Enhanced Psychological Practice for Adults (EPP -A) Programme

Introduction

A Qualifications Scotland accredited post-graduate certificate level education programme has been developed to enable staff to deliver high-quality, evidence-based psychological interventions for mental health problems in a way that can be efficiently brought to scale. This approach aims to make effective use of the large cohorts of graduates in Psychology to deliver and support, under supervision, brief, outcome-focused, evidence-based interventions at the Enhanced level of practice.

Within the Enhanced Psychological Practice programme, there are two courses; one which focuses on working with Adults (EPP-A), and a course targeted at practitioners working with Children, Young People and their Families (EPP-CYP), with each course having modules related to their specific target population.

The EPP-A course provides education in evidence-based interventions for working with adults presenting with mental health problems such as depression and anxiety. The programme:

- Responds to recent developments in mental health (e.g. Mental Health Strategy, Transforming Primary Care);
- Addresses learning needs including core competences around record keeping, risk assessment and working inclusively;
- Equips staff with the competences to deliver a set of Enhanced Psychological Interventions (EPIs). EPIs are CBT-informed, high volume approaches suitable for people presenting in mental health settings. They enable staff to help more people, who are seen for a shorter duration and time (generally 6-8 sessions of 35 mins duration or less);
- Supports best-practice implementation structures; including supervision, regular outcome monitoring and clear risk management protocols to ensure safe and effective patient care;
- Offers blended and remote learning.

Overview

Following service based initial assessment and risk protocols, staff will undertake further assessments of allocated patients to establish problem descriptors, agree problem statements and end of treatment goals. Staff will then be able to:

- Deliver a number of CBT-informed interventions
- Use a range of resources and shared decision making to facilitate delivery of EPI such as self-help materials, written or online in the form of computerised CBT (cCBT) or apps that have a proven evidence-base.

The aim is for people to be seen as early as possible, to provide help quickly, providing an early intervention that can have an enormous impactNES on the trajectory of a client's difficulties.

Course details

Trainees will complete online learning, accompanying skills workshops, study days, reflective practice and supervision to equip them to confidently and competently provide a set of evidence-based enhanced psychological interventions. The education programme consists of 3 modules:

- **Module 1: Engagement and Assessment of Mental Health Problems**

This module includes ethical practice and record keeping, an overview of mental health problems, engagement skills, assessment skills including information gathering, information giving and shared decision making.

- **Module 2 – Evidence-Based Enhanced Psychological Practice for Mental Health Problems**

This module includes knowledge and skills for the provisions of evidence-based enhanced psychological interventions and delivery methods, including behavioural activation, graded exposure, cognitive restructuring, panic management, interventions for insomnia, problem solving, worry management, building confidence, recognising and regulating emotions, and medication support.

- **Module 3 – Values, Employment, and Context**

This module introduces the concepts of diversity, inclusion and multiculturalism and equips learners with the necessary knowledge, attitudes and competences to deliver enhanced psychological interventions within an inclusive values-driven service.

The programme requires a full-time commitment from trainees as all clinical service work will be linked with the development of EPP learning outcomes. Within this full-time commitment the duration of each module is 15 days, comprised of online learning (5 days) attending interactive workshops delivered via MS Teams (5 days), and direct practice-based learning (5 days). The remaining time will be spent in clinical setting building

clinical hours and experience. The programme requires a full-time commitment from trainees as all clinical service work will be linked with the development of EPP learning outcomes. By the end of the trainee phase, EPP-A trainees will be able to demonstrate competence in the three core areas above, through a variety of assessment tasks.

Clinical supervision

Staff in the trainee phase and consolidation phase should receive both case management supervision (individual, one hour per week) and clinical skills supervision (at least one hour per fortnight). During training, an additional one hour per fortnight focused on case discussion and skill development is recommended (i.e. two hours every two weeks of clinical skills supervision).

Assessment

Each of the modules on the programme will require an assessment of knowledge; role-play scenario(s); academic assignments, such as reflective logs or case studies; video or audio recordings of practice and successful completion of practice outcomes portfolios demonstrating competence in the assessment of mental health problems and psychological interventions to facilitate recovery.
Assessment throughout this course will be both formative and summative in nature; the coursework for this programme will consist of the following:

Module 1:

1) Standardised role-play scenario where learners are required to demonstrate skills in undertaking an enhanced psychological practice assessment session of 45 minutes duration. The role-play will be filmed and assessed using standardised assessment measures.

2) Observed Structured Clinical Evaluation (OSCE) (45mins) detailing relevant theoretical and research literature, NICE guidance, and ICD-11 diagnostic criteria for mental health problems

3) Successful completion of the following clinical practice outcomes, to be assessed by means of a clinical practice outcomes (CPO) portfolio:

> CPO1: Demonstrates competency in undertaking and recording a range of assessment formats. This should include both triage within the service and problem focused assessments.
>
> CPO2: Demonstrates experience and competence in the assessment and correct identification of presenting problems across a range of problem descriptors

(minimum of 3 descriptors including depression, anxiety disorders, psychosis, trauma and emotional regulation.

CPO3: Demonstrates the common factor competences necessary to engage clients across the range of assessment formats.

CPO4: Demonstrates understanding of the complexity of mental health difficulties, to conceptualise comorbidity of mental disorders and prioritise the appropriate primary problem in the context of mental health comorbidity.

CPO5: Demonstrate competence in accurate recording of interviews and questionnaire assessments using paper and electronic record keeping systems.

Module 2:

1) Video-recorded face-to-face session (either in person or using an online platform) OR audio recording of a telephone session of a real enhanced psychological practice session with a client treated by the learner – 35 minutes

2) Reflective analysis linked to the session recording – 2000 words

3) Successful completion of clinical practice outcomes 6-10:

CPO6. Demonstrates experience and competence in the selection and delivery of treatment of a range of presenting problems using evidence-based enhanced psychological interventions across a range of problem descriptors, (minimum of 3 across depression, anxiety disorders, psychosis, and emotional regulation) and across all modes of intervention (in person, telephone, video platform).

CPO7: Demonstrate competence in guided self-help group facilitation skills to successfully deliver and lead evidence-based groups and workshops.

CPO8: Demonstrate an understanding of problems that should not be treated at Step 2, and where and how appropriate treatment should be accessed for these.

CPO9: Demonstrates the ability to use common factor competencies to manage emotional distress and maintain therapeutic alliances to support patients using enhanced psychological interventions.

CPO10: Demonstrates high quality clinical note keeping and effective use of clinical outcome measures to shape and adapt psychological interventions.

Module 3:

1) Presentation – up to 10 slides providing information on a client with a variety of needs from one or more of a range of diverse groups (in keeping with protected characteristics form the Equality Act 2010 – 15 minutes + 5 minutes questions

2) Video or audio clip from a session with the above client demonstrating knowledge and skill in working with diversity – 8-10 minutes

3) Report on how case management and clinical skills supervision were used to enhance clinical work with the above client. The report should include a minimum of eight relevant theoretical/research references – 2000 words

4) Successful completion of clinical practice outcomes 11-13

> CPO11: Demonstrates the ability to engage with people from diverse demographic, social and cultural backgrounds in assessment and delivery of enhanced psychological interventions. This could include adaptations to practice in line with positive practice guides, using interpretation services or self-help materials for people who are deaf or whose first language is not English, and/or adapting self-help materials for people with learning or literacy difficulties including as a result of cognitive or neurological conditions.
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> CPO12: Demonstrates the ability to effectively manage a caseload including step-up within mental health services, onward referral to employment support and signposted services, or other referral beyond mental health.
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> CPO13: Demonstrates the ability to use supervision to the benefit of effective (a) case management and (b) clinical skills development.

Consolidation Phase

Following successful completion of the trainee phase, you will remain employed on a full-time basis by the same NHS Scotland Health Board for the duration of your contract. The purpose of this is to consolidate your skills and knowledge and there will be additional learning requirements during this phase.

Further information is available from nes.epp@nhs.scot