

# PSYCHOLOGICAL SKILLS IN PHYSICAL HEALTH CARE

## TRAINING TO SUPPORT PERSON CENTRED CARE



# CONTENTS



## Psychologically Informed Care

All health and social care professionals. Recognition of psychological needs.

Focus on effective information giving, compassionate communication, and general psychological support.

**Emotion Matters:** e-learning module (1 hour). For staff working in physical health settings. Also available as an interactive pdf. Available on [TURAS Learn](#) and on [Knowledge Network](#).

**Building a Shared Understanding for Persistent Physical Symptoms:** e-module, 1 hour. Informed and Skilled training to Level 1 / 2 skills. Available on [TURAS Learn](#).

**PATH: Psychological Awareness Training for the Heart e-learning modules:** 5 modules, 30 minutes each. For staff working with people with cardiac diagnosis. Available on [TURAS Learn](#).

**AsSET / Health Behaviour Change (NES) Basic course:** Half day introduction to screening and health behaviour change. For staff working in physical health settings. Contact your local trainer for more information.

**Toolkit for Managing Physical Symptoms:** This can be found on the [Toolkit website](#) in the NES Psychology Directorate.

Based on NICE Improving Support and Palliative Care for Adults with Cancer (2004); NICE Depression in Adults with a Chronic Physical Health Problem (2009) and the Competency Framework for Psychological Interventions with People with Persistent Physical Health Problems (Roth & Pilling, 2015). Thanks to M Osborne.

## Psychologically Skilled Care

Health and social care professionals with additional expertise.

Focus on psychological management of persistent physical symptoms within a biopsychosocial context: screening for psychological distress, anxiety management skills, behaviour change consultations, goal setting and problem solving.

**Developing Practice:** Six month programme involving 5 days + 5 emodules + coaching for staff working in physical health settings.

**AsSET / Health Behaviour Change:** Six month course following basic training: 2 days + coaching for staff working in physical health settings.

**Cognitive Rehabilitation in Cancer Settings:** 1/2 day facilitator training for experienced staff working in cancer settings.

## Enhanced Practice

Professionals with a role to deliver psychological interventions in the context of physical health problems.

Focus on assessment and diagnosis of psychological distress / mental health condition. Specific psychological interventions based on theoretically driven and evidenced approaches.

**Neuropsychological Group Rehabilitation:** 1 day facilitator training for staff with existing competencies in psychological interventions and rehabilitation, and who work in brain injury settings.

**ADAPT: Accessible Depression and Anxiety Psychological Therapies:** Upskilling CBT trained psychological therapists in competencies related to managing LTCs in the context of common mental health problems. Six month course: 2 days + coaching. [Contact NES training team](#).

## Specialist Practice

Mental health specialists.

Focus on specialist psychological and psychiatric interventions (for example, CBT and Interpersonal Therapy).

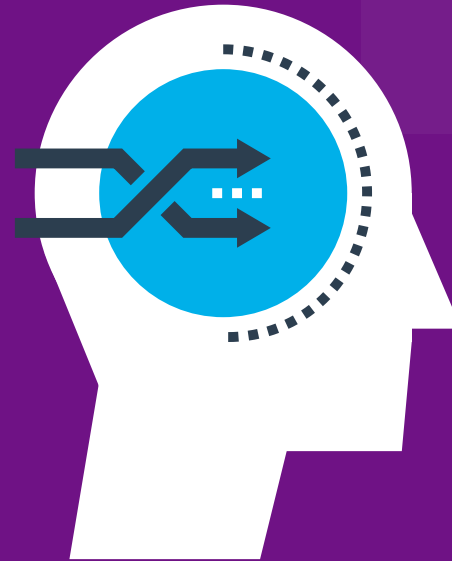
**AsSET “Train the Trainer” course:** 2 day training course for psychologists to roll out the AsSET course in their boards.

**Developing Practice “Train the Trainer” course:** 1–2 day “Train the Trainer” course for Psychologists to roll out the DP course in their boards.

## Useful Links

Our [Physical Health NES website](#) provides background about our workstream, and contact details for the Head of Programme(s).

The [Physical Health TURAS Learn website](#) displays direct links to our suite of e-learning modules and extended trainings.



## Psychologically Informed Care

## COURSE DETAILS

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### Target Learners

All NHS and partnership staff working with people with long-term conditions.

### Overview

An e-module which takes up to an hour to complete. There are DVD clips of people and reflective exercises throughout the module. The module is aimed at staff wishing to upskill themselves in working in a more person centred, holistic way. The module was launched in 2013 in collaboration with the Nursing, Midwifery and Allied Health Professional Directorate within NES and the Alliance organisation. It was updated in 2018 to make it more suitable for staff working in partnership organisations.

### Assessment

10 item multiple choice questionnaire.

## HOW TO ACCESS THIS TRAINING



On the [TURAS Learn](#) website (staff login required)



As an interactive PDF on the [NES Knowledge Network website](#)

## INTENDED LEARNING OUTCOMES

### 1. Introduction

Have an understanding of the psycho-social aspects of long-term conditions, and the impact it can have on a person and apply this to your routine practice.

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### 2. Emotions

Have an understanding of emotions, how they are expressed, the thoughts and beliefs that people hold about their health and apply this to your routine practice.

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### 3. Adjustment Process

Have an understanding of the adjustment process for a person with a long-term health condition, the importance of resilience and apply this to your routine practice.

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### 4. A Good Collaborative Relationship

Have an understanding of the importance of relationships when working with a person with a long-term health condition and apply this to your routine clinical practice.

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## INTENDED LEARNING OUTCOMES

### 5. Tools

#### Be familiar with:

- The ATM and SWIFT tools to gain a more holistic perspective and to identify how the long-term condition is impacting on different areas of the person's life and apply this to your routine practice
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### 6. Handling Distress

Understand how distress can present in people and identify when to alert other services to the need for further intervention.

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### 7. Looking After Yourself

Be able to reflect on routine practice and identify the personal impact of working with people with long-term conditions.

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## COURSE DETAILS

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### Target Learners

Staff working with people with a cardiac diagnosis (for example, Cardiac Rehabilitation or Heart Failure Nurses, Dieticians and Physiotherapists).

### Overview

These are a set of 5 e-learning modules, each of them is 30 minutes in length. They are designed to upskill staff in the psychological aspects of adjusting to and managing with a cardiac diagnosis. The modules were initially developed by Cardiac Psychology in NHS GGC with Cardiac MCN funding.

### Assessment

Each module has a 10 item multiple choice assessment to test knowledge.

## HOW TO ACCESS THIS TRAINING



These 5 e-modules are hosted by NES and are available on [TURAS Learn](#).

## INTENDED LEARNING OUTCOMES

### 1. Effective Communication

- Understand how people and staff factors collectively contribute to communication
- Increase your knowledge about common communication problems in practice and how to prevent these from happening
- Learn effective communication techniques, including OARS and the Elicit Provide Elicit technique
- Learn how to break bad news
- Be more able to understand how emotional distress can affect how people process the information we give them
- Increase your ability to work with people who come from diverse social and cultural backgrounds.

### 2. Cardiac Adjustment

#### Learn about:

- Common emotional reactions following cardiac diagnosis
- What makes a person vulnerable to cardiac related distress
- How poor adjustment can adversely affect cardiac outcome
- How psychological and social factors combine with biological risk factors
- How people can learn to cope with body image changes following cardiac surgery
- How to help carer distress and the risks of carer overdependence
- Be more aware of the cognitive changes associated with having a cardiac diagnosis
- Have a greater understanding of a “Trauma Informed” approach when dealing with someone who has been psychologically traumatised

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## INTENDED LEARNING OUTCOMES

### 3. Core Mental Health Skills

#### **Learn about:**

- the rationale of assessing mental health for mediating quality of life, cardiac outcome, medication compliance, and behaviour change
- Tools available to assess mental health in cardiac care, and how to critically appraise them
- Some of the factors which can influence scoring on a questionnaire

#### **Learn how to:**

- Administer and score a mood questionnaire, and tailor your advice according to mental health severity
  - Assess suicidal thinking and intention for self harm
  - Link people in with further support when people have mood difficulties
- 

### 4. Anxiety in Cardiac Conditions

#### **Learn about:**

- How anxiety presents in cardiac conditions
  - Why anxiety can be helpful and harnessed after cardiac diagnosis
  - When anxiety becomes unhelpful using a cognitive behavioural framework
  - 'Changing thinking' and 'changing behaviour' for anxiety
  - 'Changing physical sensations' and 'emotions' for anxiety: relaxation and breathing exercises
  - Panic and what to do if a person has a panic attack
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### 5. Depression in Cardiac Conditions

#### **Learn about:**

- How to identify depression and why it is linked with cardiac risk
  - The social and psychological origins of depression
  - Problem solving to help depressive thinking
  - How to help people change behaviours to help depression
  - Improving your knowledge of sleep hygiene
  - How to help people who are bereaved.
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### COURSE DETAILS

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#### Target Learners

Multi-disciplinary teams working with people with long-term conditions (LTCs) where behaviour change may be relevant to management (for example, a Bariatric team, a Cardiac Rehabilitation Team, community nurses, a Pain Management Team).

#### Overview

This half day basic training is designed to introduce whole teams to the psychological factors involved in the self-management and support of people with long-term conditions (LTCs). AsSET is a team approach which promotes sustainable change by the whole team being involved in the basic half day training, with some staff thereafter attending practice based follow up sessions. Training uses a variety of adult based learning principles and formats to establish skills in: screening for psychological distress, referral pathways, Health Behaviour Change consultations, identifying health misconceptions and goal setting.



#### Assessment

- Pre and post confidence ratings and pre and post knowledge assessment
- Coaching sessions may also be offered by Psychology staff

### INTENDED LEARNING OUTCOMES

- Learn about the main psychological issues in long-term conditions
- Identify the main theoretical background and models of Health Behaviour Change (HBC) and Motivational Interviewing (MI)
- Use health behaviour change techniques to enhance self management in long-term conditions (if supported by attending coaching)
- Apply a stepped care model of care within practice
- Know how to access support to help with complex scenarios.

### HOW TO ACCESS THIS TRAINING

-  Contact local Psychologists based around Scotland who have attended the NES “Train the Trainer” course or the NES psychology and physical health team.
-  You can email the Head of Programme at the Physical Health workstream in NES to obtain a list of your local Psychology staff that provide staff training. The email address can be found within the [Trainer Network](#) section of our website.

## COURSE DETAILS

### Target Learners

Staff working with people with Long Term Conditions and Persistent Physical Symptoms, for example GPs OR allied health professionals working with people whose symptoms do not fit a recognisable pattern, who have been frequently investigated with negative results, or people who are distressed with low activity due to physical symptoms.

### Overview

This interactive pdf online module trains staff to work collaboratively with people with persistent physical conditions that may be particularly distressed, or have little explanation for their symptoms. It is based on a cognitive behaviourally informed framework and the examples include managing symptoms of pain. The video clips within the module demonstrate ways in which the PESTO framework can be used to improve consultation styles.

THE PESTO  
FRAMEWORK  
STANDS FOR



**P** = Person-centred  
**E** = Express empathy  
**S** = Summarise  
**T** = pull Together  
**O** = explore Options

### Learning Time

1 hour.

### Assessment

10 item multiple choice questionnaire.

## INTENDED LEARNING OUTCOMES

- Learn about the typical consultation pattern and prevalence of people with long term conditions or persistent physical symptoms who present in primary care
- Ability to holistically understand the perpetuation of individual symptoms, and focus on factors which perpetuate rather than cause symptoms
- Draw on the impact of symptoms on activity, mood and thinking and how these exacerbate symptoms in turn
- Foster a collaborative approach by developing a 'shared understanding' of symptoms using the PESTO approach
- Facilitate people to move towards improving quality of life despite uncertainty about symptoms
- Learn about signposting, referring and the use of handouts for people with long term conditions or persistent physical symptoms

## HOW TO ACCESS THIS TRAINING



Available as an e-learning module on [TURAS Learn](#).



## Psychologically Skilled Care

## PSYCHOLOGICAL SKILLS THAT SUPPORT SELF-MANAGEMENT IN LONG-TERM CONDITIONS

### COURSE DETAILS

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#### Target Learners

Staff working with adults with physical conditions. Staff will be expected to firstly complete (or demonstrate past completion of) Informed training e.g. **AsSET basic training** and the [NES Motivational Interviewing e-learning modules](#) (available on TURAS) are particularly relevant.

#### Overview

Six month programme involving 2 days training and follow up coaching. Training materials help staff change behaviour and improve self management in long term conditions. The training originated within Cardiac rehabilitation in NHS Lothian in collaboration with the international Heart Manual team and was developed to enhance skills in improving self-management across all long-term conditions (e.g. diabetes, respiratory conditions, chronic pain). The AsSET package is evidence based with demonstrable outcomes for upskilling staff in psychological skills (Nicklas et al. 2012).

#### Learning Resources

Staff are provided with the AsSET manual which includes helpful reference sheets and resources to use, training content and evaluation forms. Coaching / Reflective Practice sessions (at 6 weekly intervals or at a timescale suitable to the team) are arranged to allow the training principles to be fully embedded into practice.



#### Coaching / Reflective Practice

These sessions are usually run by the trainer team following the teaching and aim to establish the psychological skills in practice and highlight local resources to maintain consultation and referral pathways over the longer term.

#### Assessment

Changes in staff knowledge, confidence, competence and use of skills in practice are measured throughout the training programme.

### HOW TO ACCESS THIS TRAINING

-  Contact local Psychologists based around Scotland who have attended the NES “Train the Trainer” course or the NES psychology and physical health team.
-  You can email the Head of Programme at the Physical Health workstream in NES to obtain a list of your local Psychology staff that provide staff training. The email address can be found within the [Trainer Network](#) section of our website.

## INTENDED LEARNING OUTCOMES

1. Learn about the theoretical background and psychological models of Health Behaviour Change (HBC) and Motivational Interviewing (MI)  
.....
2. Be able to convey the spirit of MI in your health behaviour change consultations  
.....
3. Learn about common dangerous assumptions and traps during HBC consultations  
.....
4. Be able to use the skills associated with the 7 main HBC tasks in clinical practice, as well as the “Typical Day” strategy  
.....
5. Learn about pacing, develop skills in negotiating and setting mutually acceptable goals for Health Behaviour Change, and how this links with values  
.....
6. Be able to use a psychological screening measure and know how to signpost for extra support  
.....
7. Increase strategies to help coping, such as the use of relaxation skills  
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## COURSE DETAILS

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### Target Learners

Staff working in physical health settings who have completed Informed training prior to starting Developing Practice.

### Overview

This training originated in NHS Scotland and is designed to train staff to help people adjust to their physical conditions. The training background was within oncology services and is tailored to long-term conditions, yet it is not condition specific. In the past, staff have attended from a variety of clinical backgrounds, including Cardiac, COPD, and Cystic Fibrosis. Training involves 5 training days and 5 TURAS e-learning modules over 6 months, with a focus on upskilling participants in Psychosocial Tools, including increasing communication skills, use of the SWIFT tool, psychological screening skills, anxiety management skills, and helping people to develop skills to self-manage long term conditions. Previous staff evaluations of Developing Practice have been highly positive of the delivery and content of the training.

### Learning Resources

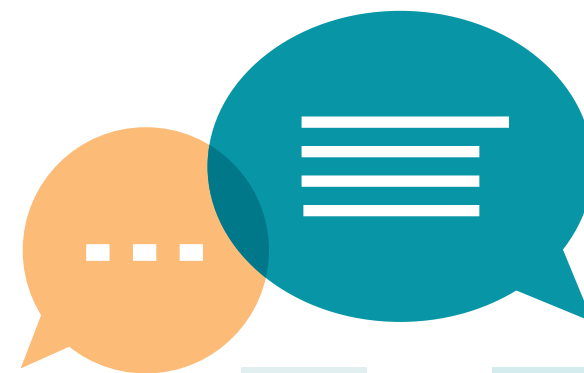
Staff undergoing training are encouraged to review the spiral bound Developing Practice Trainee Manual, which enables them to review material learned, and reflect on the content application to their own practice. The manual also provides a useful resource for photocopying for use with people with long-term conditions.

### Coaching / Reflective Practice

Staff are also provided with coaching / reflective practice sessions (for around 1 hour in either an individual or group based format) both during the monthly training sessions (5 coaching sessions) and after training for 6 months (6 weekly). These coaching / reflective practice sessions are a vital part of embedding training into practice, and would ideally be delivered by the Psychologist who delivered the training.

### Assessment

Trainees complete an adapted version of the NOMAD tool at 3 and 6 months post training in order to evaluate the impact of training on their level of skill acquisition.



## INTENDED LEARNING OUTCOMES

- Be able to understand the context of a person's condition and distress within a biopsychosocial framework, including an understanding of the context of their current life stage
- Ability to visually map family and extended social networks during consultations with people
- Ability to discuss and determine a person's strengths in order to facilitate self-management of their condition
- Demonstrates effective communication skills in practice, including appropriate use of open and closed questions, affirming, reflecting, summarising, normalising
- Able to use coping questions effectively
- Able to use a scaling measure (for example to measure psychological distress or pain) in order to assist with ongoing evaluation of coping with the emotional aspects of having a long-term condition
- Can use the SWIFT tool to assist with psychosocial assessment
- Able to administer a psychological screening questionnaire and the Concerns Checklist
- Demonstrates good judgement about when to refer / signpost onto other departments and agencies

- Can educate people about anxiety and panic, and can use handouts with people appropriately
- Able to assist people in learning self-management techniques such as distraction and relaxation and activity scheduling to help people to self-manage psychological distress
- Demonstrates sound understanding of working with people with diversity or in different cultures.



## COURSE DETAILS

### Target Learners

This training is aimed at Clinical and Counselling Psychologists and Specialist Occupational Therapists working in Cancer/Palliative Care settings across Scotland, with managerial permission to run the group intervention.

### Overview

This 1 day face to face course aims to upskill staff to help people adjust to and manage the cognitive problems associated with a cancer diagnosis and associated treatments. The training is a collaboration between NES, NHSGGC and MacMillan. Staff will be trained on how to deliver the cognitive rehabilitation intervention in a group setting, and full instruction will be given regarding group intervention materials, outcome measures, and how to set up the intervention.



## INTENDED LEARNING OUTCOMES

- Learn about the cognitive consequences of cancer and cancer related treatments, for example memory, concentration and executive difficulties.
- An ability to understand the holistic impact of cognitive impairment on quality of life.
- Be able to use psychoeducation and advise on self-care strategies for those affected by cognitive impairment.
- Be able to assist people with personalised coping skills and compensation strategies to those with cognitive impairment to improve their memory, concentration and executive difficulties.
- Increased confidence about delivering to people in a group setting, and increased familiarity regarding the group materials, such as the slides and participant handbook.

## HOW TO ACCESS THIS TRAINING

- ➔ Please get in touch with the Head of Programme for Physical Health on our website. They will then signpost staff to the course organisers who will advise on when training is due to be held.

Delivered in partnership with:







## Enhanced Practice

## COURSE DETAILS

### Target Learners

This training is aimed at clinical neuropsychologists, applied psychologists and specialist occupational therapists who have competencies in psychological interventions and rehabilitation and who work in acquired brain injury settings across Scotland, with managerial permission to run the group intervention.

### Overview

This face to face course aims to upskill staff to help people adjust to and manage the neuropsychological problems associated with acquired brain injury. The training is a collaboration between NHS Grampian and NHS Education for Scotland. Staff will be trained on how to deliver the neuropsychological rehabilitation intervention in a group setting, and full instruction will be given regarding group intervention materials, outcome measures, and how to set up the intervention.

## HOW TO ACCESS THIS TRAINING

- ➔ Please get in touch with the Head of Programme for Physical Health on our website. They will then signpost staff to the course organisers who will advise on when training is due to be held.

## INTENDED LEARNING OUTCOMES

- Learn how to deliver practical necessities for a neuropsychological rehabilitation group including screening people for group intervention, administration tasks, planning for the group, choosing outcome measures.
- Increased confidence in managing group interventions with people with ABI including managing challenging group dynamics, managing different stages of adjustment and managing neuropsychological consequences of ABI that may impact on the group e.g. disinhibition, lack of insight.
- Learning how to use goals with people with ABI in a group setting including setting, monitoring and supporting appropriate goals.
- To be able to deliver psychological intervention using models of emotion and adjustment in a group setting with people with ABI
- To be able to deliver neuropsychological rehabilitation interventions in a group setting with people with ABI including guiding personalised strategies to manage challenges with memory, attention and planning and organising.
- To be able to deliver the group intervention taking into account the ability of participants and applying existing clinical skills to being flexible in the use and delivery of the resource.
- Increased confidence about delivering to people in a group setting, and increased familiarity regarding the group materials, such as the slides and participant handbook.

## COURSE DETAILS

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### Target Learners

Graduates of the MSc in Psychological Therapies in Primary Care and staff with Cognitive Behavioural Therapy competencies. This package has been primarily developed for staff working in Primary Care settings.

### Overview

Six month training package consisting of 2 days of face to face teaching on core knowledge and clinical competencies for people working with long-term conditions (LTCs); knowledge of conditions, models of behaviour change and strategies to achieve it, psychological adjustment, biopsychosocial assessment, and treatment strategies that enhance Cognitive Behavioural Therapy for long-term conditions. Follow up coaching sessions to embed skills are offered by NES staff either face to face or via VC. Training enables staff to deliver brief cognitive behavioural therapy in the context of long term conditions, support by materials from the COINCIDE trial (Coventry et al, 2015).

### Learning Resources

Staff undergoing training are provided with the COINCIDE therapist manual, individual workbooks and individual manuals which are tailored to supporting Cognitive Behavioural Therapy interventions in people with mood problems and long-term conditions.

### Coaching / Reflective Practice Sessions

These are provided at monthly intervals for 6 months following training and develop the competencies for working with long-term conditions introduced during the training.

### Assessment

Pre and post-training knowledge assessment, pre and post course confidence and competence ratings. Practice samples are required as part of the assessment process.

## HOW TO ACCESS THIS TRAINING

- Contact the NES psychology and physical health team. The email address can be found within the [Trainer Network](#) section of our website.

## INTENDED LEARNING OUTCOMES

- Have knowledge of long-term conditions such as coronary heart disease (CHD), chronic pain and diabetes, and the biopsychosocial impact of these conditions
- Be able to identify and reflect on their own values and attitudes towards people with long-term conditions, and the implications that these values and attitudes have for engagement
- Have knowledge of the application of cognitive behavioural models and generic models of adjustment to long-term conditions, focussing specifically on CHD, pain and diabetes
- Have knowledge of the application of models of behavior change and strategies to achieve it
- Have a critical understanding of the evidence-base that underpins interventions for anxiety and depression for individuals with CHD, pain and diabetes
- Be able to conduct a comprehensive biopsychosocial assessment of people presenting with anxiety and / or depression in the context of long-term conditions
- Be able to undertake formulation with these groups collaboratively
- Be able to develop specific treatment plans incorporating the existing evidence-base for anxiety and depression for people with CHD, pain and / or diabetes, promoting the capacity for adjustment and self-management
- Understand the importance of multi-agency and inter-professional working, collaborating and working effectively with other professionals
- Recognise the limits of their competence and have knowledge and understanding of sign-posting options when people require added / more intensive psychological inputs





## Specialist Practice

## COURSE DETAILS

### Target Learners

Psychologists working in physical health settings who wish to train other staff in Self Management and Health Behaviour Change skills.

### Overview

This is a 2 day Train the Trainers course. Day 1 involves learning about the techniques and skills involved in the training, and Day 2 involves discussion about the practicalities of rolling the training out within their local area.

### Assessment

Simulated Case Consultation, pre-course MI e-learning module, pre and post-training knowledge assessment, pre and post-course confidence ratings.

## HOW TO ACCESS THIS TRAINING



This course is advertised by the NES Psychology and Physical Health team through the Trainer Network and heads of clinical health psychology services.

**Applications are via the [NES Portal](#).**

## INTENDED LEARNING OUTCOMES

- Refresh skills in the theoretical background and psychological models of Health Behaviour Change (HBC) and Motivational Interviewing (MI)
- Ability to teach how to convey the spirit of HBC, and use in own practice
- Consolidation of learning in 7 main HBC tasks, and ability to teach these skills to other staff
- Refresh skills in about pacing, goal setting, values, relaxation and psychological screening, and ability to teach these skills to other staff
- Learn practical skills for running and evaluating training
- Make a sustainable change to your own and others working practice and ethos.



## COURSE DETAILS

### Target Learners

Psychologists working in physical health settings who wish to train other staff in psychological skills.

### Overview

This is a 2 day Train the Trainers course. Day 1 involves learning about the techniques and skills involved in the training, and Day 2 involves discussion about the practicalities of rolling the training out within their local area.

### Assessment

Pre and post-course confidence ratings.

## HOW TO ACCESS THIS TRAINING



This course is advertised by the NES Psychology and Physical Health team through the Trainer Network and heads of clinical health psychology services.

**Applications are via the [NES Portal](#).**

## INTENDED LEARNING OUTCOMES

- Learn about the content of the blended training pathway
- Develop confidence to deliver the training to staff within your local area
- Have an opportunity to learn and refine facilitator and coaching skills





**Recommended  
training for specific  
Long Term Conditions**



## COURSE DETAILS

National guidelines [such as [SIGN 116 and 154 Management of Diabetes](#) (2010 and 2017), [NICE Type 2 diabetes prevention](#) (2011), [Type 1 diabetes in Adults: management](#) (2016), [Type 2 diabetes in Adults: Management](#) (2015)] recommend person centred care, assessment of emotional state and lifestyle management consultations as an essential part of diabetes care. Support organisations such as [Diabetes UK](#) report that emotional care in Diabetes is ‘Too often missing’ (2019). The resources below are highlighted as ways in which people involved in diabetes care can enhance and develop their competencies:

Informed Care	Skilled Care	Enhanced Practice	Specialist Practice
<p><b>Emotion matters</b></p> <p>This <a href="#">e-learning module</a> includes interviews with diabetes patients on the impact of a diabetes on their mood and provides a good overview of key issues and some pointers that can be built into person centred consultations.</p> <p>Also available as an <a href="#">interactive pdf</a>.</p>	<p>Both <a href="#">Developing Practice</a> and <a href="#">AsSET</a> develop a range of skills relevant to diabetes care including:</p> <ul style="list-style-type: none"> <li>• Person centred consultations</li> <li>• Screening for mood issues</li> <li>• Behaviour change strategies</li> <li>• Techniques to promote self management and mood management</li> </ul>	<p><a href="#">ADAPT (Accessible Depression and Anxiety Psychological Therapies)</a> training helps staff working in mental health settings:</p> <ul style="list-style-type: none"> <li>• feel more confident in their knowledge of diabetes</li> <li>• understand the links between diabetes and mood</li> <li>• differentiate between hypos and anxiety</li> <li>• develop skills in adjusting formulation and treatment to incorporate diabetes</li> </ul>	<p>The <a href="#">Developing Practice Train the Trainers course</a> is offered to specialist staff who wish to train other multi-disciplinary staff in helping to upskill them in psychosocial skills related to adjusting to Diabetes and/or a long term condition.</p> <p>The <a href="#">AsSET Train the Trainers course</a> is offered to specialist staff who wish to train other multi-professional NHS and partnership staff in helping people change their behaviour in the context of having a long term condition such a Diabetes.</p>

## COURSE DETAILS

Various national SIGN, NICE, Scottish Government and Cardiac documents underline the need for staff working in cardiac care to be trained in psychological care. Eg: [SIGN 147: Management of chronic heart failure](#). P14: Emotional wellbeing and health behaviour change. [SIGN 148: Acute Coronary Syndrome](#). P35: Provision of Information. P36 has tips for communicating. [SIGN 149: Risk Estimation and the prevention of cardiovascular disease](#) P68: Psychological Issues. Overview of the literature on the role of depression, anxiety, social isolation, poor social support, work related stress and catastrophic life events on cardiovascular risk. [SIGN 150: Cardiac Rehabilitation](#). P15: Psychosocial Health. Comprehensive review of the evidence base for psychological approaches. [SIGN 151: Stable Angina](#). P38 – Psychological Health. The NES resources below are highlighted as ways in which people involved in cardiac care can enhance and develop their competencies:

Informed Care	Skilled Care	Enhanced Practice	Specialist Practice
<p><b>Emotion matters</b></p> <p>This <a href="#">e-learning module</a> includes interviews with people with long term conditions and the impact of their condition on their mood and provides a good overview of key issues and some pointers that can be built into person centred consultations. Also available as an <a href="#">interactive pdf</a>.</p> <p><b>PATH (Psychological Awareness Training for the Heart)</b></p> <p>This NES suite of 5 e-learning modules is to upskill cardiac staff in <a href="#">communication</a>, <a href="#">cardiac adjustment</a>, <a href="#">core mental health skills</a>, <a href="#">depression</a>, and <a href="#">anxiety</a>.</p>	<p>Both <a href="#">Developing Practice</a> and <a href="#">AsSET</a> develop a range of skills relevant to cardiac care including:</p> <ul style="list-style-type: none"> <li>• Person centred consultations</li> <li>• Screening for mood issues</li> <li>• Behaviour change strategies</li> <li>• Techniques to promote self management and mood management</li> </ul>	<p><b><a href="#">ADAPT (Accessible Depression and Anxiety Psychological Therapies)</a></b></p> <p>training helps staff working in mental health settings feel more confident in their knowledge of cardiac conditions, how it impacts on mood, differentiating between anxiety symptoms and cardiac symptoms and develop skills in adjusting their formulation and treatment to incorporate skills related to cardiac care.</p> <p><b>Neuropsychological Group Rehabilitation</b></p> <p>This training programme is for staff working in acquired brain injury settings (for example, cognitive impairment following cardiac arrest) who wish to run groups for people with cognitive impairment or difficulties adjusting to their brain injury.</p>	<p>The <a href="#">Developing Practice Train the Trainers course</a> is offered to specialist staff who wish to train other multi-disciplinary staff in helping to upskill them in psychosocial skills related to adjusting to a cardiac diagnosis and/or a long term condition.</p> <p>The <a href="#">AsSET Train the Trainers course</a> is offered to specialist staff who wish to train other multi-professional NHS and partnership staff in helping people change their behaviour in the context of having a long term condition such a cardiac diagnosis.</p>

## COURSE DETAILS

Various guidelines promote the importance of psychosocial care within a cancer setting, such as [Improving Support and Palliative Care for Adults with Cancer: The Manual \(NICE, 2004\)](#). This document includes an outline of the 4 levels of professional expertise with regard to the provision of psychological support. Predominantly used in cancer, but principles can be used in other medical settings. The following suite of training assists staff to meet these competencies. Please also see the **Psychological Therapies and Support** section of the [WOSCAN \(West of Scotland Cancer Network\)](#) website, which displays their recommended training pathway.

Informed Care	Skilled Care	Enhanced Practice	Specialist Practice
<p><b>Emotion matters</b></p> <p>This <a href="#">e-learning module</a> includes interviews with people with long term conditions and the impact of their condition on their mood and provides a good overview of key issues and some pointers that can be built into person centred consultations.</p> <p>Also available as an <a href="#">interactive pdf</a>.</p>	<p>Both <a href="#">Developing Practice</a> and <a href="#">AsSET</a> develop a range of skills relevant to cancer care including:</p> <ul style="list-style-type: none"> <li>• Person centred consultations</li> <li>• Screening for mood issues</li> <li>• Behaviour change strategies</li> <li>• Techniques to promote self management and mood management</li> </ul> <p><a href="#">Cognitive Rehabilitation in Cancer Settings</a></p> <p>This training programme is for staff working in cancer settings who wish to run groups for people with cognitive changes following diagnosis and treatment of cancer.</p>		<p>The <a href="#">Developing Practice Train the Trainers course</a> is offered to specialist staff who wish to train other multi-disciplinary staff in helping to upskill them in psychosocial skills related to adjusting to a cancer and/or a long term condition.</p> <p>The <a href="#">AsSET Train the Trainers course</a> is offered to specialist staff who wish to train other multi-professional NHS and partnership staff in helping people change their behaviour in the context of having a long term condition such as cancer.</p>

## OTHER NES RESOURCES

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- The TURAS Learn platform <https://learn.nes.nhs.scot> hosts all of the NES learning resources.
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- The MAP training programme and e-learning module was developed by the Health Improvement/Health Psychology Workstream within the Psychology Directorate, and assists staff with improving their health behaviour change skills across a range of contexts. The MAP training programme is delivered at 'Informed', 'Skilled', 'Enhanced' and 'Specialist' levels via the online module, workshops for practitioners, training for trainers, and expert trainer (health psychologist) learning. The training is based on health psychology principles and theory.

**e-learning module:** <https://learn.nes.nhs.scot/2144/>

**Health Improvement/Health Psychology Workstream:**

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/health-psychology.aspx>

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- The NES Support Around Death website: <http://www.sad.scot.nhs.uk/> This website aims to support healthcare staff who are working with individuals, carers and families before, at, and after death. It provides key information on the clinical, legislative, and practical issues involved.
  - The [Palliative and End of Life Care](#) pdf resource supports staff working within a palliative care context.
  - The [NES Paediatric Psychology webpage](#) outlines the training resources available for staff working with children with physical health conditions.
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# ABOUT THIS RESOURCE



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This document has been created as an interactive PDF so it can be both printed and used on screen, the main menu is clickable and there are navigation buttons throughout, the actions for these are shown here.

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email [altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk) to discuss how we can best meet your requirements.



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