



## **Enhanced Psychological Practice for Adults (EPP -A)**

### **Introduction**

A new post-graduate certificate level education programme has been developed to enable staff to deliver high-quality, evidence-based psychological interventions for mild to moderate difficulties 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 practitioners 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 Enhanced Psychological Practice programme for adults provides education in evidence-based interventions for working with adults presenting with common mental health problems such as depression and anxiety. The programme:

- Responds to recent developments in mental health (e.g. Action 15, Transforming Primary Care)
- Addresses learning needs including core competences around recordkeeping, risk assessment and working inclusively
- Equips staff with the competences to deliver a set of Enhanced Psychological Interventions (EPI). EPIs are CBT-informed, high volume approaches suitable for people presenting in primary care settings. They enable staff to help more people, who are seen for a shorter duration and time (generally 6-8 30min sessions)
- 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

Staff will become highly skilled in conducting thorough assessments including a robust risk assessment, establishing problem descriptors, agreeing 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 impact on the trajectory of a client's difficulties.

## Course details

Staff 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 Enhanced Practitioner Programme education programme consists of 3 modules:

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

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

- **Module 2 – Evidence-Based Enhanced Psychological Practice for Common 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, 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 learners 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 (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 learners as all clinical service work will be linked with the development of EPP learning outcomes. By the end of the EPP-A Programme, learners will be able to demonstrate competence in the three core areas above, through a variety of assessment tasks.

## **Clinical supervision**

Qualified enhanced psychological practitioners 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 Enhanced Psychological Practice 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) A 90-minute in-class test aiming to assess the knowledge-based learning outcomes of the module.
- 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 problem-focused assessments and risk assessment.

CPO2. Demonstrates experience and competence in the assessment of presenting problems across a range of problem descriptors including depression and two or more anxiety disorders.

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

## **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 – 30 minutes

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

3) Successful completion of clinical practice outcomes 4-6

CPO4. 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 problems including depression and two or more anxiety disorders.

CPO5. Demonstrates the ability to use common factor competences to manage emotional distress and maintain therapeutic alliances to support clients using enhanced psychological interventions.

CPO6. Demonstrates high-quality case recording and systematic evaluation of the process and outcomes of mental health interventions, adapting care on the basis of these evaluations.

## **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 from 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 7-9

CPO7. Demonstrates the ability to engage with people from diverse demographic, social and cultural backgrounds in assessment and enhanced psychological practice. This could include adaptations to practice working with older people, using interpretation services/self-help materials for people whose first language is not English, and/or adapting self-help materials for people with learning or literacy difficulties.

CPO8. Demonstrates the ability to effectively manage a caseload including referral to step up, employment and signposted services.

CPO9. Demonstrates the ability to use supervision to the benefit of effective (a) case management and (b) clinical skills development. This should include: a) a report on a case management supervision session demonstrating ability to review caseload, bring clients at agreed pre-determined thresholds and provide comprehensive and succinct case material; b) a report on use of clinical skills supervision including details of clinical skills questions brought, learning and implementation.

**Further information is available from [nes.epp@nhs.scot](mailto:nes.epp@nhs.scot)**