



THE UNIVERSITY  
of EDINBURGH



## MSc in Applied Psychology for Children and Young People

### Introduction

The MSc in Applied Psychology for Children and Young People is a taught Masters course which aims to train psychology graduates in the range of skills and competencies essential for the delivery of psychological assessments and interventions for mild to moderate mental health difficulties in a range of services for children, young people and their families. The core purpose and philosophy of the programme is that trainees should be competent practitioners in applied psychology for children, young people and families. In addition to the essential elements for applied psychologists in health (e.g. assessment and formulation, and evaluation) and Child and Adolescent Mental Health professionals (e.g. recognition of Child Abuse, developmental impairments and delays), there is a particular focus on the Early Years and Early Intervention across a variety of settings. There is also a strong emphasis on parenting and supporting parents through evidence-based models of parent-focused intervention.

The key areas covered by the syllabus are:

- Professional Context and Clinical Management
- Assessment and Formulation
- Child and Adolescent Development
- Early Years and Early Intervention
- Promotion of Mental Health and Emotional Well-being
- Psychological Intervention and Structured Treatment Approaches
- Evaluation and Research

### Programme Structure

This is a one year full-time taught programme. The distinguishing feature of the MSc is its collaboration between the University of Edinburgh, NHS Greater Glasgow and Clyde, key NHS stakeholders and clinical psychologists working within several NHS Health Board areas, and Child and Adolescent Mental Health services (CAMHS).

The academic basis for the programme is governed by current models of developmental psychology and developmental psychopathology in order to establish a solid theoretical foundation and genuine theory practice links. There is a strong emphasis on evidence-based practice and effective treatment models for this client group. This includes individual, family and group approaches for children, young people and parents. A substantial proportion of teaching is workshop based and trainees are encouraged to develop clinical decision-making skills as well as skills necessary for carrying out psychological interventions with children, young people and families.

The MSc is supported by several of the territorial Health Boards in Scotland who provide training placements and supervisors for the trainees. Over the course of the training programme, trainees will undertake a clinical placement in an NHS CAMH service. The clinical experience gained on placement facilitates the linkage of psychological theory to practice and fosters development of professional skills necessary for post-qualification practice.

The Quality Assurance Agency (QAA) for Higher Education in Scotland produced a benchmark statement that articulates the standards and competences expected at Doctoral and Masters levels for Chartered Clinical Psychologists and Clinical Associates respectively. This programme aims to train students to the level of Clinical Associate as outlined in this [benchmark document](#).

The MSc is accredited by the British Psychological Society as meeting the Standards for the accreditation of applied psychology programmes for Associate Psychologists. The programme continues to work closely with the BPS, NES and other stakeholders in supporting the development and delivery of a BPS register for individual graduates.

## Background

The MSc was developed in response to a NHS Education for Scotland (NES) initiative following the recommendations of the Scottish Needs Assessment Report on Child and Adolescent Mental Health (2003) and the workforce planning exercise for Scottish CAMH Services. In line with the Scottish Needs Assessment Report on Child and Adolescent Mental Health (2003) and the Mental Health of Children and Young People: A Framework for Promotion, Prevention and Care (2005) and the Mental Health Strategy 2017-27; this programme aims to boost the provision of psychological healthcare for children and young people in universal as well as specialised service settings.

Award of the MSc confers eligibility for the post of Clinical Associate in Applied Psychology in the NHS. There is no guarantee of employment following training, however, previous graduates are undertaking a number of roles within and out with NHS settings. These include Clinical Associate posts, Primary Mental Health worker, School Mental Health Link worker, and Voluntary Sector project worker with children and young people. Within the NHS further career development is available through continuing professional development and progression, according to the competencies acquired, as outlined in Agenda for Change. A range of career pathways exist and there are further post qualification routes into Family Therapy, Play Therapy, Cognitive Behavioural Therapy and Clinical Psychology.

## Further Information

### Entry requirements

The programme will be available to An Honours degree graduate in psychology (2:1 or above) which has the BPS Graduate Basis for Chartered Membership. Applicants who have completed a Master's level conversion programme in Psychology that confers GBC and have achieved a 2:1 level or equivalent (an average of 60% or higher) will be viewed as equivalent to applicants whose original undergraduate degree confers GBC. It was agreed across all NES funded Applied Psychology programmes that all programmes amend the conversion threshold to accept candidates with a 240 credit equivalent (120 ECTS) Higher Diploma conversion qualification which confers GBC, where the overall number of research credits is at least 80 (40 ECTS) and the Higher Diploma is at 2.1 equivalent level or above.

Applicants must demonstrate an adequate level of English language competency, regardless of nationality or country of residence. We accept a wide range of international English qualifications and English language tests. Please visit the [postgraduate language requirements website](#) for further information.

If you are invited to interview, you must provide proof of eligibility for the British Psychological Society Graduate Basis for Chartered Membership (GBC). Please contact the British Psychological Society if you need advice on whether your qualification gives you eligibility for GBC.

Successful applicants to the programme are currently employed by the NHS while they study. **By applying for this programme you would be applying for a job with the NHS and therefore need to have the right to work in the UK without restriction.** A student visa is not applicable for this programme as, if you were accepted, you would be classed as an employee, not a student. We are currently not employee-sponsoring any trainees. We are not qualified to tell you whether you have the right to work in the UK or not. If you are unsure of your status, please:

- 1) check the [UK Visas and Immigration website](#); or
- 2) contact your local [British Embassy](#).

Applicants should be able to demonstrate knowledge of relevant psychological theories and models for working with children, young people and their families. Knowledge or experience of relevant areas such as education, social care or health care settings may be advantageous. A genuine interest in working with children and young people is essential as is a commitment to evidence-based practice and knowledge of early intervention approaches.

## Orientation

Trainees will generally be placed throughout the year in one (occasionally two) main Child and / or Adolescent Clinical Psychology Service or CAMHS within the NHS in Scotland and will be involved in delivering services immediately. Clinical supervision is provided by a Clinical Psychologist or a Clinical Associate in Applied Psychology who is supported in their supervision by a Clinical Psychologist. The trainee will attend the University of Edinburgh and NHS sites in Glasgow for teaching blocks and days throughout the year. Some teaching will also be delivered remotely. Assessment will be by a combination of performance on clinical placement, and a range of written assessments including case conceptualisation, written examination, group project and research dissertation.

## Selection

Places on the programme are commissioned for NHS Scotland by NHS Education for Scotland (NES). Trainees are NHS Employees, employed and managed within psychology services in NHS Boards. There will be a single selection process jointly undertaken by the University and the NHS employers. The selection process is conducted in three stages; an initial shortlist is selected by the core programme team and NHS representatives; local NHS representatives and members of the programme team then select applicants for the interview stage of the selection process; finally, two joint interview panels (of NHS and academic representatives) select applicants for admission onto the programme. Interviews will be conducted remotely.

The MSc in Applied Psychology for Children and Young People has been designed as an innovation in the training structure for Applied Psychologists and provides MSc graduates to NHS workforce roles. Where a candidate has previously received, or is currently in receipt of funding for any of the below programmes, that candidate will normally not be eligible to receive funding until a minimum of 18 months after the award for the previous NES funded training (as listed below) is recommended by a qualifying examination board or by chair's action after the qualifying exam board (or achieved by other recognised route). Where a candidate has enrolled in, but not completed one of the identified programmes, funding would not be available for a period of 24 months after the exit date from the programme.

NES funded training programmes:

- Doctorate in Clinical Psychology (University of Edinburgh/NHS Scotland and University of Glasgow/NHS Scotland)
- MSc Applied Psychology for Children and Young People (University of Edinburgh/NHS Scotland)
- MSc Psychological Therapies in Primary Care (Universities of Dundee & Stirling/NHS Scotland)
- Stage 2 Health Psychology Training (NHS Scotland/British Psychological Society)\*
- Child and Adolescent Psychotherapy Training (Human Development Scotland/NHS Scotland)
- Post graduate certificates and diplomas in Cognitive Behavioural Therapy (CBT)
- Interpersonal Therapy (IPT) training to Accredited Practitioner or Supervisor level
- Family Based Treatment (FBT) training to Accredited Practitioner or Supervisor level
- Family Therapy (FT) Masters level Training
- Enhanced Psychological Practice Programme, with Adults (EPP-A) or with Children, Young People and their Families (EPP-CYP), (Scottish Qualifications Authority (SQA) and NHS Education for Scotland (NES))

Please note that the 18 (or 24) month period is from the **date of award** of the previous training to the date of **commencing** the subsequent training.

As an example, this means if you are successful and accept a place on the MSc in Applied Psychology for Children and Young People, you would not be eligible to apply to the Clinical Psychology Doctorate at Glasgow or Edinburgh in the September to November/December 2026 application window for 2027 intake.

### Programme Length

12 months full time

For detailed information about the programme structure, individual modules, and degree regulation please visit [our website](#).

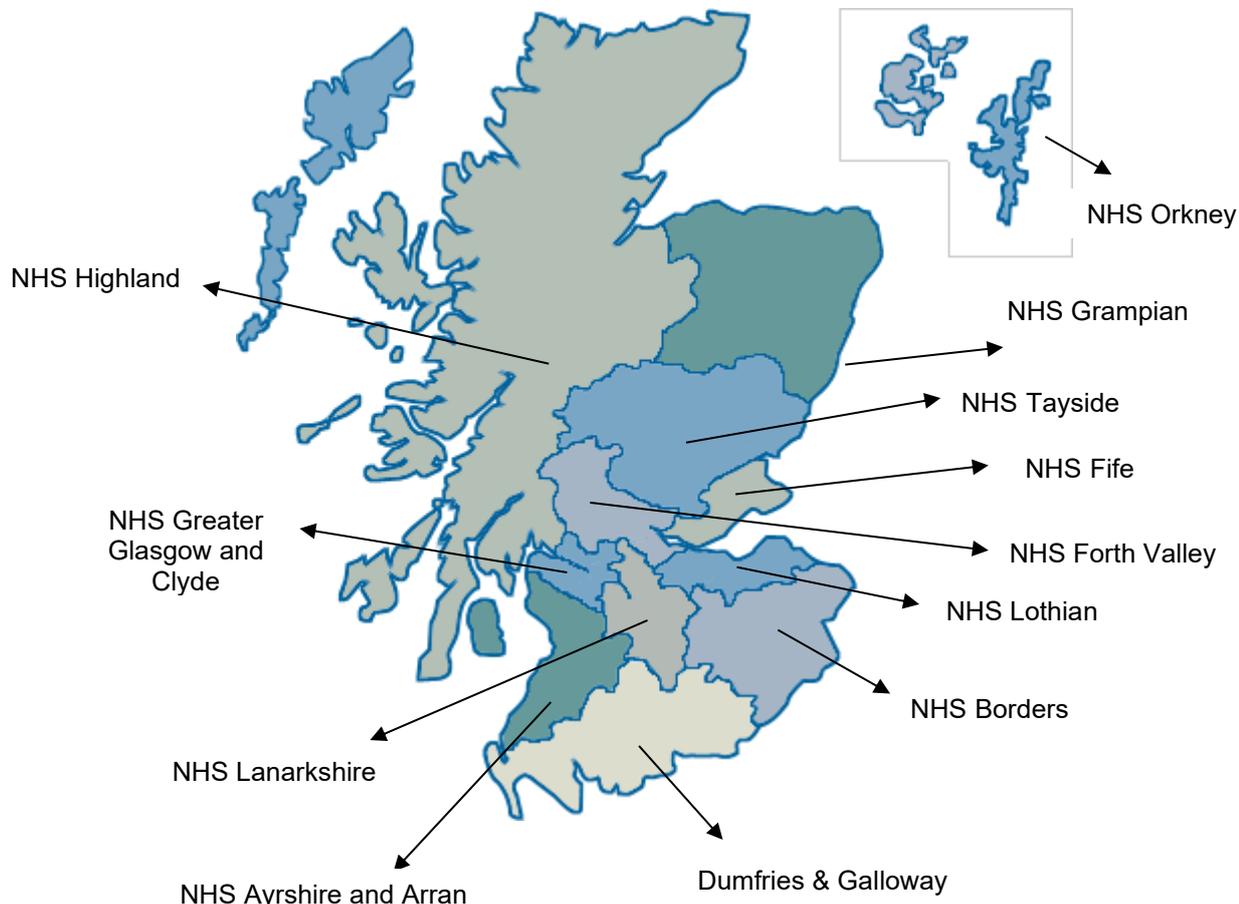
### Contact Details

Specific enquiries about the programme can be made to Clara Shaw Postgraduate Administrative Secretary, School of Health in Social Science, The University of Edinburgh, Medical School, Teviot Place, Edinburgh EH8 9AG, Tel: 0131 651 3037, [applied.psych.cyp@ed.ac.uk](mailto:applied.psych.cyp@ed.ac.uk)

### Participating Health Boards

Trainees on the MSc programme are salaried employees of NHS Health Boards in Scotland. Half of the training involves successful completion of supervised clinical placements in a health board area. The employing Health Board is responsible for paying trainee salaries and expenses and for providing supervised clinical placements. Health Boards have a formal agreement about these responsibilities with NHS Education Scotland (NES) which provides funding. Please note that one or more of the Health Boards listed below may not offer placements this year.

### NHS Boards in Scotland



## NHS Borders

### **The Region**

The Scottish Borders has a population of approximately 116,000 in a rural setting. There are no cities, with the largest towns being around 15,000 in population. The scenery is stunning, the roads are relatively quiet but public transport is somewhat limited in many areas. The Borders region is within easy reach of Edinburgh by road – a number of previous trainees and CAMHS staff commute from Edinburgh and the Lothians. Within the Borders housing is attractive and affordable and there remains a strong sense of local community.

### **Placement details**

The Trainee Child CAAP placement is based within the NHS Borders multi-disciplinary CAMHS Service. We offer services to children and young people up to the age of 18 years, seeing a wide range of child and adolescent mental health referrals (mental health and neurodevelopmental work including learning disabilities).

CAMHS is based at the Andrew Lang Unit, Selkirk. We also do clinics at the Borders General Hospital and in health centres across the Borders. The multi-disciplinary team culture is a positive one and the service is well thought of in professional circles locally.

Borders Trainees are required to travel widely for work purposes in order to provide a service in locality clinics and schools across the Scottish Borders region and therefore will need access to a car for work.

### **Child and Adolescent Psychology**

Our staffing includes a Consultant Clinical Psychologist, Clinical Psychologists, Clinical Associates in Applied Psychology, D.Clin Psych trainees and Assistant Psychologists. We also have a small Paediatric Psychology team co-located service.

We are a small, friendly, busy team and keen to offer a supportive working atmosphere. Trainees have access to desks in the shared Psychology team office at the Andrew Lang Unit as well as in other community venues. Trainees are supplied with appropriate IT equipment for the placement, and a phone for safe working.

Trainee CAAPs will have the opportunity to gain a wide range of supervised experience in assessment, psychological formulation and intervention based within our broadly defined CAMHS (which includes ND & LD provision). There may be opportunity to participate in group work alongside colleagues as well as delivering individual and parent mediated cognitive-behavioural interventions for anxiety and depression. There will be opportunities to join consultation and coaching sessions provided by Psychology colleagues to other professionals (e.g. School Nurses, Education Staff). Trainees will also benefit from rich observational opportunities and joint working with members of the wider multidisciplinary team and other agencies. These experiences will support learning around the roles of a range of professionals across multiagency children's services.

## NHS Fife

The Kingdom of Fife is a large mixed rural/urban area stretching from Kincardine in the West to St Andrews in the East, and bordered by the Firth of Forth in the South and Firth of Tay in the North. There are good road links throughout the region as well as to other parts of Scotland. The scenery varies from small ex-mining towns to rolling farmland, all bounded by a wonderful coastline. NHS Fife is geographically contiguous with Fife Local Authority, and the two organisations have begun the process of health and social care integration.

The Area Clinical Psychology Service has a major commitment to training and we train a large number of clinical psychology doctoral trainees, trainees on the MSc in Applied Psychology at Stirling University and trainees on the MSc in Applied Psychology for Children & Young People at the University of Edinburgh.

The Area Clinical Psychology Service is a large department comprising eight specialities, with over 100 staff, one of which is the Child and Family Clinical Psychology service. There are over 30 full and part-time staff based within our service, working in Primary Care / Early Intervention, CAMHS teams, CAMHS Intensive Therapy Service, Medical Paediatrics, Springfield & Beeches Projects (LAC), Seaview (Trauma) and Neurodevelopment /ADHD. In addition, CAMH teams in Fife include Child Psychiatrists, Community Nurse Therapists, Occupational Therapists and Psychotherapists. Staff liaise closely with other community-based professionals such as GPs, Health Visitors and School Nurses and offer a variety of training and supervision to other staff groups.

The Area Clinical Psychology Service is located at two bases at Lynebank Hospital in Dunfermline and at Stratheden Hospital near Cupar. The department has a reputation for being friendly, welcoming and supportive, with good staff retention.

MSc trainees' clinical placements are based in the primary care team of the Child and Family Clinical Psychology service. There are a wide range of group interventions running across Child Psychology and CAMHS and there are opportunities for MSc trainees to be involved in delivering these. There are clinics in community bases across Fife. The primary care service is designed to see children and families within a few weeks of referral, and offers 4-6 sessions of therapeutic work following assessment, mainly CBT focused. There are also opportunities to experience work in the CAMH Service.

Dr Hilary Maddox: Head of Child & Family Clinical Psychology Service.

## **NHS Forth Valley**

### **Psychological Therapies Service**

Forth Valley's population (approximately 308,000) lives in a variety of urban and rural settings. The area's southern reaches lie in Scotland's Central Belt (where the majority of its population lives), approximately midway between Glasgow and Edinburgh. The northern limits end in small towns and villages amongst the scenic fringes of the Southern Highlands. The two main urban centres of the region are Stirling and Falkirk, and the cost of living within the area is relatively affordable. Stirling is a historic city with striking architecture, while Falkirk has always been an important trading and industrial centre for Scotland.

Around 100 Clinical Staff (Clinical Psychologists, Counselling Psychologists, Counsellors, Clinical Associates and Nurse Therapists) are employed by NHS Forth Valley to provide psychological therapies in the area. Most are arranged in two main departments, Psychological Services and Children & Young People's Psychological Services. Within Adult Psychological Services, there are ten specialties: Adult Psychological Therapies, Secondary Care, Forensic (and Prisons), Clinical Health Psychology, Older People, Substance Use, Learning Disability, Arts Therapies, Eating Disorders and Psychotherapy.

MSc trainees are considered a valuable addition to our service and clinical experience is primarily gained through providing one-to-one therapy to those referred with mild to moderate difficulties, Involvement with group work may also be possible. As well as receiving weekly supervision, trainees are involved in department CPD.

### **MSc PTPC**

Our Adult MSc trainees work within the Adult Psychological Therapies Service (APTS), which works to a matched care model and offers:

- Individual therapy, using a variety of therapeutic approaches

- Group therapy (including a trauma-focused Emotional Resources Group, Schema Therapy group, CBT-based Change Up group, a Mindfulness group and Compassion Focussed Therapy group)
- Computer-based CBT programmes
- Self-help materials

There are around 34 whole time equivalent (WTE) psychologists and other therapists working in Adult Psychological Therapies, taking a wide range of referrals including anxiety, depression and complex trauma. There is also a psychosexual counsellor. Clinics are held in three main department bases in Falkirk, Stirling and Larbert, as well as in some GP practices.

### **MSc APCYP**

MSc trainees completing the Applied Psychology for Children and Young People course are placed within Children & Young People's Psychological Services based within the Women & Children's Unit in NHS FV. This comprises several teams/services, including Specialist Mental Health Services (Tier 3 & Tier 4 Children & Adolescent Mental Health Services, Learning Disability Children & Adolescent Mental Health Service and the Paediatric Neurodevelopmental Service), the Care Experienced Team, the Medical Paediatric Psychology Team, the Neuropsychology team, and the Early Intervention Team for Psychological Skills. Trainees are likely to be based either at Stirling Community Hospital, Forth Valley Royal Hospital or The Manor in Camelon.

The Children & Young People's Psychological Services are multi-professional psychological workforce, including Clinical Psychologists, Clinical Associates in Applied Psychology, Psychological Therapists, Systemic Therapists, Art Therapists and Enhanced Psychological Practitioners. The service aims works in a person centred way to prevent and promote psychological distress. The service also accepts referrals for a wide range of presenting difficulties, including common mental health problems (anxiety & depression) and parenting interventions,

Children & Young People's Psychological Services work collaboratively with a number of agencies (social work, education, voluntary and third sector organizations) and offer:

- Individual therapy, using a variety of therapeutic approaches
- Group therapy
- Digital Therapies
- Advice/support to parents, carers, and other professionals.
- Training on psychological issues.

## **NHS Greater Glasgow and Clyde**

### **Working and living in and around Glasgow**

Glasgow is Scotland's largest city and the third largest city in the UK, with over one million inhabitants. Glasgow is a thriving cosmopolitan and commercial centre as well as offering a wide range of cultural and leisure attractions. It is the UK's largest retail centre after London. The city and surrounding towns house many wonderful municipal art galleries and museums, first class sports and leisure facilities; excellent theatres; an array of restaurants, pubs and clubs; and beautiful parks. Glasgow combines the energy and sophistication of a great international city with some of Scotland's most spectacular scenery. Countryside and coastal views are within easy reach and Scotland's capital city of Edinburgh is only 42 miles away. Transport links are excellent, both internal to the area and to the wider UK.

### **Psychology Services**

*With approximately 250 Psychologists, NHS Greater Glasgow & Clyde contains the largest grouping of Applied Psychologists in Scotland working across all areas of the lifespan: from neonates to older adults and at all levels of complexity: from primary care settings to national specialist services within clinical health, trauma and psychosis. The area offers many opportunities for working closely with clinical psychologists and in a wide variety of multidisciplinary teams. There are strong links between services with a range of formal and informal networks enabling excellent relationships between*

psychologists throughout the area. NHS Greater Glasgow & Clyde provides training for trainees on the MSc in Child and Family course and trainees completing the MSc in Psychological Therapy in Primary Care. There are also a large number of trainee Clinical Psychologists studying on the University of Glasgow Doctorate in Clinical Psychology programme.

### **Specialist Children's Services**

Trainees placed with us will be joining a well established and large network of psychologists (over 60 wte) working with children and young people. Many of the services to children and young people are provided through multi-disciplinary Child and Adolescent Mental Health Services as well as physical health, developmental and disability services in community and hospital settings. Psychologists are embedded within these service frameworks and offer a wide range of specialist skills. It is envisaged that MSc trainees will have the opportunity to learn about and gain some additional experience across specialties while focussing primarily on community based early intervention approaches.

Placements will mainly be provided in community Child and Adolescent Mental Health Services, focussing upon mild to moderate mental health needs, sometimes undertaking circumscribed work within a wider intervention delivered by a multidisciplinary colleague in the team. Occasionally placements will also be offered in paediatric clinical psychology. Trainees will gain experience across the entire age range and will have well co-ordinated supervision arrangements from a staff group with considerable experience and enthusiasm for training and supervision. Trainees will be co-located with supervisors and will have frequent contact with peers. Psychologists are actively involved with service evaluation, audit and research across several themes in CAMHS and clinical outcome data is routinely collected, analysed and used to inform service design and delivery.

Within this large Health Board there is good access to libraries and professional and clinical development activities. Quarterly network meetings for psychologists in Specialist Childrens Services allow trainees to meet with colleagues and hear about services, recent developments and other clinical issues.

### **NHS Grampian**

Grampian, located in the North East Scotland, has a population of over half a million. The scenery across the North East is enchanting and inspiring. The area offers both rural and urban based leisure, cultural and sporting activities to suit a range of interests. There is easy access to the Cairngorm Mountain range and airports in both Aberdeen and Inverness. Grampian is a major centre of Education with two Universities, including a teaching and research hospital. Placements exist in Aberdeen, Aberdeenshire and Elgin, with a wide range of research opportunities.

Our values based, innovative and dynamic CAMHS team provide a multi-disciplinary mental health service for children and young people aged up to their 18th birthdays with complex mental health or developmental difficulties, and their families / carers. We follow GIRFEC principles and the national CAMHS referral criteria and provide a specialist mental health service for children and young people who live in Aberdeen City, Aberdeenshire, and Moray. We see individuals with difficulties such as developmental disorders, anxiety, OCD, PTSD, psychosomatic issues, depression, self-harm, psychosis and eating disorders. Children and young people with a Learning Disability are also seen in the service. The CAMHS multi-disciplinary team consists of Clinical Psychology, Psychiatry, AHP's, Nurse Specialists, Clinicians and Business Support, Secretarial and Admin staff. Patients are largely seen on an out-patient basis however we also have access to local in-patient beds and provide an in-patient service when required. We have close links with national Child (Caledonia House, Glasgow) and Adolescent (YPU, Dundee) in-patient services and frequently work jointly with the regional adolescent in-patient unit in Dundee.

Our treatment approach is eclectic with a wide variety of treatments offered by different team members such as schema focussed work, CBT, IPT, Family Therapy, ACT, EMDR and Pharmacotherapy. There is frequent joint working with MDT members and close liaison with other agencies (e.g. School Nurses, Education, Social Work and Community Child Health). We are developing early intervention packages in conjunction with schools and social work colleagues. There is a strong focus on patient centred

services, team development, training, and research. Opportunities exist for trainees to work jointly with other members of the team and also develop skills in a wide range of therapeutic approaches. The CAMHS service offers the potential for a wide variety of specialist interests as can be seen from the breadth of the population served. There is an active and ongoing CPD program within the department.

Trainees will gain experience across the entire age range (0 – 18) and will have well co-ordinated supervision arrangements from a staff group with considerable experience and enthusiasm for training and supervision. Trainees will be co-located with supervisors and will have frequent contact with peers. Psychologists are actively involved with service evaluation, audit and research across several themes in CAMHS and clinical outcome data is routinely collected, analysed and used to inform service design and delivery.

We are looking for warm, reflective, innovative individuals who want to make a difference to join us working with children, young people, their families and wider systems. We are seeking individuals that share values that are important to us – being respectful, kind, curious, collaborative, efficient, forward thinking and trauma informed – and those that embody these values in their day to day work.

## **NHS Lanarkshire**

NHS Lanarkshire Psychological Services provide clinical and consultation services to the approximately 700,000 people of North and South Lanarkshire. The Service comprises approximately 250wte clinical staff and, as services have developed over the past few years, so has the range of clinicians working in the service. In addition to Clinical, Counselling, and Applied Psychologists, there are Neuropsychologists, CBT Therapists, Nurse Therapists, Counsellors, and Mental Health Practitioners. Together, these specialists provide a wide range of psychological interventions, across the spectrum of needs. Clinical staff are based in a variety of community and hospital settings.

The majority of the population of Lanarkshire lives in a triangular area bounded by East Kilbride, Airdrie, and Carluke. However, some parts of South Lanarkshire in particular are more rural. Consequently, it is generally not possible to travel via public transport. Therefore, having access to a car and driving licence is preferred.

### **SERVICE COMPOSITION**

Services are provided in the following areas:

- Adult Psychological Therapies
- Inpatient Psychiatry
- Psychological Therapies for Older People
- Addiction Psychology Service
- Psychological Therapies for Learning Disabilities
- Child, Adolescent, and Family Services
- Forensic Psychology Service
- Tertiary Eating Disorders Specialist Service
- Clinical Health Psychology
- Neuropsychology
- Perinatal, Neonatal, and Maternity Services
- Multiprofessional Stroke Team
- Multiprofessional Chronic Pain Team
- EVA Psychology (GBV)
- Multiprofessional Traumatic Brain Injury Services

### **PLACEMENTS OFFERED**

We offer placements to Trainee Clinical Psychologists from the [East](#) and [West](#) of Scotland Clinical Doctorate programmes; the MSc in [Psychological Therapies in Primary Care](#); and the MSc in [Applied](#)

[Psychology for Children and Young People](#). We also offer placements to trainees on the Glasgow Caledonian University Doctorate in Counselling Psychology, and Doctorate in Health Psychology.

## **STRUCTURE OF PSYCHOLOGICAL SERVICES IN LANARKSHIRE**

The Director of Psychological Services is Dr Patricia Graham. There are ten locality-based Adult Psychological Therapies teams (PTTs), based in the major “townships” of East Kilbride, Hamilton, Motherwell, Bellshill, Wishaw, Cumbernauld, Coatbridge, Airdrie, Rutherglen/Cambuslang, and Clydesdale. There are also CAMHS teams across Lanarkshire. All other services provide a pan-Lanarkshire service.

## **CLINICAL ACTIVITIES OF THE AREA PSYCHOLOGY SERVICES**

### ***Adult Psychological Therapies***

Each of the 10 Psychological Therapy Teams receives referrals across Tiers (1-4), and staff employ a variety of individual and group therapeutic approaches including Cognitive Behavioural Therapy, Interpersonal Therapy, Dialectical Behaviour Therapy, Schema Focussed Therapy, Psychodynamic Psychotherapy, Behavioural Family Therapy and Person Centred Counselling. The PTTs work in close association with the CMHTs, and are active in training and supervising clinicians across the Services. Further specialist services are also provided in Psychiatric Rehabilitation, and Clinical Health Psychology.

### ***Psychological Therapies for Adults with Learning Disabilities***

The department provides community based clinical input and psychological services to two multi-disciplinary community learning disability health teams and an inpatient assessment and treatment unit. The department has a major role in providing autistic spectrum disorder services and forensic services, in both community and inpatient settings. The Learning Disability Service’s central base houses a variety of specialists including speech and language therapy, psychiatry, physiotherapy and occupational therapy – providing ample opportunity for collaborative working with persons from other disciplines.

### ***Addiction Psychology Service***

The Addiction Psychology Service (APS) is a Lanarkshire-wide service, with bases within locality addiction teams across Lanarkshire. The APS has developed a model of service based on direct client contact, consultation, training, supervision, and support. A range of psychotherapeutic approaches are utilised, including CBT, psychodynamic, Gestalt, and solution-focused therapies. There are a number of specialist posts in the Addiction Psychology Service including neuropsychology, and BBV.

### ***Psychological Therapies for Older People***

Psychological Therapies for Older People (PTOP) provides a service to 10 Community Mental Health Teams for Older People, as well as to GPs, organic and functional inpatient units, day services, memory clinics and nursing/residential homes. The service also provides a substantial amount of staff training to other professionals and to psychologists from other departments within NHS Lanarkshire. Placements are offered to the East and West training courses for both core older people’s placements and more specialist advanced placements, including in young onset dementia.

### ***Tertiary Eating Disorder Specialist Service (TESS)***

TESS is a multi-disciplinary team, providing a pan-Lanarkshire to adults with severe eating disorders resulting in complex needs. There are also adapted referral criteria for young people to minimise the harm that can be caused to their development, to capitalise on better treatment outcomes shown to occur from early intervention, and to offer specific treatments to meet the needs of those in late adolescence. Managed by a consultant clinical psychologist, there are opportunities for individual case work, multi-professional working, group interventions, working with carers/families in addition to teaching/training other professionals.

### ***Child, Adolescent, and Family Services (CAMHS)***

There are four multi-disciplinary locality CAMHS teams, each providing services to a specific geographical area. Additionally, there are a number of area wide specialist teams, including Reachout (providing a service to infants, children and young people whose lives are affected by parental mental

illness) CUIT (CAMHS Urgent Intervention Team), CITT (CAMHS Intensive Treatment Team), Nursing Outreach, The Neurodevelopmental Service for Children and Young People, Learning Disabilities CAMHS team, CEYP (CAMHS for Care Experienced Young People), and Paediatric Psychology and Neuropsychology. A new area wide CAMHS Eating Disorder Service is currently being developed. Specialist placements are offered across the service. Multi-disciplinary teams generally consist of Clinical Psychologists, Clinical Associates in Applied Psychology, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians and Social Workers, in addition to area wide AHP provision including Speech and Language Therapists, Physiotherapists and Occupational Therapists. CAMHS teams are based across three locations; Airbles Road Clinic in Motherwell, Coathill Hospital in Coatbridge and new facilities in Udston Hospital, Hamilton. The service places strong value on training and CPD, and CAMHS staff deliver a range of therapeutic approaches in line with the evidence base, including CBT, DBT, FBT, IPT, DDP and Family Therapy.

### ***Forensic Mental Health Psychology Service***

The service is based in Hamilton and comprises a mixture of inpatient (low-secure) and community working across Lanarkshire, as well as psychological therapies within HMP Shotts. Primarily, patients have a severe and enduring mental illness and usually a forensic history. Therapeutic work includes group-based interventions as well as formulation-driven individual work that might include interventions for psychosis, personality disorder or offence-focussed work.

### ***Clinical Health Psychology***

In addition to long-term conditions and multi-morbidity, we have specialist services in Stroke, Neuropsychology, Pain Management, BBV, and Traumatic Brain Injury, offering assessment and rehabilitation services.

### ***Perinatal, Neonatal, and Maternity Services***

We have developed services specifically for women in recent years, and have two consultant psychologists, and a range of other psychologists in this area.

### ***EVA (End Violence and Abuse against Women)***

Based in Coatbridge, but working across Lanarkshire, this is a service offering psychological assessment and intervention to women who have been or are victims of abuse. The service also provides training to other services and agencies, as well as offering information, advocacy, counselling and psychological therapy.

## **TEACHING, TRAINING AND RESEARCH ACTIVITIES**

Staff within Psychological Services have close links with Glasgow, Edinburgh, Strathclyde, Caledonian, and Stirling universities, and the service provides encouragement, consultation and support for psychology staff and trainees planning and conducting research. We are actively involved in developing research proposals for trainees. We have a major commitment to teaching on all the courses from which we take trainees. Staff also provide teaching and clinical training to a variety of other professionals and staff, including nurses, health visitors, GPs, trainee psychiatrists, junior medical staff, care provider staff, adoptive and fostering parents, social workers, midwifery staff and allied health professionals.

For further information, please contact:

Dr Sally Dewis, Consultant Clinical Psychologist & Local NHS Psychology Tutor

[Sally.Dewis@lanarkshire.scot.nhs.uk](mailto:Sally.Dewis@lanarkshire.scot.nhs.uk)

## **NHS Lothian**

### **Child and Adolescent Mental Health Service**

NHS Lothian Child and Adolescent Mental Health Service (CAMHS) provides a wide range of mental health services for children, young people and their families across Lothian (Edinburgh, Midlothian, West Lothian and East Lothian). The service offers a comprehensive range of community, outpatient, day and

inpatient interventions to children and young people up to age 18, and their families. There are approximately 65 whole time equivalent Clinical Psychologists working in CAMHS. Graduates of the Child CAAP course are also employed in the service. There are approximately 21 whole time equivalent CAAPs working in Lothian CAMHS.

Lothian CAAP placements will be primarily based in one of the five generic outpatient teams (North Edinburgh, South Edinburgh, Midlothian, West Lothian and East Lothian) or the Paediatric Psychology and Liaison Service (PPALS) based at the Royal Hospital for Children & Young People. In each team, the trainee will have an opportunity to work with children and young people and their families. The department has an ongoing commitment to teaching and research, and is involved in a number of Scottish Executive research projects. Since 2018, Lothian CAMHS and the local authority Psychology of Parenting Project co-ordinators have worked together to provide opportunities for CAAP trainees to support the delivery of Triple P and/or Incredible Years parenting programmes with families at the community level. This has involved trainees co-facilitating groups or providing parent coaching. There are also opportunities to shadow or observe the work of the Early Intervention Service provided by CAMHS which delivers LIAM (Let's Introduce Anxiety Management) training and coaching to a range of educational and health staff.

The placement of clinical and applied psychology within multidisciplinary teams offers good opportunity for joint working and consultation with partner agencies including statutory and voluntary. The therapeutic approach is varied across clinicians, but includes cognitive behavioural, interpersonal therapy, systemic social learning theory parenting interventions and family therapy. Structured evidence-based parenting interventions are also offered and opportunities to co-facilitate structured groups such as The Cresswell Parents' Anxiety Group can be provided. There is a strong commitment to joint working with families towards shared formulations.

MSc trainees will be supported through regular supervision and multidisciplinary meetings to provide a community based early intervention approach. Assessments will be done both individually and jointly, and the information gathered will be used to develop a clear formulation of a child and young person's presenting difficulty to guide intervention. Intervention will be individual, family and group of a short-term duration. Therapeutic skills can be developed through discussion in supervision, guided reading and audio- or video-taping of patient sessions. Treatment often requires liaison with other services and requires significant attention to the family system. Opportunities exist to participate in multi-professional consultation clinics for primary care staff, social work and education. Trainees will be encouraged to evaluate the effectiveness of the interventions using a range of age appropriate formal and informal measures.

Competencies are developed in clinical interview skills (with individual young people, families, carers and other professionals), observations of standardised instruments, as well as risk assessment where appropriate (critical importance is given to child protection training). Assessments can be carried out in a variety of settings. This may require observation within a medical, educational or home setting. Trainees will also develop the skills of delivering clinical interventions remotely using NearMe, the NHS videocall system.

Trainees will be directed towards relevant research related to therapeutic work with young people and will be expected to make use of this to guide their clinical work and to discuss in supervision.

## **NHS Orkney**

Lying off the northern coast of Scotland, between John O'Groats and the Shetland Isles, Orkney is an archipelago of over 70 beautiful islands; 17 of which are inhabited. The total population is approximately 22,000, with most people living on the Orkney Mainland. Kirkwall, the capital with its spectacular red sandstone 12th-century cathedral and a population of 7,500, is the administrative centre of Orkney with a good mixture of shops, supermarkets, and businesses.

Orkney is a wonderful place to live and offers excellent schools and leisure facilities, low pollution, low crime, unique wildlife, wide ranging culture and amazing scenery. Although remote, there are excellent transport connections with numerous flights to Aberdeen, Glasgow, Edinburgh, and Inverness every day. There are ferry services to Aberdeen, Scrabster and Gills Bay, and of course to the smaller isles in Orkney.

Visit [www.orkney.org](http://www.orkney.org) to get a fuller picture.

## Placement Details

The Trainee CAAP placement will be based in Kirkwall, Orkney, within the multi-disciplinary CAMHS Service. We are a small, friendly, busy team who are keen to offer a supportive working environment to encourage trainees to develop new skills in both individual and group working.

The CAMHS team provide a specialist mental health service for children and young people aged up to their 18th birthday with complex mental health or developmental difficulties, and their families/carers. We see individuals with mental health difficulties such as anxiety, OCD, depression, PTSD, psychosomatic issues, self harm, psychosis and eating disorders. We also assess children/young people for complex neurodevelopmental conditions where there are co-existing mental health issues. Children and young people with a Learning Disability are also seen in the service. The CAMHS service consists of Child Psychiatrists, Community Mental Health Nurses, CAMHS Practitioners, a Clinical Psychologist, a Clinical Associate in Applied Psychology (CAAP), a Psychological Therapist and a Systemic Family Therapist. The team consists of a mix of professionals who are based in Orkney, as well as those who work remotely. **We would expect our CAAP Trainee to reside in Orkney for the duration of their placement. The trainee will be involved in delivering remote and face-to-face clinics across the Orkney area.**

Opportunities exist for frequent joint working with MDT members and close liaison with other agencies and NHS services (e.g. Education, Social Work, School Nurses and Community Child Health). NHS Orkney CAMHS maintains professional links with NHS Grampian, and close links exist with the Tier 4 North of Scotland Network and Eating Disorders MCN consultation group. Due to the small nature of NHS Orkney, close links exist with psychology colleagues within other specialities, and there are often other professional trainees on placement in Orkney allowing for frequent contact with peers.

Trainees are supplied with appropriate IT equipment required for the placement and will have access to a desk. **Due to the rural nature of the surrounding locale, it would be of benefit for the trainee to be able to drive and have access to a car.**

## NHS Tayside

### The Region

NHS is responsible for providing healthcare to a population of approximately 400,000, with approximately 67,100 of these being children under 16. The population is distributed through the major urban centres of Dundee and Perth, and other smaller rural towns and villages across the large geographical area. The service provides a friendly, supportive and stimulating environment to work.

### Tayside Area Psychological Therapies Service (TAPTS)

The service comprises approximately 160 wte applied psychology posts including Clinical, Counselling and Forensic psychologists, Clinical Associates in Applied Psychology, Accredited Therapists and Assistant Psychologists.

The service comprises a wide range of specialties including: -

Adult Mental Health (Primary Care and Community Mental Health Teams), Child and Adolescent Mental Health Services (CAMHS), Neuropsychology, Older People, Clinical Health Psychology, Substance

Misuse Services, Learning Disabilities, Forensic Psychology, Eating Disorders, Infant Mental Health, Perinatal Mental Health, Maternity and Neonatal Psychology.

Research plays a key role in the clinical work undertaken and the service has strong links with a number of universities. The department has a strong commitment to teaching not only trainees on various courses, but members of other professions as well. The department also supports ongoing professional development and runs its own programme of lectures, workshops and events.

### **Child and Adolescent Services**

The Psychological Therapies Team for children and adolescents is integrated into the Tayside-wide, multidisciplinary, Child and Adolescent Mental Health Services (CAMHS). There are approximately 30 applied psychologists within CAMHS working predominantly in outpatient services. In addition to regular outpatient services, psychologists also offer input to neuropsychology, specialist paediatrics and to inpatients in the Young People's Unit. The team comprises of Clinical Psychologists, Clinical Associates, Systemic Psychotherapists and Psychotherapists.

Additionally, there are usually at least four trainees on placement at any one time. The main base of the service is at the Centre for Child Health, Dundee but some community clinics are also offered as well as a secondary base operating in Perth. It is anticipated that trainees on the MSc in Applied Psychology for Children and Young People will be based in Dundee or Perth and work primarily alongside the main secondary care service with additional experience available from the community based primary care services.