

# **SUPERVISOR WORKSHOP PROGRAMME 2021–2022**

For Supervisors of North Thames' Trainee Clinical Psychologists

**The three North Thames Doctoral Programmes in Clinical Psychology (DClinPsy) – University College London (UCL), Royal Holloway University of London (RHUL) and University of East London (UEL) – run a programme of workshops\* for supervisors of Trainee Clinical Psychologists in the region.**

**Please note these workshops are for supervisors of North Thames DClinPsy trainees only. Priority is given to supervisors who are either currently supervising, or expecting to supervise within the next placement intake.**

**These events are free.**

**To book a place or seek information about a particular workshop, please contact the administrator of the course hosting the workshop.**

**Course administrator contact details:**

## **RHUL**

Tel: 01784 414388

E-mail: [clinpsyworkshops@rhul.ac.uk](mailto:clinpsyworkshops@rhul.ac.uk)

## **UEL**

Tel: 020 8223 4501

E-mail: [clinpsyworkshops@uel.ac.uk](mailto:clinpsyworkshops@uel.ac.uk)

## **UCL**

Tel: 020 7679 1897

E-mail: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)

*\* Supervisor workshops hosted by UCL and RHUL are generally held in central London locations close to Tottenham Court Road. Occasionally RHUL-hosted workshops are held at the RHUL campus in Egham, and where possible this is indicated. Workshops hosted by UEL are generally held at the UEL Stratford Campus.*

**Note – until further notice, all workshops will be run online (August 2021)**

# ONLINE RESOURCE

## Developing Service Related Research

Online only  
(approx. 3 hours)

**Please note: We are currently experiencing technical difficulties. The Online resource is on hold until further notice**

**Host: RHUL – Tel: 01784 414388 | E-mail: [clinpsyworkshops@rhul.ac.uk](mailto:clinpsyworkshops@rhul.ac.uk)**

This workshop is for psychologists and therapists who supervise clinical psychology trainees undertaking small-scale service-related research projects (SRRPs).

### **Workshop Content**

This workshop is designed to assist regional supervisors to develop or consolidate their skills in supervising Service Related Research Projects (SRRPs). The workshop will cover:

- A definition of a Service Related Research Project and audit
- The scope and time frame of an SRRP
- How to develop ideas for an SRRP
- Expectations for the supervisor and trainee
- Basic design, methodology, and analysis for SRRPs
- How to assist with writing up (including possible publication)

**This is a pre-recorded workshop that was facilitated by Dr Janet Feigenbaum from UCL. The workshop was filmed at UEL in 2016 and is now available as a lecturecast; it contains audio of attendees' questions and some discussion points.**

**Please contact the RHUL host who will provide you with access to the recording.**

## ONLINE RESOURCE

### **Boosting CBT skills using therapy recordings: the CTS-R and UCL CBT Scale as tools for therapist development**

Online only  
(approx. 3 hours)

Host: UCL – Tel: 020 7679 1897 | Email: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)

#### **Workshop Content**

This programme is designed to give you the tools you need to rate your own and your supervisees' therapy recordings confidently and use these ratings to create plans that help with further skill development. The course is delivered through a mixture of audio, video and written materials. It will take you approximately 3 hours to complete. You can work at your own pace, and we have included approximate timings in each section. By the time you finish it you will be able to:

1. Demonstrate knowledge of two commonly used tools used to rate recordings of Cognitive Behavioural Therapy session (the UCL scale and the CTS-R)
2. Analyse the content of a therapy recording using one of the scales
3. Reflect upon the strengths and weaknesses of a session and devise an action plan to move yourself or your supervisee forward
4. Understand the principles for judging a tape summatively (if you are required to make a formal pass/fail judgement for university purposes).

**Please contact the UCL host who will provide you with access to this online course. Upon access being granted (we send a list of those signed-up to our colleagues to grant access once a month), you will have access to this resource for 1 month.**

## **BABCP Supervisor Workshop**

**Friday 3<sup>rd</sup> December 2021**

**2.00 – 4.30pm**

**Host: UCL – Tel: 020 7679 1897 | Email: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)**

This workshop is for supervisors who are accredited with the BABCP and who are offering a placement to DClInPsy trainees in Autumn 2021 or Spring 2022.

### **Workshop content:**

- The BABCP pathway through DClInPsy training: *What do I need to know and do as a supervisor?*
- Reliable rating of assessment and therapy sessions using the UCL CBT Rating Scale and the CTS-R.
- Space for discussion of your own questions and dilemmas

## **Supervision Part 1: Two-day Workshop for New Supervisors**

Thursday 2<sup>nd</sup> & Friday 3<sup>rd</sup> December 2021

09.30am – 4.30pm (Day 1)

10.00am – 4.00pm (Day 2)

**Host:** UEL – Tel: 020 8223 4174 | E-mail: [clinpsyworkshops@uel.ac.uk](mailto:clinpsyworkshops@uel.ac.uk)

**Note:** This workshop will be taking place virtually, via Zoom

This two-day workshop is for psychologists and therapists who are relatively new to supervising or are about to supervise Trainee Clinical Psychologists in the North Thames region for the first time. It is part 1 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

### **Workshop content:**

- Information about the DClInPsy programmes in North Thames.
- Models of learning and training, and the structure of supervisor sessions.
- Monitoring, assessing and giving feedback to trainees; BPS and DClInPsy programme supervision requirements.



## **Formulation**

Thursday 13<sup>th</sup> January 2022

10.00am – 4.30pm

**Host:** UEL – Tel: 020 8223 4174 | E-mail: [clinpsyworkshops@uel.ac.uk](mailto:clinpsyworkshops@uel.ac.uk)

This workshop is for psychologists and therapists who already have some experience of supervising DClInPsy trainees.

### **Workshop content:**

- What do we mean by formulation skills?
- How are formulation skills taught?
- Build on your current skills in teaching trainees to formulate.

## **Supervision Part 2 – Advanced Supervisor Workshop**

Thursday 3<sup>rd</sup> February 2022

10.00am – 4.30pm

**Host: UEL – Tel: 020 8223 4174 | E-mail:**

This workshop is for psychologists and therapists who already have some experience of supervising DClInPsy trainees in the North Thames region. It is Part 2 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

We suggest that people enrol on this workshop after a minimum of 12 months after attending the two-day introductory workshop (Part 1). Priority will be given to those currently supervising DClInPsy trainees.

### **Workshop content:**

Revisiting themes from Part 1 in the context of supervisors' experiences with trainees. The content includes:

- Dilemmas in the supervisory relationship.
- Managing power in the supervisory relationship.
- The supervisor's role as both assessor *and* facilitator of learning.
- Evaluation of trainees' clinical competence.
- Working with trainees who may be struggling on placement.



## **CBT Supervision**

Friday 11<sup>h</sup> February 2022

10.00am – 5.00pm

**Host: UCL – Tel: 020 7679 1897 | Email: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)**

This workshop is designed for supervisors who are already regularly using CBT in their clinical practice, and would like to 'fine tune' their approach to using CBT within supervision of DClInPsy trainees. A working knowledge of the theory and practice of CBT will be assumed.

### **Workshop Content:**

- How CBT theory informs good practice within supervision.
- The use of CBT approaches within supervision.
- An overview of the BABCP pathways on the RHUL and UCL DClInPsy programmes.
- Monitoring progress and competency in CBT and giving feedback using the CTS-R and UCL CBT Rating Scale.

## **Leadership in Clinical Psychology**

Thursday 3<sup>rd</sup> March 2022

10.00am – 4.30pm

**Host: RHUL\*** – Tel: 01784 414388 | E-mail: [clinpsyworkshops@rhul.ac.uk](mailto:clinpsyworkshops@rhul.ac.uk)

The aim is to support supervisors in the development of DClInPsy trainees' leadership competencies.

### **Workshop content:**

- Exploring relevant models of leadership.
- Examining the DCP Clinical Psychology Leadership Development Framework.
- Generating practical ideas for appropriate trainee activities on placement to support the development of leadership competencies.

*\*Hosted at a central London location close to Tottenham Court Road, when in person.*

## **Systemic Supervision**

Thursday 17<sup>th</sup> March 2022

10.00am – 4.30 pm

**Host: RHUL\*** – Tel: 01784 414388 | E-mail: [clinpsyworkshops@rhul.ac.uk](mailto:clinpsyworkshops@rhul.ac.uk)

This workshop is for psychologists and therapists who use systemic theory routinely in their clinical practice and would like to develop their skills in supervising DClInPsy trainees in systemic practice.

### **Workshop Content:**

- Systemic teaching curriculum on the North Thames DClInPsy programmes.
- Different ways of helping trainees to apply theory to practice.
- Evaluating competency.

*\*Hosted at a central London location close to Tottenham Court Road.*

## **Supervision Part 1: Two-day Workshop for New Supervisors**

Thursday 31<sup>st</sup> March & Friday 1<sup>st</sup> April 2022

09.30am – 4.30pm (Day 1)

10.00am – 4.00pm (Day 2)

**Host: RHUL\* – Tel: 01784 414388 | E-mail: [clinpsyworkshops@rhul.ac.uk](mailto:clinpsyworkshops@rhul.ac.uk)**

This two-day workshop is for psychologists and therapists who are relatively new to supervising or are about to supervise Trainee Clinical Psychologists in the North Thames region for the first time. It is part 1 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

### **Workshop content:**

- Information about the DClInPsy programmes in North Thames.
- Models of learning and training, and the structure of supervisor sessions.
- Monitoring, assessing and giving feedback to trainees; BPS and DClInPsy programme supervision requirements.



## **Supervision Part 1: Two-day Workshop for New Supervisors**

Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> June 2022

09.30am – 4.30pm (Day 1)

10.00am – 4.00pm (Day 2)

**Host: UEL – Tel: 020 8223 4174 | E-mail: [clinpsyworkshops@uel.ac.uk](mailto:clinpsyworkshops@uel.ac.uk)**

This two-day workshop is for psychologists and therapists who are relatively new to supervising or are about to supervise Trainee Clinical Psychologists in the North Thames region for the first time. It is part 1 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

### **Workshop content:**

- Information about the DClInPsy programmes in North Thames.
- Models of learning and training, and the structure of supervisor sessions.
- Monitoring, assessing and giving feedback to trainees; BPS and DClInPsy programme supervision requirements.



## **Supervision Part 2: Advanced Supervisor Workshop**

Thursday 9<sup>th</sup> June 2022

10.00am – 4.30pm

Host: **UCL** – Tel: 020 7679 1897 | Email: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)

This workshop is for psychologists and therapists who already have some experience of supervising DClInPsy trainees in the North Thames region. It is Part 2 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

We suggest that people enrol on this workshop after a minimum of 12 months after attending the two-day introductory workshop (Part 1). Priority will be given to those currently supervising DClInPsy trainees.

### **Workshop content:**

Revisiting themes from Part 1 in the context of supervisors' experiences with trainees. The content includes:

- Dilemmas in the supervisory relationship.
- Managing power in the supervisory relationship.
- The supervisor's role as both assessor *and* facilitator of learning
- Evaluation of trainees' clinical competence.
- Working with trainees who may be struggling on placement.



## **Developing Service Related Research**

Tuesday 21<sup>st</sup> June 2022

10.00am – 12.00pm

Host: **UCL** [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)

This workshop is for psychologists and therapists who supervise clinical psychology trainees undertaking small-scale service-related research projects (SRRPs).

### **Workshop content:**

This workshop is designed to assist regional supervisors to develop or consolidate their skills in supervising Service Related Research Projects (SRRPs). The workshop will cover:

- A definition of Service Related Research Project and audit
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- How to develop ideas for an SRRP
- Expectations for the supervisor and trainee
- Basic design, methodology, and analysis for SRRP's
- How to assist with writing up (including possible publication)



This is a live workshop that will be recorded.

Please contact us via [Eventbrite](https://www.eventbrite.com/e/developing-service-related-research-tickets-346842383907) to register your interest and enrol on to this workshop

<https://www.eventbrite.com/e/developing-service-related-research-tickets-346842383907>

## **Supervision Part 1: Two-day Workshop for New Supervisors**

**Thursday 1<sup>st</sup> & Friday 2<sup>nd</sup> September 2022**

**09.30am – 4.30pm (Day 1)**

**10.00am – 4.00pm (Day 2)**

**Host: UCL – Tel: 020 7679 1897 | Email: [b.tasker@ucl.ac.uk](mailto:b.tasker@ucl.ac.uk)**

This two-day workshop is for psychologists and therapists who are relatively new to supervising or are about to supervise Trainee Clinical Psychologists in the North Thames region for the first time. It is part 1 of 2 workshops towards eligibility for registration with the BPS Register of Applied Psychology Practice Supervisors (RAPPS).

### **Workshop content:**

- Information about the DClinPsy programmes in North Thames.
- Models of learning and training, and the structure of supervisor sessions.
- Monitoring, assessing and giving feedback to trainees; BPS and DClinPsy programme supervision requirements.

