



## **SCCH Health Psychology Consulting**

### **Foundations of Health Psychology Clinical Practice**

**November 28<sup>th</sup> 2012: British Psychological Society, London Office**

**Attendees:** Suitable for qualified Health Psychologists, and those in training wishing to learn about and develop their applied practice skills.

**Aim:** For attendees to gain a comprehensive understanding of the foundations of Health Psychology clinical practice.

#### **Objectives for attendees:**

- To be able to describe the basic standards of Health Psychology clinical practice
- To be able to describe the key skills required to develop and maintain psychologist-client therapeutic relationships
- To be able to use judgement skills to assess clinical practice
- To be self-aware of personal factors that can impact on clinical practice effectiveness
- To have identified key changes in clinical practice that they intend to implement within their current role

#### **Course Outline:**

##### **1. Standards of Health Psychology clinical practice:**

- Referral process and management
- Relationship management e.g. client/ family, team
- Ethical Issues e.g. consent, confidentiality
- Legal requirements for safe practice
- CPD requirements & HCPC expectations/ BPS standards of practice and their implications for practice

##### **2. Developing and maintaining client relationships:**

- Components of therapeutic relationships:
  - *Generic Skills e.g communication styles, listening skills, self-awareness*
  - *Therapeutic alliance*
- *Assessment and formulation:*
  - Utilising the evidence base
  - Individual factors: culture, gender etc
  - Working within service constraints
- *Design of Health Psychology interventions*
- *Reflective/ Critical Practice*

##### **3. Developing judgement skills:**

- Assessment of case studies and discussion of live practice issues

##### **4. Action planning your next steps**

*\* Course comprises taught material, practical case studies and active discussion.  
Certificate of attendance is provided with course hand outs.*