the buses from Waterloo to Camden – Success on my part.

Kate Shakespeare

Dates for your diaries

Thanks Fiona for providing forth-coming People Panel meeting dates:

10th December 2015

18th February 2016

14th April 2016

9th June 2016

21st July 2016

Usual place of room 221; 2-4pm.