



North Wales

Clinical Psychology Programme



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Welcome

to the 16th edition of the NWCPP newsletter

In this edition we report on last year's Stakeholders' meeting where the Programme formally said goodbye to our retiring Programme Director, Isabel Hargreaves.

We also report from last year's graduation ceremony and from the Autumn Gregynog Conference and there is an article where we say hello to our new First Year cohort. There is also an article where we congratulate the first of our trainees to graduate from the Programme with a Management and Leadership Award from the Institute of Leadership and Management.

This year marks the Programme's 30th Anniversary so there are already plans in the pipeline for some special events to celebrate this important milestone. Once these plans are finalised we will advertise them more widely.



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Welcome

to the First-Year Cohort

The current first year cohort of 11 trainees are nearing the end of their first placement. Here they briefly introduce themselves and tell us what they were doing before they joined the Programme.



SOPHIE KEELEY

Currently on placement with Karen Kemish, Sophie previously worked as an Assistant Psychologist in an adult neuropsychology service and in a variety of assistant psychology posts.



CAROLINE WAY

Currently on placement with Dawn Henderson, Caroline previously worked in an IAPT service as a Psychological Wellbeing Practitioner.



STEFANIA PARKS

Currently on placement with Joanne Kelly-Rhind, Stefania previously worked as an Assistant Psychologist at the Marlborough Family Service.



JOHN CONNOLLY

Currently on placement with Eleri Jones. Previously John worked as an Assistant Psychologist in a number of Health Psychology posts in Ireland.



JESSICA GORDON

Currently on placement with Renee Rickard and Keith Mathews, Jessica previously worked as an Assistant Psychologist, working with children and adolescent.



EMILY MADDOCK

Currently on placement with Kristina Cole, Emily previously worked as a Support Worker and Deputy Manager for a mental health outreach and supported housing service.



The 2014 First-Year Cohort



DAVID OAKLEY

Currently on placement with Fiona Sanders, David previously worked for an early memory diagnosis and support service in Hertfordshire.



LESLEY-ANNE BENDIK

Currently on placement with Andy Muse, Lesley-Anne previously worked at Alder Hey Children's Hospital as an Assistant Psychologist within the Head Injury Rehabilitation Team and the Craniofacial Team.



LAURA SPENCER

Currently on placement with Nick Horn, Laura previously worked as an Assistant Psychologist at the North Wales Brain Injury Service.



JESSICA DAVIES

Currently on placement with Nicola Weatherall, Jessica previously worked at Great Ormond Street researching the impact of congenital heart disease on children's development.



LEAH JONES

Currently on placement with Simon Moseley, Leah previously worked as an Assistant Psychologist locally in a CAMHS Service, working primarily on ADHD assessments.

Graduation Day

Dr Rickard admires Dr Fullerton's choice of footwear!

The 2010 cohort formally graduated from the University on July 14th 2014. Before the ceremony the Programme hosted a goodbye lunch for the graduates and their families in the Management Centre in Bangor. During the lunch Professor Isabel Hargreaves addressed the group and thanked the assembled families and friends for all the support and backing that they had given to the trainees behind the scenes. Later, this message was echoed by Professor John Hughes, the University's Vice-Chancellor in the main graduation ceremony held in the Prichard-Jones Hall.

Dr Megan Marks and Dr Joanne Fullerton relax before the graduation ceremony.





Sarah Kriakous receiving her ILM award

Celebrating our first Leadership and Management graduate

Last year clinical trainees on the Bangor Programme had the opportunity to become registered students with the Institute of Leadership and Management. Once the Programme achieved the status of an ILM approved Centre, it was possible for trainees to receive an Award at Level 5 in Management and Leadership. In the context of psychologists in clinical training, the qualification is designed to help trainees develop a better understanding of themselves as potential leaders within the NHS, and to plan and develop their own leadership performance.

To obtain the Award, trainees have to submit and pass two assignments. The first of these encourages trainees to understand how the

NHS is influenced by factors at a National level (e.g. Economic, Political, Legal) and how this influence affects leadership at a local level. The second assignment is focused on the increasing role that coaching and leadership plays within the NHS. In addition to clinical supervision, the NHS is increasingly using models of coaching and mentoring in the management of staff and this assignment asks trainees to discuss the costs and benefits of both models to the organisation.

Last November, Sarah Kriakous became the first trainee from the Programme to graduate with the ILM Award. The photograph shows Sarah receiving her award from Robert Jones, Programme Director.

The Gregynog Autumn Conference: The Scientist Practitioner in Practice

After a gap of many years, the Programme returned to Gregynog Hall in mid-Wales for its Autumn conference. This was an opportunity for the new first-year trainees to meet informally with the second and third year cohorts and for the trainees and team to hear about some of the research innovations that are currently happening in Wales. The keynote speaker was Steve Noone who gave a presentation entitled **“Learning to live with our mind: Using Acceptance and Mindfulness principles to take care of ourselves”**.



Dr Steve Noone gave a workshop about Mindfulness and ACT



Gregynog Hall in Mid-Wales

An ex-member of the Programme Team, Steve was well known to many people at the conference and has been instrumental in the development of Acceptance and Commitment Therapy in the UK. He is currently employed by Northumberland, Tyne and Wear Trust and manages psychological services across four teams in Northumberland and Newcastle. His PhD, supervised by Robert Jones, investigated how care-staff explain challenging behaviour. The original ideas of the thesis changed direction in 1995 after attending Mark Williams' first eight-week training course in Mindfulness at Bangor.

In 2003 Steve helped establish the first MSc in Applied Behaviour Analysis at Bangor. The same year he attended his first ACT workshop run by Kelly Wilson and found a way of combining mindfulness-based processors with the central ideas of behaviour analysis.

On the second day, Steve presented on the topic of the Scientist Practitioner, and was joined by Pip Thomas from the North Wales Adolescent Service, who gave a presentation on the reframed (DBT) project and by Mike Jackson who spoke about his research on Making Sense of Unusual Experiences.

The Annual Stakeholder's Meeting: A Farewell to Isabel

The Programme's annual stakeholder's meeting was held on 4th September in the Oriel House Hotel in St Asaph. In addition to the trainee research presentations, Professor Chris Cullen presented a most thought-provoking key-note address where he looked back on a 40-year career as a clinical psychologist and contrasted the typical working conditions of a young graduate in 2014 with those in the 1970s.

This year's meeting was also of particular significance because it marked the retirement of Professor Isabel Hargreaves from her post as Programme Director. For many people in North Wales Isabel had been synonymous with clinical training in the area. Although she had been in the role of Programme Director since 2003, in fact Isabel had been directly involved in the provision of clinical psychology training in North Wales for more than a quarter of a century. During that time the programme had graduated more than 150 clinical psychologists and 33 top-up doctorates.

Isabel became Assistant Course Tutor in 1987 and Acting Course Director in 1990 until Mark Williams arrived as Programme Director in June 1991 when she became the Programme's Deputy Director. She became Co-Director of the Programme in 1998 until her appointment as Programme Director in 2003.



Professor Chris Cullen delivered the keynote address

The incoming Programme Director, Professor Robert Jones, gave a speech marking Isabel's retirement and summed up her contribution with the following words:

"For those of us who had Isabel as our line manager she combined the ability to nurture creativity and a sense of freedom to get on with the job with a secure sense of having somebody in the background who could come to the rescue if things got difficult. Isabel leaves the Programme in a robust state of health following more than a decade of sound leadership. There is no better legacy for a leader than this".



Professor Isabel Hargreaves retired as Programme Director