

Opportunities for Health Psychology in IAPT

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Rationale

- Mandate to increase self-care in IAPT
- Focus on adaptable and flexible NHS workers
- Recruitment and retention of PWP's is difficult

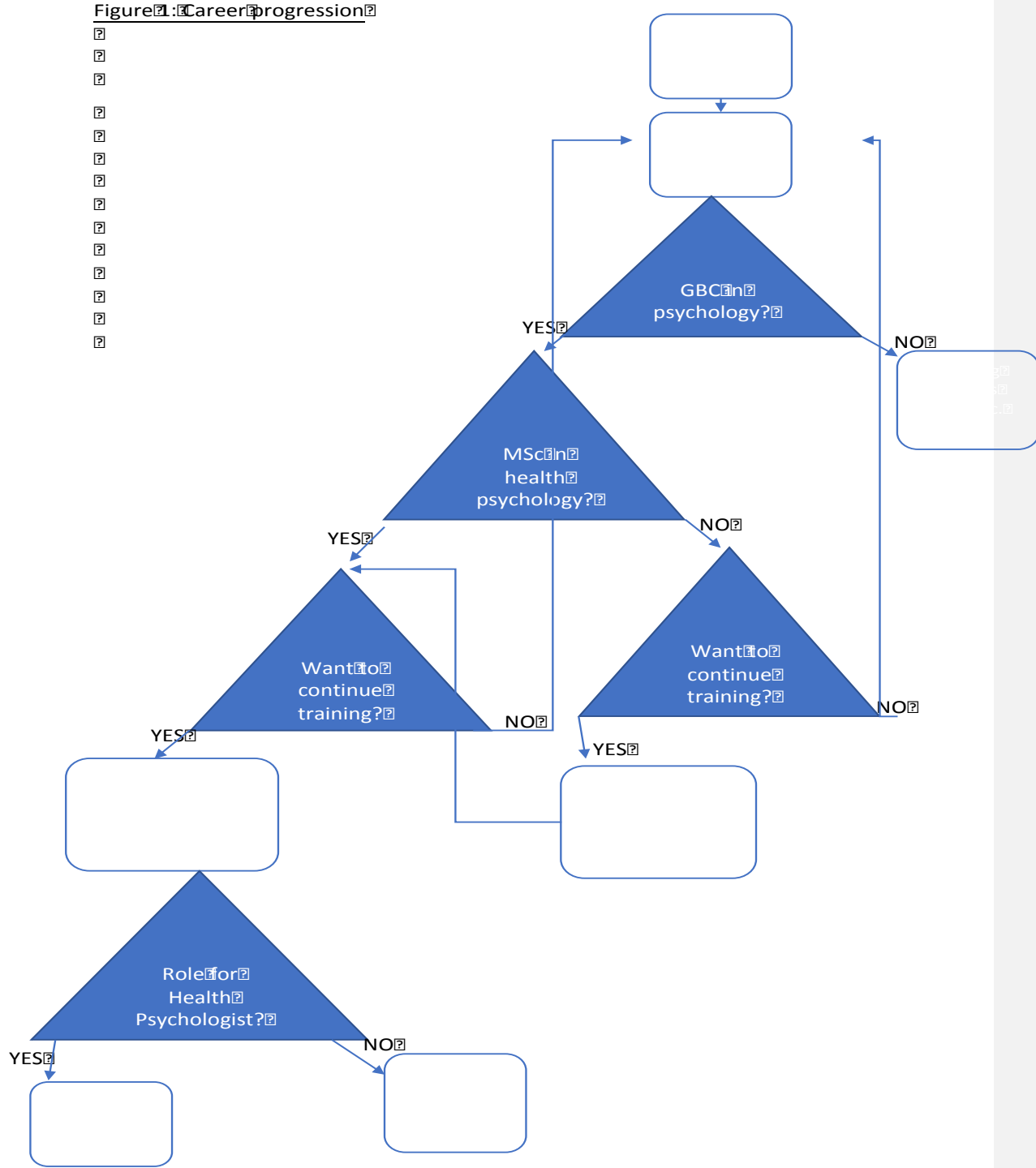
Offer

- Education & training pathway for PWP's
- Going beyond short term training in empowering self-care and managing long term conditions
- Fund BPS accredited Stage 2 Health Psychology training for PWP's (who already have stage 1 Health psych, or fund this themselves)

How it could work

- PWPs with stage 1 MSc health psych are recruited into pilot programme
- They work 4 days a week as PWPs and carry out some competencies as part of this work.
- On day release – attend training and complete assessments
- Proposing pilot – 20 PWPs

Figure 1: Career progression



Mapping - Stage 2 Health Psychology training with PWP key roles

Core competency	Key support of IAPT roles
Teaching	Support of the PWPs, IAPT services and wider NHS workforce in developing knowledge, skills and attitudes to empower people to self-care.
Psychological interventions	Development of and support for behaviour change interventions in long term condition management and in improving the physical health of people accessing IAPT.
Consultancy	This competency has to be fulfilled outside the service. This could be outreach to another part of the NHS workforce or could provide a bridge with local organisations like Higher Education Institutions.
Research	Research that is service-focused, asking and answering vital questions about the clients, the providers, the wider NHS context.
Professional skills	Generic professional skills which they would be expected to develop and use as part of their PWP training and develop further during the stage 2 training.