



University of Edinburgh /
NHS Lothian Chronic Pain Service



Applying Psychology in Health Settings

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Session Overview

Routes to working as an applied psychologist in health settings

Clinical Psychology, Health Psychology, Clinical Health Psychology, Counselling Psychology

Other work contexts for Health Psychologists

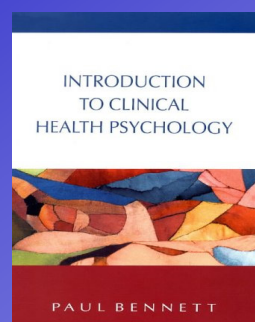
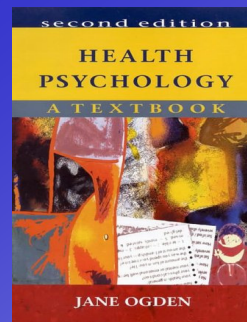
Examples of the kind of work in the applied field

Q&A

What is Health Psychology?

- ❖ The application of psychological theories and approaches to health care
- ❖ Multidisciplinary in approach and application
- ❖ Related to health promotion, behavioural health, public health, medical sociology etc

Introductory Texts



Ogden's text is now on 5th edition—older versions are fine as intro

Responsibility for Health

Biomedical Model

- ❖ Illness caused by factors outside individual's control
- ❖ Treatment is responsibility of medical professionals

Health Psychology

- ❖ Individuals can often influence control over their risk of illness and recovery from illness

Health & Illness

Biomedical Model

- ❖ Emphasis on treating illness
- ❖ Health and Illness viewed as a dichotomy

Health Psychology

- ❖ Maintenance of health & treatment of illness
- ❖ Health and Illness viewed as a continuum

Roles for Psychology

Biomedical Model

- ❖ Often focused upon psychological consequences of illness, e.g. anxiety and depression

Health Psychology

- ❖ Greater recognition of the involvement of psychological factors in the cause of illness
- ❖ Preventing illness
- ❖ How psychological issues may affect treatment
- ❖ Interactions between psychological and physiological factors

Provision of services

Directly

- ❖ individual patients / small groups

Indirectly

- ❖ consultancy with other health care professionals
- ❖ training in psychological approaches / skills
- ❖ research to assess needs & evaluate interventions
- ❖ develop interventions aimed to prevent illness

Unifying Themes

- | | |
|--|------------------------|
| • Multidisciplinary Team Working * | ▪ Adherence * |
| • Prevention / Health Promotion | ▪ Communication * |
| • Chronic Disease Management | ▪ Loss * |
| • Use of Health Models * | ▪ Avoidance / Denial * |
| • Health beliefs (incl misconceptions) | ▪ Coping * |
| | ▪ Consultancy * |
| | ▪ Somatisation * |
| | ▪ Behaviour change * |

* Relevant to Clinical Psychology even in absence of physical health difficulties

Training Routes

- Accredited undergraduate psychology degree
- Relevant experience (usually needed to get on clinical psychology course)
- Clinical Psychology Training route (usually Doctorate programme)
- Health Psychology Training route (Stages 1 and 2)

BPS and HCPC

- British Psychological Society
 - professional body
 - provides advice, guidance and representation
 - Chartered Membership available, but not regulatory body
- Health and Care Professions Council
 - regulates health professionals in the UK
 - role to protect public
 - all practitioner psychologists in UK need to be approved by HCPC in order to practice.

Clinical Psychology Training Routes

- Mostly doctorate training programmes
- Mixture of teaching, placements and research
- Usually 3 years full time (some longer routes)
- Paid as a trainee psychologist
- Lead to Chartered Psychologist status as Clinical Psychologist and ability to register with HCPC

Health Psychology Training Routes

Two stage training after completing BPS accredited undergraduate psychology degree:

- Stage 1: BPS Accredited Masters Degree in Health Psychology
- Stage 2: Either BPS Qualification in Health Psychology (involves at least 2 years of supervised practice)
Or an accredited Professional Doctorate in Health Psychology

BPS Qual: <http://www.bps.org.uk/prospective-candidates>

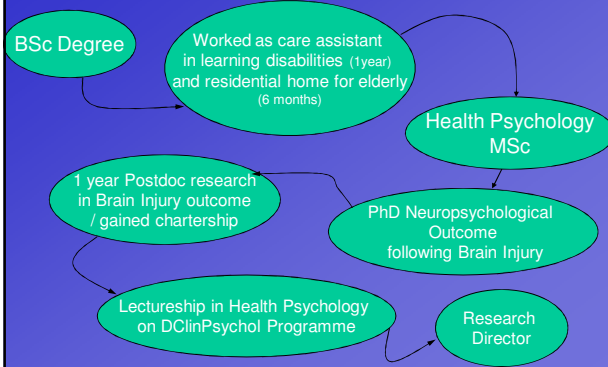
Accredited programmes: <http://www.bps.org.uk/bpslegacy/ac>

Ensure that your Stage 2 training route is also approved by the Health and Care Professions Council

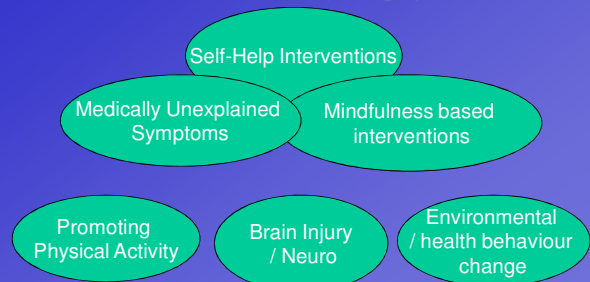
BPS Qualification in Health Psychology (Stage 2)

- Handbook and details on BPS website
- Find a suitable supervisor and apply for QHP
- Portfolio of Competence:
 - Generic professional competence
 - Behaviour change interventions
 - Research
 - Consultancy
 - Teaching and Training

My Experience – Health Psychologist



Research Projects / Supervision: 21 PhD or DClinPsychol projects



Research Director



Teaching

- Provide some teaching on Health Psychology and Research topics
- CPD for thesis supervisors
- Co-ordinate provision of health teaching by other practitioner psychologists
- Assessments and marking

The Family of Psychology

- These distinctions are about the BPS divisions
- There are differences in relation to training
- Also substantial overlaps

Work in NHS Settings

- More often Clinical Health Psychologists, but not exclusively
- Chronic Pain
- Cardiac
- Diabetes
- Cancer
- HIV / AIDS
- Chronic Fatigue
- Obesity
- Preparation for surgery
- Assessment for surgery
- Dermatology
- Haematology
- Cystic Fibrosis
- Rehabilitation medicine
- Maxillofacial / ENT

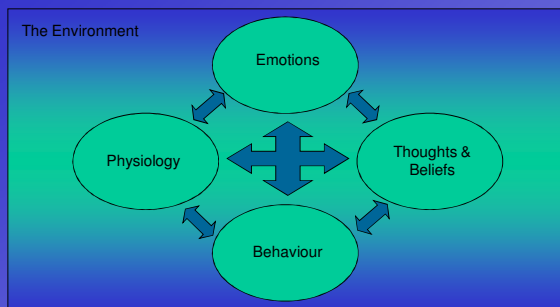
Other work contexts for Health Psychologists

- Academic Clinical and Health Psychology Units
- Other University Programmes (e.g. involved in training for Nursing, Medicine)
- Government Health Departments
- Public Health / Policy making
- Health Promotion

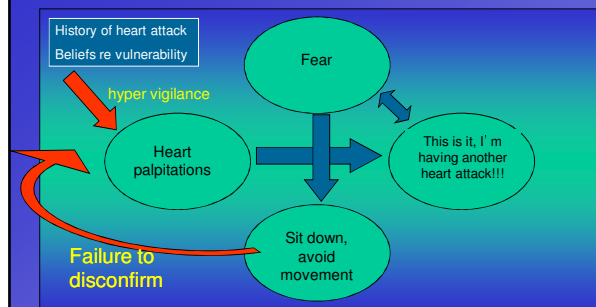
Typical Earnings (NHS)

Role	Band	Salary Scale
Assistant Psychologist	5	£21,176 - £27,625
Trainee Psychologist	6	£25,528 - £34,189
Chartered Applied Psychologist (preceptorship)	7	£30,460 - £40,157
Highly Specialist Applied Psychologist	8a	£38,851 - £46,621
	8b	£45,254 - £55,945
Consultant Applied Psychologist	8c	£54,454 - £67,134
	8d	£65,270 - £80,810
Area Head of Service / Service Lead	9	£77,079 - £97,478

Case work



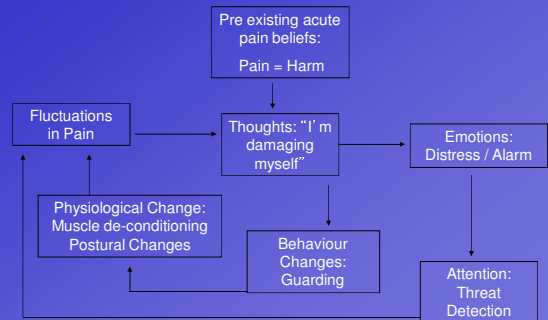
Case work



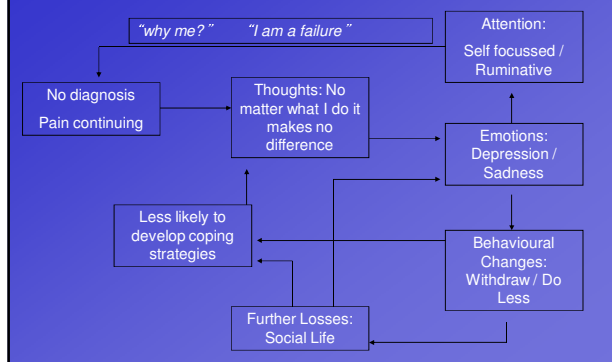
Case example

- Case Example
- 38 year old man, ex military, back and neck pain due to wear and tear, plus former service related injuries
- Debilitating pain flare ups
- Rest / Over activity cycling
- Pain Beliefs relating to pain = damage
- Defeated / demoralised

Case example

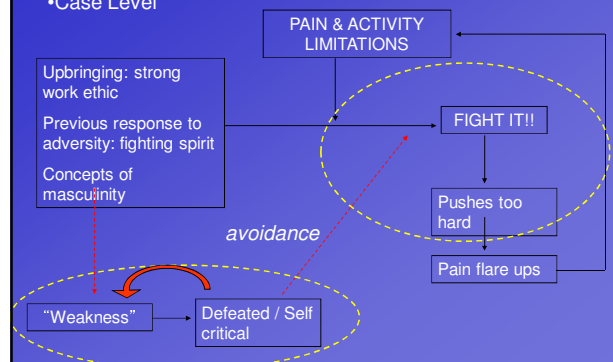


Case example



Case example

•Case Level



Best & worst parts of the work

- | | |
|-------------------------------|--------------------------|
| • Intellectually stimulating | • Supply & demand |
| • Emotionally rewarding | • Climbing a mountain |
| • Connecting with people | • Scratching the surface |
| • Doing something good | • Systems and history |
| • Discovering new things | • Funding issues |
| • Research | • Bottleneck in training |
| • Teaching and Training | • Long training |
| • Getting psychology in there | |

Question & Answer Session

