

“Welcome to SCCH Health Psychology Training”

SCCH training events have a strong experiential focus on developing participants’ confidence and competency to apply the Health Psychology evidence base, models and theories into everyday clinical applied research/practice. They focus on integrating these concepts and mechanisms within assessments, formulations and intervention design.

SCCH’s expertise lies with their clinical credibility to teach therapeutic skills for health psychology applied practice, so that the process of conducting individual client work, whether within research or practice, meets ethical and professional practice standards and that the impact of the therapeutic relationship in behaviour change interventions is fully realised.

SCCH specialises in teaching a range of evidence based psychotherapeutic methods, techniques and skills and their implementation within health psychology models and interventions. This approach ensures that interventions applied within Preventative Health and Long-term Condition Management benefit from the most effective implementation processes therefore enhancing both cognitive and behaviour change within real-world healthcare settings.



“We look forward to meeting you at one of our CPD training events or working with you on a personalised in-house training event to suit your team or department’s professional needs.”

Sasha & Claire

Let us Introduce Ourselves!

Sasha Cain and Claire Hallas (SCCH) are Consultant Health Psychologists with 30+ years combined applied health psychology practice experience in NHS, commercial healthcare & academia.

They have held senior clinical & managerial positions in the UK & overseas and have advised Professional, Third Sector & Government agencies on Health Psychology workforce planning, health psychology national qualifications & IAPT physical healthcare competencies.

Sasha is a HCPC Partner & BPS National Assessor and is currently Chair Elect of the BPS Division of Health Psychology. Claire is a qualified CBT Therapist and has been BPS Stage 1 examiner for Health Psychology & BPS Division of Health Psychology Workforce Planning Committee Chair.

SCCH work as a consultancy partnership offering a range of clinical training events, NHS service reviews and clinical intervention development for a range of NHS, academic and commercial healthcare clients.

Follow us:

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“Respectable and reputable trainers” (Therapeutic Skills for Health Psychologists Participant)



SCCH HEALTH PSYCHOLOGY CONSULTING

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HEALTH PSYCHOLOGY APPLIED SKILLS

2014-15



Psychological Interventions Training for Health Psychology Trainers

Unique health psychology interventions skills training: Experience how to deliver practitioner interventions and learn new methods of teaching applied practice skills to health psychology trainees.

SCCH HEALTH PSYCHOLOGY CONSULTING

www.scchconsulting.com





SCCH CONSULTING

*“Great teaching styles and explanations and sharing of practical work experience and applications of Health Psychology in real life settings”
(CBT Intro Participant)*

Professional, Experienced Trainers

SCCH are experienced practitioner Health Psychologists with clinical expertise in primary care, public health and secondary/tertiary hospital based care. We specialise in using interactive methods in our training e.g. workshops, role plays, videos, demonstrations, case studies, interactive discussions.

Training events take place at the British Psychological Society London Offices or by request in-house at your chosen venue. We have trained staff in many academic departments, NHS services and commercial settings.

Visit our CPD event facilitation training page
<http://www.scchconsulting.com/#!development-events/cbox>

Are you teaching on a health psychology training course?

The Stage 1 (MSc) & Stage 2 (Professional Doctorate) in Health Psychology Qualifications are changing from 2014. Courses will be required to include more applied intervention skills training to ensure that their trainees meet the Psychological Intervention/ Behaviour Change & Consultancy competency standards for the qualifications assessment and HCPC entry.

Is your course & your own CPD ready to meet this change? If not, take a look at how we might support your needs.

Option 1: Teaching packs of practical exercises for use within the health psychology curriculum. These materials innovatively teach Stage 1 applied knowledge standards & Stage 2 psychological interventions, generic professional and consultancy competences.

Our exercises are founded in the reality of our practitioner clinical experience and will enhance your trainee’s knowledge and skills at an early stage – ensuring they are able to apply their learnings to real world practice and employment contexts. See our website www.scchconsulting.com for the variety of materials and topics:
Cost: £150-175 per pack

*“I feel more confident in my skills to apply in practice – thank you!”
(Foundations of Health Psychology Clinical Practice Participant)*

Option 2: “Training the Trainers” Events: Two dates in August 2014 provide essential knowledge and specialist intervention skills training for HP Trainers. The new standards and applied practice are the focus.

Day 1 gives you a taster of what it’s like to work as a practitioner health psychologist- ‘having a go’ at delivering behaviour change technical skills using real-world clinical case studies & experiencing the challenges to inform your training delivery.

Day 2 is focused on how to deliver HP intervention skills training & the assessment and supervisory skills to develop trainees’ practitioner skills.

Courses are aimed at academic and research staff wanting to experience practitioner skills and the ability to train and assess their trainees effectively without having to become an expert practitioner.

Cost: £175 per event or book 2 events for £300.

*“Don’t know of any similar provider. Their specific experience and expertise was crucial”
(Therapeutic Skills Participant)*

Option 3: HP interventions training. These 1-3 day CPD training events focus on applying health psychology models and theories with skills training in psycho-therapeutic modalities & approaches (e.g. CBT, MI).

Courses practice techniques through role-play, case studies & observing experts. Training is for researchers, lecturers & trainees who want develop applied interventions skills.
Cost: £125 per course, see www.scchconsulting.com.

All training events can be provided in-house.

Option 1:
Practical exercises to teach applied skills in your course workshops

Option 2:
“Training the trainers” events to learn methods to teach and assess applied skills

Option 3:
Skills based training courses to develop your own applied skills

Finding the right training option for you >>>

“Fantastic day – enlightening, practical, challenging – everything you want to discover what it means to be a practitioner health psychologist.”

Senior Lecturer in Health Psychology,
(Therapeutic Skills for Health Psychologists Participant)

We are here to support your training needs>>>

Our changing healthcare climate is a competitive environment where limited research funding, commissioning targets, workforce reductions and IAPT services all impact on the ability of Health Psychology to deliver quality interventions in healthcare services.

To deliver maximum outcomes from real-world clinical research we need to deliver high quality interventions that combine our Health Psychology evidence base with proven gold standard therapeutic intervention processes. Other professionals who teach these skills to our students often do not have the knowledge or experience to ensure that it is directly applicable to health psychology practice.

SCCH Consulting is best placed to deliver this because of our extensively clinically applied and credible HEALTH PSYCHOLOGY knowledge, skills and experience.

“The training was a perfect platform for understanding the process in which CBT can be applied to health psychology...” (CBT for Preventative Health Participant)