

UCL Doctorate in Clinical Psychology Conference

“Community-Clinical Psychology: Perspectives, Prospects and Challenges”

**Darwin Lecture Theatre, UCL
Friday 29th June 2012, 10.00 to 5.00**

Programme

10.00 Chair’s introduction and welcome: Professor Chris Barker

Morning: Perspectives from Theory and Research

10.10 Professor Sir Michael Marmot, Department of Epidemiology and Public Health, UCL
“Fair Society, Healthy Lives”

10.40 Professor Keith Humphreys, Department of Psychiatry, Stanford University
“Psychology and Public Policy: Broom at the Top”

11.10 Coffee break

11.40 Professor Cathy Campbell, Institute of Social Psychology, LSE
“What Role for Communities in Advancing Global Mental Health?”

12.10 Dr Charlie Alcock, MAC-UK, London
“MAC-UK: Mental Health Gets Street Smart”

12.40 Plenary discussion

1.00 Lunch break

Afternoon: Prospects and Challenges in Translating Theory into Practice

2.00 Dr Taiwo Afuape, Tavistock Institute
“Liberating Our Practice from the Constraints of Dominant Psychological Discourse”

2.30 Professor Nancy Pistrang, Department of Clinical, Educational and Health Psychology,
UCL
“Harnessing the Talents of Non-Professional Helpers: the ‘Women Helping Women’ Project”

3.00 Break

3.30 Dr Angela Byrne and participants of the Re:Assure Women’s Project, Positive East
“A Community Psychology Project for Refugee Women Who Are Living with HIV”

4.00 Dr Sally Zlotowitz (MAC-UK), Dr James Underhill (Camden and Islington NHS
Foundation Trust) and young people
“Co-creating a Project with Gang-affected Young People - the Ups and Downs”

4.30 Closing plenary discussion

Speaker Biographies

Dr Taiwo Afuape

Taiwo Afuape is Lead Clinical Psychologist and Systemic Psychotherapist working for the Tavistock and Portman Foundation Trust in South Camden Community CAMHS and Lead/Principal Systemic Psychotherapist for Central and North West London Foundation trust at Nightingale Place Psychology and Psychotherapy Adult Mental Health Department.

Taiwo's identity and personal experience is intrinsic to her approach to clinical psychology. As a Black African working class woman and coming from a political family background where she was surrounded by anti-discrimination, Afrocentric, feminist and socialist ideas, Taiwo has always been a critical thinker and committed to ethical and empowering practice.

After qualifying as a Clinical Psychologist Taiwo worked part time setting up community psychology services in Primary Care for transitional populations – women escaping domestic violence, homeless people, people misusing substances, travelling communities of Roma and Irish heritage and refugee people – and part time in a Human Rights charity for survivors of torture. She managed an adult mental health Systemic Consultation Service for 4 years before working in CAMHS.

In the past Taiwo has written articles and chapters about critical approaches to mainstream psychology with respect to power and ways of understanding selfhood, based on her African heritage. More recently Taiwo has written about how young African/Caribbean males can be actively engaged in struggles to transform social structures of domination with a focus on community education, rather than passive objects in history; as well as a book entitled *Power, Resistance and Liberation in Therapy with Survivors of Trauma*.

Dr Charlie Alcock

Charlie Alcock founded MAC-UK in collaboration with gang involved young people to address the statistic that one in three young offenders has an unmet mental health need at the time of offence. Charlie is a qualified Clinical Psychologist. A fundamental belief of MAC-UK is that young offenders might benefit as much from the public mental health system as the criminal justice system because this is a group who have often experienced high levels of deprivation, stress and trauma.

MAC-UK's team of mental health and non-mental health professionals has developed a new model of intervention for gang involved youth which is about to be piloted by the statutory sector. It has a good evidence base and involves multi-layered intervention in the context of the antisocial peer group and local community. MAC-UK currently works with young people aged 14-30 years in Camden and Brent.

Dr Angela Byrne

Angela Byrne is a clinical psychologist. Together with Jane Tungana (African Communities Development Worker), she initiated the Re:Assure Women's Project which aims to support women on their journeys in overcoming traumatic experiences. She also works in the NHS in

the Black and Minority Ethnic (BME) Access Service of East London Foundation NHS Trust, which aims to improve provision of talking therapies for BME communities in City and Hackney.

Professor Catherine Campbell

Catherine Campbell is Professor of Social Psychology at the London School of Economics. A community health specialist, much of her recent work has been done in the HIV/AIDS field. However, she has a long-standing interest in mental health, having originally trained and worked as a clinical psychologist under the umbrella of OASSSA (the Organisation for Appropriate Social Services), an anti-apartheid mental health group in South Africa in the 1980s. She is currently reconnecting with the mental health field in the light of her wider interest in the interface between health services and service users in Zimbabwe, South Africa and India. She has a particular interest in the Movement for Global Mental Health, and the role that marginalised communities need to play in driving the Movement's agenda forward. Her evolving conceptualisation of 'community mental health competence' emphasises the need for greater attention to the impacts of social context, culture and local survival strategies on people's responses to adversity and illness, greater acknowledgement of the agency and resilience of vulnerable communities and increased attention to the way in which power inequalities and social injustices frame people's opportunities for mental health. Campbell was recently awarded a Career Contribution Award by the American Sociological Association's AIDS Network for her life-long contribution to understandings of the social dynamics of HIV/AIDS, and is a Fellow of the British Psychological Society.

<http://www.psych.lse.ac.uk/people/campbell>

Professor Keith Humphreys

Keith Humphreys is a Professor (Research) of Psychiatry and Behavioral Sciences at Stanford University, a Veterans' Administration Senior Research Career Scientist and a Visiting Professor of Psychiatry at King's College London. A clinical/community psychologist by training, Humphreys' research focuses on the prevention and treatment of addictive disorders, and on the extent to which subjects in medical research differ from patients seen in everyday clinical practice. Since 2004, he has also volunteered as a consultant and teacher in the multinational humanitarian effort to rebuild the psychiatric care system of Iraq, for which he recently won the American Psychological Association's Award for Distinguished Contribution to the Public Interest.

Dr. Humphreys has been extensively involved in the formation of US federal policy, having served as a member of the White House Commission on Drug Free Communities, the Veterans' Administration National Mental Health Task Force, and the National Advisory Council of the Substance Abuse and Mental Health Services Administration. He recently spent a sabbatical year as Senior Policy Advisor at the White House Office of National Drug Control Policy.

Professor Sir Michael Marmot, MBBS, MPH, PhD, FRCP, FFPHM, FMedSci, FBA

Director, UCL Institute of Health Equity (Marmot Institute)
Chair, European Review on the Social Determinants of Health and the Health Divide
Director: International Institute for Society and Health;
MRC Research Professor of Epidemiology and Public Health, University College London

Sir Michael Marmot has led a research group on health inequalities for 35 years. He is Principal Investigator of the Whitehall II Studies of British Civil Servants, investigating explanations for the striking inverse social gradient in morbidity and mortality. He leads the English Longitudinal Study of Ageing (ELSA) and is engaged in several international research efforts on the social determinants of health. He was a member of the Royal Commission on Environmental Pollution for six years, and served as President of the British Medical Association (BMA) in 2010-2011. He is a Fellow of the Academy of Medical Sciences, an Honorary Fellow of the British Academy, and an Honorary Fellow of the Faculty of Public Health of the Royal College of Physicians. In 2000 he was knighted by Her Majesty The Queen, for services to Epidemiology and the understanding of health inequalities. Internationally acclaimed, Professor Marmot is a Foreign Associate Member of the Institute of Medicine (IOM), and a former Vice President of the Academia Europaea. He won the Balzan Prize for Epidemiology in 2004, gave the Harveian Oration in 2006, and won the William B. Graham Prize for Health Services Research in 2008. He was Chair of the Commission on Social Determinants of Health (CSDH), which was set up by the World Health Organization in 2005, and produced the report entitled: 'Closing the Gap in a Generation' in August 2008. At the request of the British Government, he conducted Strategic Review of Health Inequalities in England post 2010, which published its report 'Fair Society, Healthy Lives' in February 2010. He has now been invited by the Regional Director of WHO Euro to conduct the European Review of Social Determinants of Health and the Health Divide, which will report in September 2012. He has agreed to chair the Breast Screening Review for the NHS National Cancer Action Team. He is a member of The Lancet-University of Oslo Commission on Global Governance for Health.

<http://www.instituteofhealthequity.org/>

Professor Nancy Pistrang

Nancy Pistrang is a Professor of Clinical Psychology at UCL. Her research focuses on fundamental processes in psychological help, especially help delivered by non-professionals. She has a particular interest in peer support, befriending and mentoring interventions, and, together with Dr Sue Gessler, set up the 'Women Helping Women' peer support service for women with gynaecological cancer at UCH. She has published widely on qualitative research methods and is also a co-author of *Research Methods in Clinical Psychology* with Chris Barker and Robert Elliott. Together with Chris Barker, she is the joint Research Director on the UCL Doctoral Programme in Clinical Psychology.

Dr James Underhill

James Underhill is a clinical psychologist leading on a new, multi-agency project that takes mental health out of the clinic and into the community, working with 'hard-to-reach', gang-

involved young people. This follows his year-long involvement with MAC-UK, an innovative mental health charity that engages with some of the UK's most excluded and deprived young people who are most in need of support but least likely to access it. James also works in the Camden Psychological Therapies IAPT service, providing evidence-based psychological interventions for adults experiencing mental health problems.

Dr Sally Zlotowitz

Sally Zlotowitz completed a PhD in psychology and also her Doctorate in Clinical Psychology at University College London. She carried out her clinical thesis research alongside Charlie Alcock and the young people from Music & Change, where she is now a full time Clinical Psychologist and Project Manager. Sally leads on research and policy work at MAC-UK. She is also on the BPS Community Psychology Section committee and is a member of the Community Psychology UK collective. She is passionate about bringing community psychology ideas and practice into clinical psychology.