

3rd Practitioner Applied Health Psychology Conference - #ahpc2019

28th March 2019 – BPS London Office

Conference Programme & Theme: Challenges of Applying Health Psychology into Health Services and Care

Welcome to the 3rd Practitioner Applied Health Psychology Conference! In 2014 the UK Practitioner Applied Health Psychology group on LinkedIn was set up and from this platform and the network of colleagues we had been collaborating with over the years, we held two successful Applied Health Psychology Networking and Careers Events in 2014/2015. These events brought together our developing Practitioner Health Psychology field, where Health Psychologists and Trainees discussed common issues about applied practice. The 1st Practitioner Conference was held in 2017 and showcased the varied roles of Health Psychologists working in applied practice their competencies, skills and challenges. This Conference provides a unique opportunity to present non-research related applied practice; such as Health Psychology service audits, developments and evaluations, personal reflections on applied practice, case studies in practice and the application of the Health Psychology evidence base into direct therapeutic services for the public within a variety of contexts. *What could you present on?!*

KEYNOTE SPEAKER: JULIAN BATH: CPsychol, FHEA

We are delighted to welcome Julian Bath, Programme Manager for the Professional Doctorate in Health Psychology at the University of the West of England (UWE), Bristol and a Senior Lecturer in Health Psychology within the Department of Psychology. He is a Health and Care Professions Council (HCPC) Registered Health Psychologist, and was previously a Consultant Health Psychologist at Gloucestershire Hospital NHS Foundation Trust, with significant experience of working therapeutically and managing services in Renal Care, Cardiac Rehabilitation, Diabetes and Rheumatology. He has a wide range of experience in academia and the NHS, including consultancy services, supervision of trainee Health Psychologists, publishing books and research papers as well as the training of health professionals. Julian is a BPS supervisor for Stage 2 Health Psychology training and was previously the Honorary Secretary of the BPS, Division of Health Psychology.



We warmly welcome you to the **3rd Practitioner Applied Health Psychology Conference 2019**. We look forward to another superb Conference demonstrating the continuing forward movement of UK Practitioner Applied Health Psychology. We are inspired to see another year of quality submissions and delighted to host such a creative and innovative Programme for you to participate in.

Warm wishes, Sasha & Claire (SCCH)



BPS Practitioners of the Year 2017

#AHPC2019 PROGRAMME: 28TH MARCH BPS LONDON OFFICES – 9.30AM - 5PM

9.00am-9.30am			
REGISTRATION & REFRESHMENTS			
	Session	Presentation Title	Authors/Presenter
9.30am-9.55am	Conference Opening Address	CONFERENCE OPENING ADDRESS: INTRO TO DAY <i>The Unique Challenges of Health Psychology in Practice</i>	Sasha Cain Dr Claire Hallas
9.55am-10.00am	Session 1 Chair: Dr Anna Baker Consultant Health Psychologist Baker Consulting	Introduction to Session 1	
10.00am-10.20am		Working Clinically as a Health Psychologist Within the Ministry of Defence	Dr Helen Brunger <i>Ministry of Defence:</i> <i>DMRC Stanford Hall</i>
10.25am-10.45am		Improved Smoking Cessation Quit Rates Using Health Psychology Behaviour Change Interventions in Chronic Obstructive Pulmonary Disease (COPD) Patients	Meslime Grim <i>Central and North West London NHS Foundation Trust</i> & Professor John Hurst <i>Royal Free Hospital</i>
10.50am-11.10am		Applying the COM-B Model on a Global Scale to ensure Safe Behaviour within Organization policy and practice: Working with L'Oréal'.	Dr Jennifer Lunt <i>J.Lunt Associates LTD</i>
KEYNOTE SPEAKER – JULIAN BATH, PROGRAMME DIRECTOR, DHEALTHPSYCH, UWE			
11.15am-12.15pm	Keynote Speaker Intro: Dr Claire Hallas SCCH Consulting LLP	"From a Health Psychology Trainee, to being a Consultant Health Psychologist & Programme Director Training Health Psychologists...": A Career Spanning the NHS, Consultancy and Academia	Julian Bath <i>University of the West of England – Programme Director - Prof Doctorate in Health Psychology</i>
12.15pm-1.15pm	LUNCH & NETWORKING TIME - THE BPS LONDON OFFICE LUNCH PROVIDED AT THE BPS LONDON		

1.15pm-1.20pm	Session 2 Chair: TBC	Introduction to Session 2	
1.20pm-2.00pm		Finding my Identity as a Health Psychologist: Where's the Health Psychology when you are Employed as a Clinical Nurse Manager in Smoking Cessation Services?	Dr Rhona Reardon <i>States of Jersey Public Health</i>
2.05pm-2.25pm		Training health care professionals to deliver psychological interventions in COPD Services. When, why and how?	Dr Elizabeth Steed <i>Queen Mary University of London</i>
2.30pm-2.50pm		Effectiveness of social cognitive theory-based health promotion interventions for adults with learning disabilities in two environmental contexts	Kiran K. Bains <i>City, University of London &</i> Dr Triece Turnbull <i>Manchester Metropolitan University</i>
2.50pm-3.20pm	COMFORT BREAK & NETWORKING TIME		
3.20pm-3.25pm	Session 3 Chair: TBC	Introduction to Session 3	
3.25pm-3.45pm		Insulin Pump Therapy for Type 1 Diabetes: A self-management celebration and emotional well-being caution	Kirsten Hunt <i>NHS Grampian, Scotland</i>
3.50pm-4.10pm		'Yay, I've qualified!... now what?': A year in the life of a newly qualified Health Psychologist	Niall C. Anderson <i>University College London</i>
4.15pm-4.35pm		Bridging the gap from academia to Health Psychology practice; Physical activity for young people living with and beyond cancer	Dr Ainslea Cross <i>University of Derby</i>
4.35pm-4.50pm	Conference Reflections	Reflections on Conference Presentations Audience Questions & #AHPC2019 Review	Sasha Cain <i>SCCH Consulting LLP</i>
4.50pm-5.00pm	CONFERENCE CLOSING ADDRESS – Dr Claire Hallas, SCCH Consulting 2020 Conference Announcements		
6.00pm	CONFERENCE DINNER – GIOVANNI'S RESTAURANT – CITY ROAD		