



1st Practitioner Applied Health Psychology Conference - #ahpc2017

30th March 2017 – BPS London Office

Conference Programme & Theme:

The Role(s) of Health Psychology in Health & Social Care

Welcome to the 1st Practitioner Applied Health Psychology Conference! In 2014 the UK Practitioner Applied Health Psychology group on LinkedIn was set up and from this platform and the network of colleagues we had been collaborating with over the years, we held two successful Applied Health Psychology Networking and Careers Events in 2014 and 2015. These events brought together our developing and emerging Practitioner Health Psychology field, where Health Psychologists and Trainees discussed common challenges of applied practice and participated in workshops to develop in the field. This first Conference is a natural progression from the Networking Events in response to feedback from attendees. was strongly in favour of a practitioner conference and the ability to showcase the varied roles of Health Psychologists working in applied practice, and their competencies, skills and challenges. This is a new and exciting venture for the field. A unique opportunity to present non-research related work, such as service audits and developments, personal reflections on health psychology practice and how the evidence base of health psychology is implemented into direct therapeutic services for the public within a variety of contexts.

KEYNOTE SPEAKER: DR NICKY THOMAS: BSc, PhD DipN RGN, PGDipCouns, PGDipCBT, C.Psychol.



We are delighted to welcome Dr Nicky Thomas, Consultant Health Psychologist and Acting Head of Department at Guy's & St. Thomas's NHS Trust as our Keynote Speaker. Nicky has developed a significant role for Health Psychology Services within the area of sickle cell, pain management and haematological disorders and she has run the British Psychological Society special interest group in sickle cell and thalassaemia. Nicky teaches on a number of MSc health psychology courses and also supervises psychology trainees. Nicky's achievements and commitment to Practitioner Health Psychology were recognised in 2013 with the DHP "Outstanding Contribution to Health Psychology Practice" Award.

We warmly welcome you to the 1st Practitioner Applied Health Psychology Conference 2017 – #ahpc2017! We hope you will meet old and new colleagues, make great network connections and be inspired, as we are to further our field of Practitioner Health Psychology into a new exciting era that embraces the diversity of its role with the healthcare system and provides opportunities for creative, innovative practice.

Warm wishes, Sasha & Claire (SCCH)



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Programme – BPS LONDON OFFICES -TABANACLE STREET – 9.30AM-5PM

Time			
9.00am-9.30am	REGISTRATION & TEA/COFFEE		
	Session	Presentation Title	Authors/Presenter
9.30am-9.55am	Conference Opening Address	CONFERENCE OPENING ADDRESS: INTRO TO DAY <i>A History of Practitioner Health Psychology in the UK</i>	Sasha Cain & Dr Claire Hallas
9.55am-10.00am	Session 1: Chair Dr Sarah Afuwape	Introduction to Session 1	Dr Sarah Afuwape <i>Royal Free Hospital NHS Foundation Trust</i>
10.00am-10.20am	Session 1: Chair Dr Sarah Afuwape	The Role of a Practitioner Health Psychologist in a Local Specialist Obesity Service	Dr Neesha Patel <i>Blackpool Teaching Hospital NHS Foundation Trust</i>
10.25am-10.45am	Session 1: Chair Dr Sarah Afuwape	Up-skilling for Clinical Practice: A Personal Reflection	Dr Rachel Shaw <i>Aston University</i>
10.50am-11.10am	Session 1: Chair Dr Sarah Afuwape	Explicating Health Psychology's Role in Shaping an Organisational Culture Conducive to Health and Wellbeing	Dr Jenny Lunt <i>J. Lunt Associates Ltd</i>
KEYNOTE SPEAKER – DR NICKY THOMAS, CONSULTANT HEALTH PSYCHOLOGIST			
11.15am-12.00pm	Keynote Speaker Intro: Dr Claire Hallas	“Integrating Mind and Body”: Implications for Health Psychology	Dr Nicky Thomas <i>Guy's & St. Thomas's NHS Foundation Trust</i>
12.00pm-1.00pm	LUNCH & NETWORKING TIME - THE BPS LONDON OFFICE		
1.00pm-1.10pm	Session 2: Chair Dr Sue Peacock	Introduction to Session 2	Dr Sue Peacock <i>Milton Keynes University Hospital NHS Foundation Trust</i>
1.10pm-1.30pm	Session 2: Chair Dr Sue Peacock	Developing training and supervision pathways for Trainee Health Psychologists	Dr Hannah Dale & Dr Vivien Swanson

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			<i>NHS Fife & Grampian & University of Stirling</i>
1.35pm-1.55pm	Session 2: Chair Dr Sue Peacock	Linking Psychology to Clinical and Organisational Realities: Developing Interventions for NHS Staff	Barbara Wren <i>Wren Psychology Associates</i>
2.00pm-2.20pm	Session 2: Chair Sasha Cain/Claire Hallas	Using Professional Health Psychology Supervision in Private Practice: Sharing my Experience	Joanna Konstantopoulou <i>Health Psychology Clinic, Harley Street</i>
2.25pm-2.45pm	Session 2: Chair Sasha Cain/Claire Hallas	Benchmarking and Developing the Role of a Health Psychologist in an IAPT (Improving Access to Psychological Therapies) Service	Lumka Tutani <i>Greenwich Time to Talk – IAPT Service – Oxleas NHS Trust & City University</i>
2.45pm-3.15pm	COMFORT BREAK & NETWORKING TIME		
3.15pm-3.20pm	Session 3: Chair Sasha Cain/Claire Hallas	Introduction to Session 3	Sasha Cain/Dr Claire Hallas <i>SCCH Consulting LLP</i>
3.20pm-3.40pm	Session 3: Chair Sasha Cain/Claire Hallas	Applying behaviour change theory to practice within the Southampton Health Trainer Service	Nisha Sharma, Lisa Ballard & Julian Bath <i>Solent NHS Trust & University of the West of England</i>
3.45pm-4.05pm	Session 3: Chair Sasha Cain/Claire Hallas	Applying the Stage 2 Training Competencies to Health Improvement Targets: NHS Education for Scotland Training Programme	Niall C. Anderson & Corina Mason <i>NHS Education for Scotland/ NHS Borders & NHS Grampian</i>
4.10pm-4.30pm	Session 3: Chair Sasha Cain/Claire Hallas	Delivering Health Psychology Services within different healthcare landscapes: Examples of Hospital, Local Authority and Third Sector roles	Sasha Cain & Dr Claire Hallas <i>SCCH Consulting LLP</i>
4.35pm-4.45pm	Session 3: Chair Sasha Cain/Claire Hallas	Learnings from the Journey of UK Applied Practitioner Health Psychology: Where do we go from here?	Sasha Cain & Dr Claire Hallas <i>SCCH Consulting LLP</i>
4.45pm-5.00pm	CONFERENCE CLOSING ADDRESS – SCCH		
6.00pm -	CONFERENCE DINNER – LONDON OLD STREET VENUE - TBC		