

Psychology Graduate Volunteer Placements

Information for applicants April 2019

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What is a Psychology Graduate Volunteer Placement?

Psychology Graduate Volunteer Placements are offered by Sussex Partnership NHS Foundation Trust (SPFT) to offer psychology graduates the opportunity to gain relevant professional experience in order to further their career. This enables psychology graduates to gain valuable experience within SPFT, develop their professional profiles and enhance their potential for career progression.

Voluntary placements last for a fixed period of time, usually 3-12 months. Alongside this, volunteers may still be seeking paid employment and may leave before their planned end date. Volunteers will receive one hour of supervision fortnightly and may request a reference from their supervisor.

Graduate volunteer roles are available in clinical, training, audit and research fields across the trust. There are a range of clinical and non-clinical experiences available to graduates. For example, non-clinical experiences may include literature reviews, preparing patient information leaflets, attending meetings or workshops or assisting the teaching of a relaxation technique. While clinical experiences could include observation of a clinician conducting assessments, taking notes of the assessment and writing these up in a draft report.

We realise it can be difficult to embark on careers in psychological professions, however, it is hoped that these placements will provide graduates with a wealth of valuable experience to be able to establish careers in psychology.

Please see the following pages for details of placements we have on offer for April 2019.

If there are placements which are of interest to you, please apply by completing the attached **Application Form**, **Applicant Details Form** and **Monitoring Information Form** and send them back to psychologyvolunteers@sussexpartnership.nhs.uk by Friday 11th January, 5pm.

We look forward to receiving your applications and helping you start your professional journey with SPFT.

Kind Regards,

The Psychology Volunteer Schemes Department

Psychology and Psychological Therapies

Sussex Partnership NHS Foundation Trust

1. Bluebell House Recovery Support Centre—Specialist treatment service for people with a diagnosis of Personality Disorder

Supervisor profession: Clinical Psychologist

Location: The Annexe, Horsham Hospital, Hurst Road, Horsham , West Sussex, RH12 2DR

Duration: 12 Months

Working days: 2 days per week

Accessibility: Car not required

Description of role

Key tasks:

- To contribute to the clinical programme of group interventions and community treatment, based on principles of working collaboratively with service users, basing interventions on psychological formulation of difficulties, and consistency in approach
- To contribute to the development of the service through committee meetings, research and development of the group programme
- To participate in team meetings, team and individual supervision, and training
- To contribute to an ongoing audit of the service and bi-annual reports

Expected outcomes:

- An understanding of the difficulties experienced by people with complex emotional difficulties, and how these may develop
- Increased confidence in how to relate to people with complex emotional difficulties
- An understanding of how service user involvement, team working and psychological formulation contribute to effective working with this group
- Increased understanding of some therapeutic approaches to people with complex emotional difficulties, including CBT (STEPPS programme), art therapy, and therapeutic community and psychodynamic understandings.
- To learn more about yourself, both personally and professionally

Person specification

Knowledge:

- Completion of Psychology degree with at least a 2:1 pass
- Previous volunteering/paid experience with people who experience emotional difficulties is desirable

Skills:

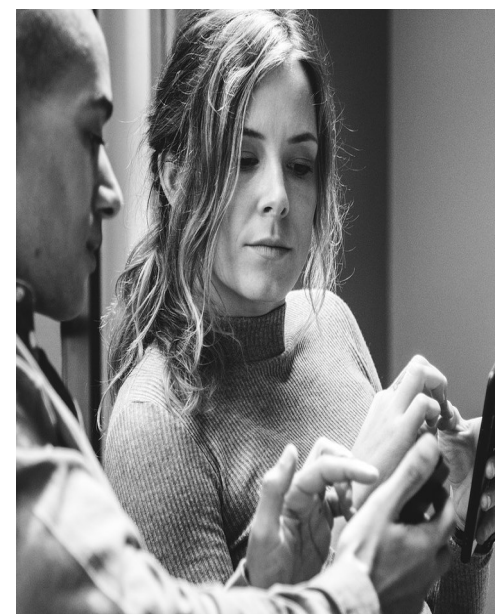
- Competence using IT

Values:

- Interest in a community based/relational approach to treatment
- Interest in working collaboratively with service users
- Strong sense of ethics

What can a student expect to gain from your placement?

- To become part of a small team working closely to deliver a specialist community based treatment service
- To develop confidence in relating to people with complex personal difficulties
- To learn skills that are likely to underpin future clinical work
- Personal growth



2. Lighthouse Recovery Support

Supervisor profession: Clinical Psychologist

Location: The Allen Centre, 60 Sackville Gardens, Hove, BN3 4GH

Duration: 6 or 12 months

Working days: 2 days per week

Accessibility: Car is not required

Description of role

Lighthouse Recovery Support is a day service in Hove for people over the age of 18 who have a diagnosis of Personality Disorder (PD). We are open 7-days-a-week and run a therapeutic group programme. We provide a welcoming environment, using a person-centred approach, with a focus on recovery through group treatment, and individual care plans.

Interns responsibilities may include:

Shadowing of the team Clinical Psychologist

The co-facilitation of selected therapeutic groups.

Attending a range of work related meeting both inside and outside the service. Supporting the team in developing in-depth psychological formulations of client members. Contributing to the production of KPI reports. Developing, administering and auditing a set of standard outcome measures for the service.

Person specification

Knowledge:

Some experience of mental health working. A basic understanding of the difficulties experienced by people with a personality disorder

Skills:

The ability to form trusting and appropriate relationships with service users with a diagnosis of EUPD.

Good written and verbal communication skills.

Knowledge and experience of using SPSS is desirable.

Values:

A keen interest in personality disorder, psychological working, therapeutic community models and working in partnership with the third

sector and voluntary services, including service user volunteers.

A commitment to service user involvement, empowerment and a recovery focused approach.

What can a student expect to gain from your placement?

Experience of the following:

- Keywork
- Psychometric tests and outcome measures (Administration/Analysis)
- Group co-facilitation
- Audits and KPI reports
- Formulation
- Group and MDT discussions
- Teaching and training
- Meetings, consoles and conferences
- Shadowed Clinical Psychologist
- Supervision and reflection



3. Quality Improvement & Clinical Audit

Supervisor profession: Head of Clinical Audit & Clinical Effectiveness Facilitator

Location: Aldrington House, 35 New Church Road, Hove, BN3 4AG and/or Swandean, Worthing, West Sussex, BN13 3EP

Duration: 12months

Working days: 2-3 days per week

Accessibility: Car not required

Description of role

Quality improvement - the use of methods and tools to continuously improve quality of care and outcomes for service users/patients.

One such form of quality improvement is clinical audit. This internship will support the Clinical Audit function of the Medical Directorate at Sussex Partnership NHS Foundation Trust.

“Clinical audit can be described as a quality improvement cycle that involves measurement of the effectiveness of healthcare against agreed and proven standards for high quality, and taking action to bring practice in line with these standards so as to improve the quality of care and health outcomes.”

The Audit team is responsible for working with and supporting healthcare professionals and clinical teams to complete clinical audits, service evaluations and patient experience/outcomes audit. You will be involved in supporting clinical audits that the Trust carries out for external governance and national benchmarking purposes and you may be involved in supporting innovative projects and those designed with a view to developing research protocols.

Key responsibilities:

Project support for specific audit projects within the Trust clinical audit priority plan including -

- Project planning with healthcare professionals, including selecting and developing samples based on agreed criteria.
 - Design of clinical audit packs, information sheets and data collection tools.
 - Coordinate data collection with relevant divisions and clinical audit leads.
 - Carry out data collection, data validation and data submission for local and National Projects



- Supporting data analysis and report writing.

Support with maintaining communications with services about service improvements.

To review proposed clinical audit for ethical considerations.

Support educational events within the clinical audit team including -

- Design, support and evaluate delivery of in-house formal clinical audit training.
- Support ad hoc training events as requested by Trust staff.

Maintain and develop back office Governance Support Team functions including -

- Support Team Administration functions
- Tracking clinical health records
- Support with development of the Clinical Audit Communications Strategy

Person specification

Knowledge:

Applicants must have the following qualifications:

- A first or 2:1 honours undergraduate Psychology degree (BPS accredited)
- Experience of working autonomously while being supervised
- Previous experience of data analysis
- An understanding of the clinical setting is desirable

Skills:

- Good communication skills
- Good organisation skills
- Can use Outlook
- Good understanding of audit / research methodology
- Intermediate IT skills in Microsoft Excel are desirable
- Able to work to tight deadlines
- Able to problem solve
- Innovative and creative thinker
- Good attention to detail
- Ability to prioritise workload

- Other values: Team player; Hard-working; Sensitive to the pressures of working in

What can a student expect to gain from your placement?

- Experience of working with a range of health and social care professionals (including psychiatrists, psychologists and nurses) to achieve improvements in the quality of care provided using the clinical audit process
- Knowledge and experience of carrying out clinical audits and methodology
- Experience working with patients/service users on clinical audits
- Experience of report writing, with potential for involvement in publications
- Experience in designing and delivering training
- Up-skilling from intermediate to advanced IT skills
- Overall knowledge of back office functions, which are transferable and increasingly required by healthcare professionals in a clinical environment
- Knowledge and understanding of working with a provider of mental health and learning disability services and all professional groups of multidisciplinary, research and governance teams
- Knowledge and understanding of local and national policy related to the quality agenda
- Involvement in NHS Service Improvement processes
- Access to Trust training and development programmes
- Practical knowledge around supervision, reflection, applications and interview prep from a previous Senior Assistant Psychologist

Those who have completed this internship have gone on to complete a Master of Science degree and/or secure jobs as Research Assistants and Assistant Psychologists.



How to Apply

Graduate Volunteer Placements 2019-2020

Candidates will need to complete an application form for each placement they wish to apply for.

They must also completed:

- 1x Applicant Details Form
- 1x Monitoring Information Form

All forms need to be attached to one email and sent to:

psychologyvolunteers@sussexpartnership.nhs.uk

The deadline for applications is 5pm on 11th January 2019.



Psychology and Psychological Therapies

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