


The Lead Organisation for CBT in the UK

British Association for Behavioural
& Cognitive Psychotherapies



Psychological well being practitioner
accreditation and registration with some
(personal) observations about the future.

Steve Flatt – board member BABCP


- ▶ What can we achieve today?
 - ▶ The future – what is already being considered
 - ▶ Lay out the current situation with the BABCP accreditation process
 - ▶ Statutory versus voluntary regulation
 - ▶ Then the important bit: what would be helpful to you as Psychological Wellbeing Practitioners
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

▶ The future:

- ▶ Increase in the role of social care
- ▶ There is a compelling case for a shift to more people and community centred approaches to health and wellbeing. The core concepts that underpin this shift are voice and control, leading to people having a greater say in their lives and health; equity, leading to a reduction in avoidable inequalities, and social connectedness, leading to healthier more cohesive communities (A guide to community-centred approaches for health and wellbeing , Prof. Jane South, NHS England)
- ▶ Move away from the medicalisation of psychological distress (already politicians are seeing this as a move advantageous to them)

▶ Current situation:

- ▶ The role of the Psychological Wellbeing Practitioner is changing and developing.
- ▶ The new curriculum is addressing that and creating structure for career development. The courses are being accredited by the BPS.
- ▶ Individual accreditation by the BABCP is in place for PWPs
 - 1) total number of accreditations in BABCP is just under half of the membership
 - 2) most of these are for full CB therapists and just under half of those are indicating some kind of private practice role.
 - 3) very few (single figures) applications for accreditation as PWPS.
- ▶ There are very few applications from PWPs: Why?

- ▶ The BABCP needs much more information about what would be helpful to PWPS as members of the organisation.
 - ▶ 1) are we even relevant?
 - ▶ 2) what services (if any) do you already use as a PWP?
 - ▶ 3) what would you like to see the BABCP provide?
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- ▶ There is a potentially massive role for PWPs right in the front line of good psychological care.
 - ▶ You have a great opportunity to shape that role.
 - ▶ The BABCP can play a part in that shaping but we need information to help us do that.
 - ▶ Thank you for listening today and I hope that I have provided some ideas to help you think around what it is you are hoping to achieve both individually and collectively.

 - ▶ Good Luck!
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