



Corporate psychology - The CPD Programme

Continuing professional development for IAPT and primary care professionals

Body and mind

Helping people with long-term conditions

2 March 2015

Content of the day

In 2011, the Government extended their No Health Without Mental Health strategy to include people with long term physical health conditions (LTC) and medically unexplained symptoms (MUS).

This workshop will give an overview of the designated pathway developed for people with LTC/MUS in a city-based IAPT service and explore the needs of these two client groups. Delegates will learn how to extend their existing knowledge base to work with clients with LTC/MUS and will draw on mindfulness and compassion-based therapies. We will also consider the challenges that LTC/MUS can present to clients and practitioners, and enable clinicians to know when referral to LTC/MUS pathway might be indicated. This will include looking at the assessment process, as well as material about the content and delivery of step two and three groups.

The workshop will enable participants to demonstrate:

- ◆ knowledge of the psychological challenges facing people with LTC/MUS
- ◆ an understanding of the particular needs of clients with LTC/MUS and how these differ from people who do not have such conditions
- ◆ an awareness of the way in which interventions should be tailored to take account of these differences
- ◆ an understanding of when a client is likely to benefit from the LTC/MUS pathway
- ◆ an understanding of the challenges presented by LTC/MUS to clients and clinicians.



Presented by Dr Terry Hatton and Sarah Withnall

Terry Hatton is a Clinical Psychologist and Systemic Psychotherapist working in a busy IAPT service. Along with Sarah Withnall, Terry has coordinated the development of a dedicated pathway for people experiencing long-term conditions and medically unexplained symptoms. She has drawn on her previous experience as a nurse in physical health as well as her years of working as a psychologist and her systemic training to design a pathway that responds to the psychological challenges that people with LTC and MUS face.

An Registered Mental Health Nurse and Integrative Counsellor, Sarah Withnall works as a Psychological Practitioner in a city-based IAPT service. With a particular interest in the psychological challenges that people with long term conditions (LTC) face, she was instrumental in helping to set up a dedicated pathway for people experiencing LTC and MUS. Drawing on her years of experience, as well as, mindfulness and compassion-based therapies, Sarah and colleagues have developed a pathway that incorporates both one-to-one working and groups specifically designed to assist people with the psychological challenges LTC and MUS present. Sarah has worked in this field for over 12 years and has designed and facilitated groups in a range of different settings. Sarah's current role includes delivering the pathway as well as teaching colleagues, and being influential in the continued development of the pathway.

Sarah and Terry both gained a 'Highly Commended' in their Trust's Quality and Excellence Awards in June 2014.

Only £130 including hot and cold buffet lunch and tea and coffee throughout the day.

9am – 4.30pm at The Studio, Cannon Street, Birmingham City Centre, B2 5EP.

For more information about the training workshops, or to book a place

please email PGCertLIPI-CPDprog@bsmhft.nhs.uk or telephone Debbie Radford (Course Administrator) or Maria Ferrins-Brown (Course Lead) on 0121 301 1163.