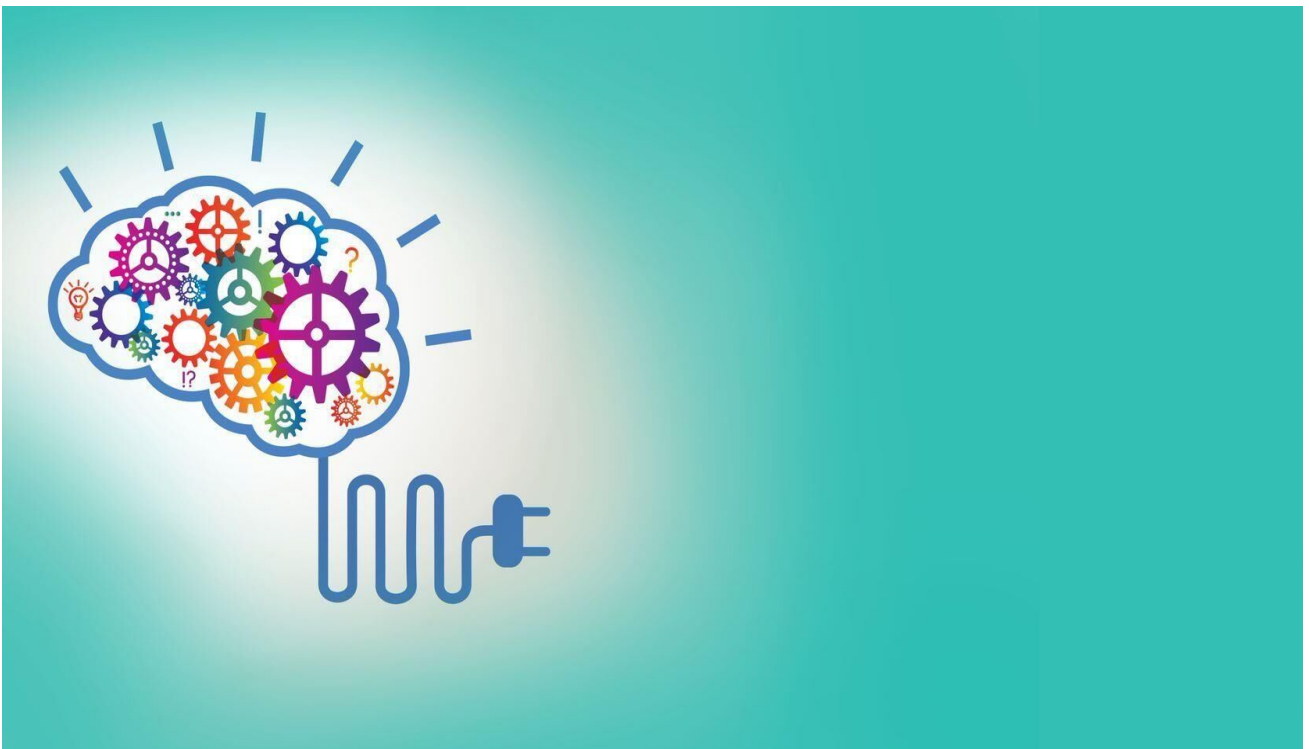


# MSc in PSYCHOLOGICAL THERAPY IN PRIMARY CARE



## **INTRODUCTION**

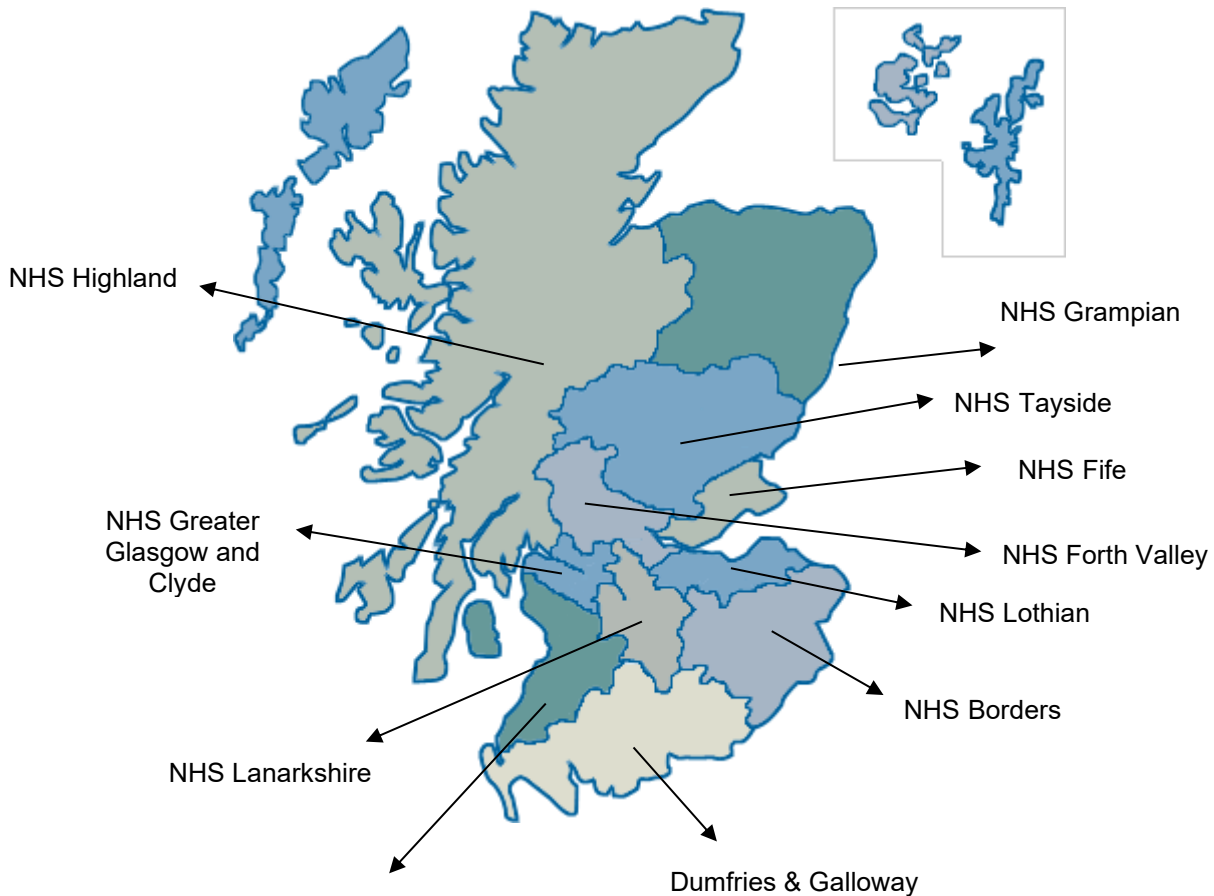
This one-year MSc course in Psychological Therapy in Primary Care (Adults), commences annually in January and is run jointly by the Universities of Stirling and Dundee, in partnership with NHS Education for Scotland and several NHS Psychology Services across Scotland. On completion of the course and following agreed and appropriate supervision and continuing professional development, the trainees will be competent in the assessment and treatment of adult patients suffering from a range of common mental health disorders typically presenting in primary care settings. Thereafter it is expected that trainees will continue in supervised clinical practice to consolidate and develop further their clinical skills.

The 12-month course has a very strong focus on the evidence base supporting cognitive behavioral therapy (CBT) models of disorders and how they are maintained and treated. The course trains people to apply scientific methods to health care and assessment and equips trainees with theoretically motivated competences and clinical skills to deliver CBT interventions. During the course, special consideration will be given to the challenges of delivering CBT interventions to older adults as well as patients who are suffering persistent physical symptoms and long-term conditions. Trainees will be employed concurrently by local NHS Scotland Psychology Services, where all clinical placements involving supervised direct patient contact will be undertaken.

## Participating Health Boards

Trainees on the MSc programme are salaried employees of NHS Health Boards in Scotland. Half of the training involves successful completion of supervised clinical placements in a health board area. The employing Health Board is responsible for paying trainee salaries and associated expenses and for providing supervised clinical placements. Health Boards have a formal agreement about these responsibilities with NHS Education Scotland (NES) which provides funding. Please note not all Health Board areas listed may offer placements.

### NHS Boards in Scotland



NHS placements run across the programme year with initial induction in January. On average, you will be working on placement 3 days a week and have 2 study days a week. One week a month is a teaching week where you will be absent from placement and be expected to attend a combination of in person, video call and online teaching sessions. You are invited to rank your preferred health board setting/s when applying for the programme.

## NHS Borders

### Psychological Services: Primary Care Mental Health Services

#### The region

NHS Borders serves a predominately rural population (114,000 people) spread across a large picturesque region, nestled between the cities of Newcastle and Edinburgh. The area has a unique identity hosting independent shops, and many of its numerous villages and towns such as Galashiels, Hawick, Peebles and Kelso host their own cultural and historical events.

The Borders region offers a range of living opportunities. The region is within easy reach of Edinburgh by road or via the Borders Railway line. Housing is attractive and affordable, and there remains a strong sense of local community.

#### Placement details

Our CAAP trainees are located in Renew, the new Primary Care Mental Health Team, which is a psychology led service. We provide a comprehensive psychology service to adults aged 18+ who present with mild to moderate mental health difficulties and a wide range of psychological problems. Most of our referrals come from GPs and our service offers CBT interventions in both group and individual formats. We also offer consultation and supervision to colleagues working in lower tiers of the Stepped Care Model, offering Guided Self Help or Digital Therapy interventions.

Staff working in Renew are predominantly home based and deliver group interventions and individual therapy using online platforms or by phone. It is most likely that this way of working will continue for the foreseeable future however there may be the opportunity to do some office-based work.

If you would like the opportunity to speak informally to one of our current CAAPs, please contact us on 07866596111 and we would be happy to arrange this.

## NHS Dumfries & Galloway

### Department of Psychological Services & Research

The department is based at Mountainhall Treatment Centre in Dumfries and covers the whole of Dumfries & Galloway, an area of 2500 square miles and with a population of over 147,000. The Director is Dr Louise Cumbley, who is also the Head of Child & Adolescent Psychology.

The department offers a range of specialities:

#### Speciality

Adult Mental Health  
Learning Disabilities/Forensic  
Forensic  
Child & Adolescent  
Older Adults/Neuropsychology/Stroke  
Clinical Health Psychology Services  
Staff Support  
Perinatal

#### Head of Service

Dr Audrey Young  
Dr Michael Rendall  
Dr Mats Dervenik (locum)  
Dr Nicola Scott  
Dr Gillian Bowie  
Dr Ross Warwick  
Dr Jim Lemon  
Dr Saffron Dickinson

There is a wide range of skill mix including Clinical Psychologists, Psychological Therapists and a Guided Self-Help team. Our Child Psychology team includes staff who specialise in working with Care Experienced Children and Young People, Paediatrics, Infant Mental Health, Neuropsychology and Neurodevelopmental conditions. Adult mental health also includes Eating Disorders and Inpatient work including early intervention for Psychosis. Opportunities

for trainees to work with these clients or observe practice is available. The team offer direct clinical work, consultation, training and opportunities for group work and school-based events. Altogether the Department currently employs around 80 members of staff. Many of our MSc trainees have gained employment in our service after completing their training.

As well as taking a Trainee each year from both MSc Courses, the department is fully involved with the University of Edinburgh Doctorate in Clinical Psychology Course and currently employs 6 Trainee Clinical Psychologists (usually 2 per year). All trainees share a large office in the Dumfries base and provide good peer support. All members of the department are encouraged to develop their own special interests and be involved in Trainee education. Regular CPD sessions are held and research is encouraged. Members of the department regularly hold training sessions for a wide range of other professionals within the NHS.

Dumfries & Galloway has a long history of psychological services and the department plays a major part in delivering services locally.

Dumfries & Galloway is a beautiful part of South West Scotland and easily accessible for Edinburgh, Glasgow, Carlisle and Northern Ireland.

If you are interested in training and working in our department, we welcome informal visits.

## **NHS Fife**

### **Psychology Service**

Situated between the Tay and Forth rivers, Fife has excellent transport links and is within easy access of the central belt cities. The Fife Area Psychology Service includes all the main clinical psychology specialities and a wide range of roles within its 200+ staff team. All psychologists meet together quarterly, and there are also regular meetings within the main specialities, including clinical case discussion opportunities. We are known for being a friendly, welcoming and supportive place to train and work. Information about the Service can be found on the NHS Fife website [Psychology services in NHS Fife | NHS Fife](#).

Primary care psychology trainees are based within the Adult Mental Health and Primary Care service specialty. The current skill mix in the Service includes clinical, counselling, and forensic psychologists, CBT therapists, trainee clinical psychologists, clinical associates (graduates of this MSc course), Psychology Intervention Assistants and trainees, and assistant psychologists. The main therapeutic orientation is cognitive behavioural but other approaches are also used, including Interpersonal Psychotherapy and third wave, relational and trauma-focused therapies. Trainees will be assigned to a supervisor they will work closely with, delivering clinical interventions within the primary care practices or community hospitals, and also digitally. There may be opportunities for experience with more than one supervisor over the year of training. The Service has a major commitment to training, and our clinical training committee has trainee representatives for each of the courses, including one of the Fife Primary Care MSc trainees. Other resources available to support Stirling/Dundee trainees include our local area tutor, our research facilitator, good computer and office facilities and opportunities to meet with the Fife trainees from other clinical courses. Fife has been a strong supporter of the MSc PTPC course from the outset and employs a significant number of qualified clinical associates, who can also provide advice and informal support to trainees.

## NHS Forth Valley

### Psychological Therapies Service

Forth Valley's population (approximately 308,000) lives in a variety of urban and rural settings. The area's southern reaches lie in Scotland's Central Belt (where the majority of its population lives), approximately midway between Glasgow and Edinburgh. The northern limits end in small towns and villages amongst the scenic fringes of the Southern Highlands. The two main urban centres of the region are Stirling and Falkirk, and the cost of living within the area is relatively affordable. Stirling is a historic city with striking architecture, while Falkirk has always been an important trading and industrial centre for Scotland.

Around 100 Clinical Staff (Clinical Psychologists, Counselling Psychologists, Counsellors, Clinical Associates, Nurse Therapists, CBT therapists, Occupational Therapists) are employed by NHS Forth Valley to provide psychological therapies in the area. Most are arranged in two main departments, Psychological Services and Child and Adolescent Mental Health. Within Psychological Services, there are eleven specialties: Adult Psychological Therapies, Secondary Care, Forensic (and Prisons), Clinical Health Psychology, Older People, Substance Use, Learning Disability, Arts Therapies, Eating Disorders, Neuropsychology and Psychotherapy.

Our MSc trainees work within the Adult Psychological Therapies Service (APTS), which works to a matched care model and offers:

- Individual therapy, using a variety of therapeutic approaches
- Group therapy (including a trauma-focused Emotional Resources Group, Schema Therapy group, a Mindfulness group and Compassion Focussed Therapy group)
- Computer-based CBT programmes
- Self-help materials

There are around 34 whole time equivalent (WTE) psychologists and other therapists working in Adult Psychological Therapies, taking a wide range of referrals including anxiety, depression and complex trauma. There is also a psychosexual counsellor. Clinics are held in three main department bases in Falkirk, Stirling and Larbert, as well as in some GP practices.

MSc trainees are considered a valuable addition to our service and clinical experience is primarily gained through providing one-to-one therapy to those referred with mild to moderate difficulties, as well as carrying out assessments for the above options. Involvement with group work may also be possible. As well as receiving weekly supervision, trainees are involved in department CPD.

Trainees will provide therapy from an NHS base in Forth Valley. As well as face to face sessions, patients may attend remotely via telephone call or video link (Near Me).

## NHS Grampian

Situated in the north-east of Scotland and comprising a spectacular combination of beautiful coastlines, stunning mountain ranges and a rich mix of urban and rural communities, Grampian offers the opportunity to enjoy an excellent quality of life. Extending over 3,000 square miles in area, Grampian hosts a population of over half a million, over 200,000 of whom live in Aberdeen City with the remainder dispersed among the many towns, villages and rural communities of Aberdeenshire and Moray. Against a long and proud history of agricultural and fishing industries in north-east Scotland, Aberdeen has since the early seventies established an identity as the "Oil Capital" of Scotland due to its thriving offshore oil and gas industries which have brought considerable prosperity to the area. Moray, in its own right, is home to various internationally renowned enterprises, not to mention being the

heartland of the Scottish whisky industry! The growth of these industries has created the context for the development of a vibrant, cosmopolitan community in Grampian.

Aberdeen boasts two Universities, Robert Gordon's and Aberdeen University both of which contribute significantly to the training of future healthcare staff and also encourage strong teaching and research links between academic and NHS staff

NHS Grampian currently employs a workforce of around 200 Applied Psychologists comprising Clinical, Counselling, Health and Assistant Psychologists and Psychological Therapists who work across a wide range of service areas including adult mental health, child and adolescent mental health, learning disabilities, older adults, forensic and physical health services. There are also currently many Applied Psychologists in training employed by NHS Grampian and these comprise doctoral Clinical, MSc and Health Psychology trainees.

Until 2016 there was just one Clinical Associate in Applied Psychology (CAAP) post established, which was situated in Moray, but over recent years over 20 CAAP posts have been developed across Aberdeen City, Aberdeenshire and Moray. This is a time of exciting service expansion in Aberdeen City, Aberdeenshire and Moray with substantial investment in increasing access to psychological therapies in primary care. As part of this, NHS Grampian is delighted to be offering seven (possibly eight) places on the MSc in Psychological Therapy in Primary Care in 2026 which we hope will add to our skilled workforce in the years ahead.

### **5 Primary Care Placements**

Three training places will be based in the Primary Care Service at City Hospital in the centre of Aberdeen, offering services to local General Practices. The Aberdeen City Primary Care Psychological Therapies Service now comprises 4 Clinical/Counselling Psychologists and 13 Psychological Therapists, 8 of whom are CAAPs, and 5 Psychological Wellbeing Practitioners. Two further training places will be associated with Primary Care services in Aberdeenshire and Moray where there are 15 established Psychological Therapist posts, 3 Clinical/Counselling Psychologists and 9 Wellbeing Worker posts. One of these training places may also involve part of placement with the Older Adults Service.

Trainees are ably supported by secretarial/administrative staff. Members of these Departments are experienced in organising clinical placements and providing excellent supervision and support for applied psychologists in training and are looking forward to welcoming trainees into our services.

**1 Placement** This is a joint placement with the **Community Perinatal Mental Health Team (CPMHT) and Maternity & Neonatal Psychological Interventions service (MNPI)** which sit within the suite of services known as Parent and Infant Mental Health.

The CPMHT is a multi-disciplinary team comprising of colleagues from Psychology, Psychiatry, Nursing, Midwifery, Occupational Therapy and Health Visiting. We are based in Fern, on the Elmwood site in Aberdeen and provide a Grampian wide service. We see women in the perinatal period (conception to the infants first birthday) from 18 years of age who are experiencing moderate to severe mental health difficulties. Our referrals are from Midwifery and Obstetric colleagues, GP'S, Health Visitors, Family Nurses and CMHT'S. We have strong links with the Adult Mental Health Service and Unscheduled Care.

The MNPI service are a small team of Psychologists and a Specialist Perinatal Mental Health midwife. We work from a number of different locations, including Fern, Aberdeen Maternity Hospital, the Neonatal Unit and also have a colleague based in Elgin. We provide a Grampian wide service for women, their partners and infants from conception through to the infants first birthday. Our referrals are from Midwifery and Obstetric colleagues, GP'S, Health Visitors and Family Nurses. We provide specialist psychological interventions to support parents with challenges specifically associated with the maternity journey.

By having a joint placement with our teams there is much in the way of clinical experience to be gained. The focus will predominantly be CBT in orientation with emphasis on developing CBT

skills in preparation for potential accreditation by the BABCP. This placement will provide varied experience of working with people with mild to moderate mental health problems specific to the maternity journey as well as more severe mental health presentations. There will be an emphasis on considerations that are required in working with people during the perinatal period. There will be many opportunities to develop skills in assessment, formulation and intervention and supervision will be provided by an experienced Clinical Psychologist. There will be opportunities for both in person and Near Me platform sessions. There may be an opportunity for involvement in group interventions. As relatively new services there are opportunities for involvement in service development as well as research and teaching.

## **1 placement with Eating Disorders Service**

## **1 provisional placement with HMP Grampian and Drug and Alcohol Services**

For further information about NHS Grampian and the training places being offered contact:

Dr Kate Morton [kate.morton@nhs.scot](mailto:kate.morton@nhs.scot)  
Consultant Clinical Psychologist, Aberdeen City  
Tel 01224 557532

Dr Angela Seaman [angela.seaman@nhs.scot](mailto:angela.seaman@nhs.scot)  
Consultant Clinical Psychologist, Aberdeenshire

Dr Katharine Morris [katharine.morris1@nhs.scot](mailto:katharine.morris1@nhs.scot)  
Consultant Clinical Psychologist, AMH Professional Lead  
Tel 01224 557532

Dr Judith Wishart [Judith.wishart@nhs.scot](mailto:Judith.wishart@nhs.scot)  
Consultant Clinical Psychologist, Specialisms, OA and LD Professional Lead

## **NHS Greater Glasgow & Clyde**

### **Working and living in and around Glasgow**

Glasgow is Scotland's largest city and the third largest city in the UK, with over one million inhabitants. Glasgow is a thriving cosmopolitan and commercial centre as well as offering a wide range of cultural and leisure attractions. It is the UK's largest retail centre after London. The city and surrounding towns house many wonderful municipal art galleries and museums, first class sports and leisure facilities; excellent theatres; an array of restaurants, pubs and clubs; and beautiful parks. Glasgow combines the energy and sophistication of a great international city with some of Scotland's most spectacular scenery. Countryside and coastal views are within easy reach and Scotland's capital city of Edinburgh is only 42 miles away. Transport links are excellent, both internal to the area and to the wider UK.

### **About NHS Greater Glasgow & Clyde**

NHS GG&C is the largest organisation of its kind in Scotland and one of the largest in the U.K., providing a range of care and treatment to meet the healthcare needs of a population of 1,191,551 within the health board area and employing 44,000 staff.

### **Psychology Services**

With approximately 250 Psychologists, NHS Greater Glasgow & Clyde contains the largest grouping of Applied Psychologists in Scotland working across all areas of the lifespan: from neonates to older adults and at all levels of complexity: from primary care settings to national specialist services within clinical health, trauma and psychosis. The area offers many opportunities for working closely with clinical and counselling psychologists and in a wide variety of multidisciplinary teams. There are strong links between services with a range of formal and informal networks enabling excellent relationships between psychologists and wider psychology staffing throughout the area. NHS Greater Glasgow & Clyde provides

training for trainees on the MSc in Child and Family course and trainees completing the MSc in Psychological Therapy in Primary Care. There are also a large number of trainee Clinical Psychologists studying on the University of Glasgow Doctorate in Clinical Psychology programme.

NHS Greater Glasgow & Clyde has well-developed primary care psychology services, which are a key component of well established Primary Care Mental Health Teams. Primary Care mental health services in NHS GG&C vary in the nature of their service provision and staff composition across areas but generally benefit from a broad skill mix that may include counsellors, CBT therapists, mental health practitioners, clinical associates (Primary Care) and applied psychologists.

In NHS Greater Glasgow and Clyde MSc trainees will mainly be placed in primary care services within one of four adult mental health sectors, but also in other areas such as our Psychological Therapies Groups Service and Clinical Health services. Placements will be allocated in accordance with programme requirements, the availability of suitable clinical supervisors and the workforce needs of NHS departments. Local services will identify/nominate potential placements. The Local NHS Local Area Tutors are responsible for approving placements suitable for the MSc, and co-ordinating with NES/University programme and local services regarding the allocation of commissioned places.

## NHS Highland



### Context

NHS Highland covers the largest geographical area of all of the Health Boards in Scotland (41% of the mainland). The population served by NHS Highland, including Argyll and Bute, is over 310,000.

It is considered to be an area of outstanding natural beauty and one of the last great Western European wilderness areas; however, Inverness, the capital of the Highlands (population 70,000) has everything that one could want from a modern city, with smaller towns equally famed for their popularity with visitors and residents alike. Inverness is a coastal city with beaches within easy reach; yet within half an hour you can be climbing mountains, or skiing down them! The range of outdoor activities on the doorstep is only limited by ones imagination. In addition, Inverness has a thriving and award-winning arts, theatre, film and music scene to sate most tastes. Due to the vastness of the Highlands, most small towns also have their own flourishing range of artistic offers; during the summer this includes various festivals, and for the very remote areas, a visit from the travelling mini-cinema, showing the latest films, an experience all of its own.

**NHS Highland** is divided into two areas, North Highland, which is further sub-divided into the following regions: Caithness & Sutherland; Skye & Lochalsh; Wester & Easter Ross; Lochaber; Inverness; Nairnshire and Badenoch & Strathspey. The South Highland area comprises Argyll & Bute.

## **Psychological Services**

The successful candidate will be based within the department of Psychological Services. Trainee Clinical Associates in Applied Psychology (MSC PTPC) are managed by a Clinical Psychologist, most likely Dr. Andrew MacDougall, Consultant Clinical Psychologist, and Local Area Tutor for NHS Highland. The clinical supervisor for this trainee will likely be Professor Ken Laidlaw, Consultant Clinical Psychologist.

The main base for Psychological services is at New Craigs Hospital, Inverness, although there are satellite bases spread around the city and region. The successful candidate will be based in or close to Inverness.

## **Placement opportunities**

The Department of Psychological Services is in a position to offer a good placement experience under the supervision of Clinical Psychologists. Clinical work will be delivered through a combination of face to face, video and telephonic sessions.

Placements in **North Highland** are usually in Inverness or other clinical sites within a radius of approximately 30 miles.

**Teaching:** Ordinarily teaching for the Adult CAAP courses is undertaken through regular teaching blocks at the appropriate university together with remote contact at times. Travel and accommodation costs are paid (within limits) when trainees attend teaching in Dundee or Stirling.

## **Living in the Highlands**

Most trainees choose to live in Inverness. Whilst the Highlands is an area of outstanding natural beauty it is quite isolated from the rest of the country, some people embrace the lifestyle, whilst for others it can be a struggle, particularly over the long winter. However, microclimates abound, such that the town of Nairn, just 18 miles from Inverness, is one of the driest and sunniest places in Scotland.

Both the Universities of Dundee and Stirling are just under three hours travel by car (between 2 hrs 45 and 3hrs 30 by train), whilst Glasgow is about three and a half hours travel away (train or car); Edinburgh a little less. For those looking to travel further afield, Inverness airport flies to a range of UK towns and cities, and some European destinations also.

## **Finally**

The Highlands is a wonderful place to live, particularly if you like the wild outdoors, but there is something for everyone. Come to train, and discover what the Highlands has to offer, who knows, at the end of training you may decide to stay, as many of our past trainees have done.

If you would like further information please do not hesitate to contact myself 01463 704686, or email [andrew.macdougall@nhs.scot](mailto:andrew.macdougall@nhs.scot)

Dr Andrew MacDougall  
Consultant Clinical Psychologist/ Local Area Tutor (NHS Highland)

## NHS Lanarkshire

NHS Lanarkshire Psychological Services provide clinical and consultation services to the approximately 700,000 people of North and South Lanarkshire. The service comprises approximately 250wte clinical staff including Clinical, Counselling, and Applied Psychologists, as well as Senior Psychological Therapists, Psychological Practitioners, Therapeutic Counsellors, Enhanced Psychological Practitioners and Assistant Psychologists. Together, these clinicians provide a wide range of psychological interventions, across the spectrum of needs. Clinical staff are based in a variety of community and hospital settings.

The majority of the population of Lanarkshire live in a triangular area bounded by East Kilbride, Airdrie, and Carluke. However, some parts of South Lanarkshire are more rural. Consequently, it is generally not possible to travel via public transport. Therefore, having access to a car and driving licence is preferred.

### SERVICE COMPOSITION

Services are provided in the following areas:

- Psychological Therapies Teams (PTTs)
- Primary Care Psychology Service
- Adult Inpatient Psychology Service
- Psychological Therapies for Older People (PTOP)
- Psychological Services for Adults with Learning Disabilities (PSALD)
- Tertiary Eating Disorder Specialist Service (TESS)
- Lanarkshire Weight Management Service (LWMS)
- Addiction Psychology Service (APS)
- Forensic Clinical Psychology
- Clinical Health Psychology and ACCEPT (Adjustment to Chronic Conditions by Engaging with Psychological Therapies) Service
- Mental Health After COVID-19 Hospitalisation (MACH)
- Covid Rehab Team
- Chronic Pain Service
- Neuropsychology
- Community Brain Injury Team
- Stroke Clinical Psychology Service (SCPS)
- Perinatal Psychology
- Maternity and Neonatal Psychological Intervention (MNPI) Service
- EVA Psychology (End Violence and Abuse against women)
- Veterans First Point (V1P)
- Child, Adolescent and Family Services
- Digital Psychological Services

### PLACEMENTS OFFERED

We offer placements to trainees on the MSc in [Applied Psychology for Children and Young People](#), the MSc in Psychological Therapies in Primary Care, and both the [University of Glasgow](#) and University of Edinburgh Clinical Psychology Doctorate programmes. We also offer placements to Counselling Psychology and Health Psychology trainees.

### STRUCTURE OF PSYCHOLOGICAL SERVICES IN LANARKSHIRE

The Director of Psychological Services is Dr Patricia Graham. In terms of adult services, there are nine locality teams and many specialist pan-Lanarkshire services. Dr Deborah Wilson is head of Adult Psychological Services. For Child, Adolescent and Family Services there are four locality teams across Lanarkshire, and several area-wide specialist teams. Dr

Yvonne Vance is head of Child Psychological Services.

## **CLINICAL ACTIVITIES OF THE AREA PSYCHOLOGY SERVICES**

### ***Psychological Therapy Teams (PTTs)***

There are nine Psychological Therapy Teams (PTTs) in Lanarkshire, providing a variety of individual and group therapeutic approaches for adults with mental health difficulties that are having a significant impact on their functioning. These approaches include CBT, CFT, and Schema Therapy. The PTTs work in close association with other disciplines within the CMHTs.

### ***Primary Care Psychology***

Primary Care Psychology is a developing pan-Lanarkshire service with a focus on delivering population level early interventions (e.g. Stress Control). The service also offers focused individual interventions for people experiencing mild to moderate mental health problems, including guided self-help and high intensity CBT.

### ***Adult Inpatient Psychology Service***

The Adult Inpatient Psychology Service is a Lanarkshire-wide service, providing input into the 4 acute psychiatric wards, Intensive Psychiatric Care Unit (IPCU), rehabilitation wards, and the community rehabilitation team. Staff work provide direct and indirect work, as well as consultation.

### ***Psychological Therapies for Older People (PTOP)***

PTOP is a pan-Lanarkshire service, providing input to all community and inpatient mental health services for older adults, Old Age Psychiatry, Acute Liaison, Care Home Liaison, and the Young Onset Dementia Service (YOD). The service offers individualised psychological assessment, formulation, and intervention. This includes neuropsychological assessment to aid diagnosis of organic illness, assessment and intervention of complex distressed behaviours in dementia, and evidence-based psychological therapies (e.g., CBT, IPT, CFT, ACT, and Schema Therapy) delivered on a one-to-one or group basis.

### ***Psychological Services for Adults with Learning Disabilities (PSALD)***

PSALD is an area-wide service. Its remit is to address the psychological needs of adults with learning disabilities and their families, carers and other professionals providing care and support to them. In addition to its delivery of direct clinical services, PSALD has responsibilities for consultation, teaching, research and supervision.

### ***Tertiary Eating Disorder Specialist Service (TESS)***

TESS is a multi-disciplinary team, providing a pan-Lanarkshire to adults with severe eating disorders resulting in complex needs. There are also adapted referral criteria for young people to minimise the harm that can be caused to their development, to capitalise on better treatment outcomes shown to occur from early intervention, and to offer specific treatments to meet the needs of those in late adolescence. There are opportunities for individual case work, multi-professional working, group interventions, working with carers/families in addition to teaching/training other professionals.

### ***Lanarkshire Weight Management Service (LWMS)***

The LWMS supports individuals who are overweight to manage their weight. It adopts an integrated approach across Tier 1 universal services to Tier 4 complex weight management interventions, which operates across NHS, Community and Third sector organisations, across the life course. The Tier 3 Adult Weight Management Service is a secondary care multidisciplinary service. Individuals are either signposted to appropriate low intensity self-help interventions for psychological distress / disordered eating (e.g. Beating the blues, Silver Cloud, NHS GGC Healthy Weight, Healthy Mind Talks), or accepted for psychology assessment.

### ***Addiction Psychology Service (APS)***

The APS is a Lanarkshire-wide service, with bases within locality addiction teams across

Lanarkshire. It has developed a model of service based on direct client contact, consultation, training, supervision, and support.

### ***Forensic Clinical Psychology Team***

The Forensic Clinical Psychology Team is a pan-Lanarkshire service comprising two teams: The Forensic Mental Health Psychology (FMHS) and Prison Psychological Therapies Service (Prison-PTS). FMHS Psychology provide input to forensic mental health inpatient services (15 low secure and 12 forensic rehabilitation beds), and the Forensic Community Mental Health Team (fCMHT). The Prison-PTS provides input for individuals currently residing within HMP Shotts. The team also offers training, advice and consultation on forensic issues to other services within NHS Lanarkshire, Criminal Justice Social Work, MAPPA etc.

### ***Clinical Health Psychology and ACCEPT (Adjustment to Chronic Conditions by Engaging with Psychological Therapies) Service***

Clinical Health Psychology provides a service for adults experiencing severe and complex psychological issues associated with physical health difficulties and/or medical treatment. The ACCEPT service is a primary care service that bridges the gap for patients with long-term health conditions and associated low mood and/or anxiety. These services are provided across the Lanarkshire health board.

### ***Mental Health After COVID-19 Hospitalisation (MACH)***

The MACH team is a multi-disciplinary team, offering screening, assessment and signposting of services, alongside therapeutic group work, to those who were hospitalised by Covid-19 and whose mental health has been negatively affected as a result.

### ***The Covid Rehab Team***

The Covid Rehab Team is a pan-Lanarkshire multidisciplinary service for adults who have been experiencing symptoms for 12 weeks or more following COVID-19.

### ***Chronic Pain Service***

The service provides assessment and rehabilitation for adult patients who have become severely disabled by chronic pain and have developed extensive physical and/or psychological/mood/emotional problems associated with living with the chronic condition. The service is non curative in nature, instead aiming to help patients live as well as possible with their chronic pain condition. ACT and mindfulness interventions are provided.

### ***Neuropsychology***

The Neuropsychology service is a pan-Lanarkshire service which provides a specialist clinical service to people with organic and functional neurological conditions. The service operates an assessment and treatment model, providing neuropsychological assessment, rehabilitation and psychological therapy. Assessments are carried out in relation to a range of issues including occupational difficulties, monitoring or predicting outcome to medical intervention, and guiding rehabilitation. Therapeutic approaches include CBT, ACT, CFT and adjustment-focused Fatigue Management.

### ***Community Brain Injury Team***

This service provides specialist neuropsychological assessment, rehabilitation and psychological therapy for patients with acquired brain injury. Psychological intervention can be offered on an individual or family basis. CBT and ACT are the main therapeutic models used. The service provides specialist neuropsychological assessments and cognitive rehabilitation for clients presenting with cognitive difficulties (e.g. for those aiming to return to employment). Joint working with other professions such as Speech and Language Therapy and Occupational Therapy is common.

### ***Stroke Clinical Psychology Service (SCPS)***

The SCPS is an outpatient, Lanarkshire-wide service available to adults with neuropsychological difficulties that are a consequence of their recent onset stroke. The service offers neuropsychological assessment, rehabilitation and psychological therapy.

Psychological intervention is primarily offered on an individual basis but can also be offered to couples and families where appropriate. CBT and ACT are the main therapeutic models used, as well as holistic neuropsychological rehabilitation. A case consultation service is available to healthcare professionals working with stroke patients and their families, to provide a psychological perspective and formulation.

### ***Perinatal Psychology***

Perinatal Psychology provides psychological assessment and intervention across Lanarkshire, along with consultation, training and support to others involved in the provision of services to women experiencing complex and/or severe mental health difficulties in the perinatal period.

### ***Maternity and Neonatal Psychological Intervention (MNPI) Service***

The MNPI Service is pan-Lanarkshire and embedded within maternity services at University Hospital Wishaw. It provides a trauma-informed service supporting those with complex needs arising from pregnancy or birth complications.

### ***EVA Psychology (End Violence and Abuse against women)***

EVA Psychology offers psychological assessment and intervention to women across Lanarkshire who have been or are victims of abuse. The service also provides training to other services and agencies, as well as offering information, advocacy, counselling and psychological therapy.

### ***Veterans First Point (V1P)***

V1P is a specialist service for military veterans providing individualised packages of care to address social, welfare, and mental health needs. The service operates several psychology clinics across Lanarkshire. In addition, peer support and other activities, including a weekly Access Point take place within the local community at different locations.

### ***Child, Adolescent, and Family Services***

There are four multi-disciplinary locality CAMHS teams, each providing services to a specific geographical area. Additionally, there are a number of area-wide specialist teams, including Reachout (providing a service to infants, children and young people whose lives are affected by parental mental illness) CUIT (CAMHS Urgent Intervention Team), CITT (CAMHS Intensive Treatment Team), Nursing Outreach, The Neurodevelopmental Service for Children and Young People, Learning Disabilities CAMHS team, CAYP (CAMHS for Care Experienced Young People), and Paediatric Psychology and Neuropsychology. A new area-wide CAMHS Eating Disorder Service is currently being developed. Specialist placements are offered across the service. Multi-disciplinary teams generally consist of Clinical Psychologists, Clinical Associates in Applied Psychology, Child and Adolescent Psychiatrists, Child and Adolescent Mental Health Clinicians and Social Workers, in addition to area-wide AHP provision including Speech and Language Therapists, Physiotherapists and Occupational Therapists. CAMHS teams are based across three locations; Airbles Road Clinic in Motherwell, Coathill Hospital in Coatbridge and new facilities in Udston Hospital, Hamilton. The service places strong value on training and CPD, and CAMHS staff deliver a range of therapeutic approaches in line with the evidence base, including CBT, DBT, FBT, IPT, DDP and Family Therapy.

### ***Digital Psychological Services***

Digital Psychological Services is an embedded department working with a wide variety of stakeholders within and outwith NHS Lanarkshire Psychological Services. Its aim is to help implement digital and technological developments to improve access to high-quality, trustworthy psychological resources for the potential benefit of everyone in Lanarkshire.

## **TEACHING, TRAINING AND RESEARCH ACTIVITIES**

Staff within Psychological Services have close links with Glasgow, Edinburgh, Strathclyde, Caledonian, and Stirling universities. The service provides encouragement, consultation and support for psychology staff and trainees planning and conducting research and audit/quality

improvement projects and are actively involved in developing proposals for trainees. Dr Andy Siddaway is Psychology Research Lead within Lanarkshire. We have a major commitment to teaching on the courses from which we take trainees. Staff also provide teaching and clinical training to a variety of other professionals and staff, including nurses, health visitors, GPs, trainee psychiatrists, junior medical staff, care provider staff, adoptive and fostering parents, social workers, midwifery staff and allied health professionals.

For further information, please contact:

Dr Sally Dewis, Consultant Clinical Psychologist & Local NHS Psychology Tutor  
Sally.dewis@[lanarkshire.scot.nhs.uk](mailto:lanarkshire.scot.nhs.uk)

## NHS Lothian

Trainee Clinical Associates in Applied Psychology based in the Lothians have the opportunity for a range of clinical experiences within a diverse geographical area, well known for its cultural attractions, easy access to the sea and countryside. The Lothians, with a total population of approximately 858,000, consist of East Lothian, West Lothian, Midlothian and the beautiful City of Edinburgh. Edinburgh has four universities: the University of Edinburgh, Heriot-Watt University, Queen Margaret University, Napier University.

Royal Edinburgh Hospital and Associated Services (REAS) are organised with Adult Mental Health Services; Health Psychology; Older Adults; Neuropsychology, Forensics and Prisons; and Intellectual Disabilities (ID) Services. There are also a wide range of specialist services such as Lothian Eating Disorder Services, Substance Misuse and the Rivers Centre (trauma service). Child & Adolescent Mental Health Services (CAMHS) are managed outside REAS and there are 5 outpatient teams as well as specialist services such as Paediatric Psychology and Liaison Service (PPALS), Eating Disorder Development Team (EDDT), Meadows Team (childhood sexual abuse and trauma) and ID Team.

The departments contain a skill mix including Clinical and Counselling Psychologists, Clinical Associates in Primary Care, Psychological Therapists, Psychology Assistants and Trainees as well as other multi-disciplinary team members.

### Placements

In Lothian, our MSc PTPC trainees may be offered placements across any service within REAS. These services may be offered in a variety of locations within primary care, community and hospital based settings. Placements will be available with a supervisor experienced in working in these areas and many supervisors work within multi-disciplinary teams providing trainees with the opportunity to work alongside other disciplines. Opportunities for trainees will include individual therapy using a Cognitive Behavioural Therapy (CBT) model, but may also offer the chance to be involved in one of the many groups offered to patients within NHS Lothian.

### Clinical Opportunities

As there are many psychologists working in primary care in Lothian, there may be opportunities for trainees to observe or experience different theoretical standpoints and to gain some experience of another specialty. The main therapeutic model used is CBT, although several supervisors may be trained in additional therapeutic models.

Lothian has a solid history of participation in both multi-professional and uni-professional activities strengthening the role of psychology within the NHS.

### Teaching

Staff within our services have close links with Edinburgh, Stirling and Dundee Universities. We have a commitment to teaching on all of the courses which we take trainees. Staff also provide teaching and training to a variety of other professionals and staff including nurses, GPs, trainee psychiatrists, medical students, care provider staff, social workers and allied health professionals. Trainees may have the opportunity to be involved in delivering some teaching.

## **Research**

The supervisors and Lead Psychologists in each area will encourage trainees to pursue research in line with service priorities and their own interests and to present their research to their department.

## **Contact us**

For further information about NHS Lothian and training places being offered please contact:

Alyson Falconer  
Consultant Clinical Psychologist  
Head of Adult Mental Health Service  
Interim Co-Director of Psychology  
0131 537 6017

Laurie Siddell  
Clinical Psychologist  
NHS Local Tutor  
0131 537 6913

## **NHS Orkney**

### **Placement Base**

Address:  
Psychological Therapies Service  
The Balfour, NHS Orkney  
Lower CSB  
Foreland Road  
Kirkwall,  
KW15 1NZ

There is one MSc trainee placement available in Orkney.

The Trainee in Orkney will be based in the Psychological Therapies Service which consists of 4 Psychologists, 2 qualified Adult Clinical Associate in Applied Psychology (CAAPs) and 1 CAMHS CAAP; 1 CAAP trainee; 1 Health Psychologist, and 1 Administrator. The trainee will have access to a desk, computer, secretarial support, treatment room, and access to Psychology colleagues.

**Telephone:** 01856-888268

**Supervisor(s):** Kari Valentine, Suzanne Roos (Consultant Psychologist)

### **Context**

An exciting, full-time placement opportunity is available to a CAAP Trainee to contribute to the provision of the already established general adult Psychological Therapies Service in a remote and rural secondary care setting in NHS Orkney.

The Psychological Therapies Service works closely with the dynamic, busy Community Mental Health Team (CMHT) in Kirkwall, which consists of - 1 Psychiatrist; 1 Cognitive-Behavioural Therapy (CBT) trained Occupational Therapist (OT); 1 CBT trained Community Psychiatric Nurse (CPN); , 3 CPNs in the Substance Misuse team, trained in Motivational Interviewing (MI); 1 support worker in the Substance Misuse team, 4 CPNs in the Adult Mental Health; 2 Social workers; 1 Support Workers in AMH; Administration workers; and 3 CPNs in the Older Adults Team.

This placement offers the opportunity to advance your career in an area of outstanding natural beauty. Orkney is a wonderful place to live and work and voted one of the happiest places to live in the UK. Orkney offers very low pollution, very low crime, excellent schools, good leisure facilities, unique wildlife and amazing scenery. To find out more about living and working in Orkney go to: [www.orkney.com](http://www.orkney.com) or watch: <https://www.youtube.com/watch?v=ekYtsSubUJ4>

The Psychological Therapies Service is based in Kirkwall at the new Balfour Hospital. Kirkwall it is the administrative centre of Orkney. Lying off the northern coast of Scotland, between John O'Groats and the Shetland Isles, Orkney is an archipelago of over 70 beautiful islands, 17 of which are inhabited. The total population is approximately 22,000 with most people living on the Mainland. Kirkwall, with its spectacular red sandstone 12th century cathedral, is the capital.

Orkney Islands has an airport just a few minutes from Kirkwall, with numerous daily connections to Edinburgh, Glasgow, Aberdeen and Inverness, so it is no problem to stay connected to the whole of Scotland and beyond. There are also three main vehicle ferry routes to and from Orkney to Aberdeen, Scrabster and Gills Bay.

#### **Client Groups & Commonly Referred Problems:**

We see people aged 18 and above, with the majority of referrals coming from GPs and CMHT members. These present a wide variety of psychological problems ranging from anxiety, depression, mood disorders, OCD, adjustment disorders, adult survivors of child sexual abuse, prolonged bereavement/grief and personality difficulties.

#### **Treatment Models:**

The therapeutic orientation of the Psychological Therapies Service is mixed, bringing together a variety of approaches including Cognitive, Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT) and psychotherapeutic models such as Mentalization -Based Therapy (MBT).

#### **Current expectations of service delivery:**

The will trainee be working mostly from the base at Balfour Hospital in Kirkwall and occasionally from home (depending on service requirements and room availability) and clients will be seen remotely via the Nearme platform and face-to-face, depending on clinical need. Supervision will be delivered remotely on a weekly basis with a few in-person contact sessions with the supervisor in the placement. As the Adult supervisors will not be based in the same location as the trainee (although this might change in the future), there will be an identified person on site who is familiar with the process of training and knows the team where the trainee is placed and who has the responsibility for being a local contact for the trainee, if need be.

#### **Multidisciplinary Experience:**

The Psychological Therapies Service is a relatively new service and there are close professional links with the secondary care professionals in the CMHT.

NHS Orkney also has close professional links with the Managed Clinical Network for Eating Disorders North of Scotland, from Royal Cornhill Hospital, Aberdeen. The Islands Eating Disorder Consultation group, which is a multi-disciplinary group from Orkney, Shetland, Western Isles and Grampian, meet on a monthly basis via video-conferencing.

Supervision for Eye Movement Desensitization and Reprocessing (EMDR) is currently being purchased from an external consultant in the UK.

## NHS Tayside



NHS Tayside Psychological Therapies Service has a complement of around 160 clinical and applied staff with an additional 22 trainees. The Service provides a friendly, supportive and stimulating environment in which to work. We have an active interest in teaching and research, taking advantage of close links with the Universities of Dundee and Stirling and, of course, members of the Service contribute to the supervision and training of trainees on the Edinburgh/East and South of Scotland Clinical Teaching Course and the Universities of Stirling and Dundee MSc Course. We have recently appointed a Clinical Psychologist with a special remit to promote and support research within the service, both with qualified staff and trainees.

You will be joining a forward thinking Service with excellent links and working relationships with Dundee, Perth & Kinross and Angus Health & Social Care Partnerships and the acute services of NHS Tayside. Our Eating Disorder and Forensic Medium Secure services are part of North of Scotland Regional Services. Together, we serve a population of 416,090, with approximately 67,100 of these being children under 16. The Service is hosted within Dundee Health & Social Care Partnership.

We are committed to authentic leadership and have a strong leadership team of 15 Consultant Psychologists. The leadership team meets regularly, making time to address operational issues and professional development and this model is mirrored in each speciality for clinical staff. We are able to support training and professional development from our core budget, having invested significantly in schema focused therapy and EMDR in recent years.

Our Local Area Development Tutor works closely with the Director of Psychology to manage all aspects of trainee working life. We know that training is enjoyable and hugely rewarding but also challenging and we will afford you the support you need to help you qualify in the expected timescale.

## Living in Tayside

When choosing somewhere to work and live, quality of life is key. Tayside is one of the few locations in the UK which combines the best of both worlds – city facilities in Dundee and Perth on a friendly community scale, and easy access to some of the most stunning countryside in Scotland. Set on the spectacular Tay Estuary, Dundee, the principal city in Tayside and the sunniest city in Scotland, sits in a landscape of wild beaches, championship golf courses, quaint coastal villages and beyond them, Scotland's famous mountains and glens.



Dundee is conveniently located within easy reach of three other large cities in Scotland – Edinburgh, Glasgow and Aberdeen and within a 90 minute drive from 90% of Scotland's population. There are excellent road, rail and bus links to all 3 cities and London is six hours by rail and just over an hour by air from Dundee airport, flying direct to London City Airport. There are also regular flights to Belfast. There is a vibrant arts scene in Dundee and beyond. Scotland's first design museum, The V&A Museum of Design, opened in 2019 as part of significant ongoing investment and redevelopment of Dundee waterfront including the forthcoming development of the Eden Project, Dundee. Dundee is the UK's only UNESCO City of Design. Within Dundee, in addition to the new waterfront development, there are a number of attractions to suit all ages including Discovery point, the Dundee Contemporary Arts centre and the Dundee Science Centre.

Beyond Dundee, the River Tay and its estuary, the coasts of Angus and Fife and the nearby hills and mountains of Perthshire offer scope for almost any outdoor activity. Furthermore, St. Andrews, home to a number of world famous golf courses, picturesque town and beach, is only a short drive away. Whether you want to live in the rural countryside, a seaside village or one of Tayside's vibrant cities or towns, there is a variety of housing choices to suit all budgets. The salaries of employees in Dundee currently go further on the property ladder than almost any other city in the UK. There are a good variety of primary and secondary schools. There is also the option of private schooling with schools to choose from in Dundee City, St Andrews and Perth and Kinross



## Spotlight on Dr Rowan Reffold, Consultant Clinical Psychologist in Learning Disabilities



I am the Lead Clinician for the Learning Disability Section and have been working in NHS Tayside since 2003. I relocated to Tayside from Cambridgeshire as the job role on offer was in direct line with my values of supporting people with a learning disability who have complex needs in a range of settings and improving their well-being and quality of life. My own personal goal was to live and work in an area that could support my hobbies and interests and Tayside definitely had so much to offer. I'm a keen skier and Glenshee has the largest ski area in the UK and it is now just a 30 minute drive away from home; perfect for loading our skis into the roofbox and heading to the hills when the snow arrives. Overtime, NHS Tayside has supported my career development and I took up a Consultants post in 2009. I now have my own family and Tayside is a fantastic area to raise children with some great communities and a huge range of indoor and outdoor family friendly activities around the region. Within my work life, NHS Tayside has supported Service Development to ensure the delivery of high quality Psychological Services for people with a range of needs and the multi-disciplinary approaches undertaken mean that we do work together to try to achieve person centred positive outcomes for those who use our services.

### **SPOTLIGHT ON TEAM WORKING - Dundee Adult Psychology**

“I am the Consultant Psychologist for Dundee Adult Psychological Therapies Service and Clinical Psychology to CMHT. I moved to Tayside in 2006 initially working in the Older People Psychology Service before moving to the Adult Psychology Service. The department and the job drew me to Tayside but the people and the lifestyle Tayside and the surrounding areas offers as well as career opportunities is what keeps me here. I have benefited from so much support and mentoring from peers and colleagues in the department as well as the wider mental health community, with opportunities to be involved in training, research, teaching at several universities and local and national initiatives. The department continues to grow and there is a genuine desire to collaborate, to create and support opportunities which allow us all to deliver great patient care. The work is challenging but I think we have so much potential and opportunity to be creative and innovative. I would encourage clinicians looking for the right place to really flourish professionally and have a great work-home life balance to join us here in Tayside.”

***Dr Helen Nicholson-Langley, Consultant Clinical Psychologist***

*Some of the staff working at Dundee Adult Psychology (DAPTS)*



Here's what some of the team say about living and working in Tayside:

"The DAPTS team have been very welcoming and supportive in my first year of post-qualified work. I've gained a lot of valuable clinical experience, and I've also had the opportunity to engage in continued professional development that has proved beneficial for my skills, and confidence in this post. I've also been able to contribute to service development which is a great opportunity at this early point in my career."

**Carl McNelis, Clinical associate in applied psychology**

"I'm a Clinical Psychologist working in one of Dundee's Community Mental Health Teams (CMHTs). I really enjoy working as part of a team, and it definitely feels like the CMHT is my niche! My role is very varied, which is one of the things that keep it interesting. Alongside working directly with adults experiencing severe and enduring mental illness, I provide supervision and consultation for colleagues. Consultation means working collaboratively to figure out what approaches might work best clinically but also routinely contributing to team discussions and decisions, where we can bring all our knowledge and experience together. There are a number of developments underway within our CMHTs and being able to be part of the service development, helping to shape how we deliver the best service we can is something I really enjoy. Ultimately though, my colleagues are what make the CMHT such a nice place to work, and knowing we can rely on each other makes all the difference."

**Dr Katy Mitchell, Clinical Psychologist to CMHT**

"I chose to work for NHS Tayside because my husband and I had decided to settle here to raise a family. We live on the outskirts of a beautiful little town and former fishing village, with a really interesting heritage. We're a 20-minute walk from the beach, where I take the dog every weekend and the local shops are great for just about anything you need. However, also being part of Dundee, there's always something to do with the kids over the School holidays or at the weekend (lovely local walks, cinema, soft play, ice-skating, visiting a really old ship...!), and the rest of Scotland isn't too much of a drive away either - Pitlochry for instance, is only an hour away. I love where we live!"

**Ashley Cochrane, Clinical Associate in Applied Psychology**

"I have worked in the Psychological Therapies Service since 2007 as a Psychological Therapist. I returned to Tayside having moved around for many years. I have been supported in a number of training opportunities throughout the years which has been instrumental in my personal and professional development. As a staff team we have been exploring ways to develop the service in new and innovative ways especially since the pandemic and looking at

ways to build a service where staff have a wide range of opportunities. Our main role is providing psychological therapy but we recognise the importance of continued professional development with opportunities for reflective practice, journal club, research and ongoing team development (in work and socialising out of work... we need to make sure all the local businesses are thriving too!) It is great to be living near the coast, and Tayside does not disappoint on this front, especially if you enjoy water sports, swimming, paddle boarding. Tayside has a balance of peace and tranquility and bustle. There are also lots of green belts, parks, hills for walking and upgrading of cycle routes underway. The City of Dundee has been expanding, and has lots of good bars and restaurants to cater for all tastes and regular concerts at venues such as the new Slessor Garden Area and Caird Hall.”

***Amanda Thomson, Accredited Person Centred Psychological Therapist***

“I have been working for NHS Tayside for 17years, in the role of Forensic Psychologist. NHS Tayside were one of the first NHS employers in Scotland to recruit a Forensic Psychologist and to set up a dedicated local Court assessment and treatment on diversion service. My employment in Tayside has allowed me to pursue special interest placements in secure settings and more recently, to develop my therapeutic skills in adult non-forensic services. Further professional development via additional training opportunities has always been supported, as have opportunities to develop skills in other clinical areas. Tayside itself offers excellent and diverse living opportunities, from the city centre, to beach front living, to more rural settings. It is close enough to Edinburgh, Glasgow and Aberdeen to enjoy what they have to offer whilst itself being a great place for culture, to pursue many social and sporting interests and to raise a family.”

***Vicky Orme, Forensic Psychologist***

“I came to this department as a newly qualified Counselling Psychologist in November 2019. Within my role in the Primary Care Adult Psychology Service, I have had opportunities to work with a varied case load to consolidate my skills post qualification, seeing a wide variety of presenting issues including, Anxiety, Depression, OCD, PTSD, Body Dysmorphia, Self-esteem, and FND. The department has supported me to develop my knowledge and therapeutic skill-set, including new therapeutic modalities through training and opportunity to consolidate learning with protected time. I have also been supported to develop as a Clinical Supervisor which is a part of my role I very much enjoy. Most of all, I have benefitted from a fantastic team of colleagues who are supportive, from a wide range of psychological practitioner backgrounds, who are always happy to have a chat - not to mention help make for great staff nights out!”

***Dr Matilda Nordqvist, Counselling Psychologist***

“I returned to Scotland 3 years ago with my Husband and our children after spending several years living abroad. I joined NHS Tayside again just over a year ago and I currently work in a full-time post across two adult services in Primary Care and the CMHT. Working in adult mental health has always appealed to me and I really enjoy the variety of experience that both NHS Tayside services offer. I am particularly drawn to working in the CMHT which offers diversity in role as well as a stimulating challenge and constant opportunities to learn. Since returning, I have been well supported in my role and the CPD opportunities have been excellent. At home, we are a very active family and being based just outside of Tayside offers a wide range of sporting activities from hill walking to visiting the Tentsmuir forest and the beautiful coastline.”

***Dr. Maria Dempster, Clinical Psychologist***

## Spotlight on Dr Kate Duncan, Consultant Clinical Psychologist working within Gendered Services



I am a Consultant Clinical Psychologist leading on the development of psychological services for women who have or are experiencing homelessness related to a trauma history and who present with complex mental health, physical health and social needs. I have worked my entire career in NHS Tayside, starting as an Assistant Psychologist in 2001, completing my Doctoral training in NHS Tayside and developing as a qualified clinician in mental health services in Dundee and Angus, before securing my current post as a Consultant. TAPTS continues to be committed to my personal, professional and managerial development and my learning is continuously encouraged. Being a new Consultant could be a daunting prospect – especially when embedded in a third sector organisation – but my Leadership Team peer group are an excellent support and I have the same level of clinical and managerial supervision that we afford all staff.

I came to Dundee to complete my undergraduate degree in 1997 and have never left (that's 25 years for those counting), despite my family of origin remaining three hours away. For me, Tayside hosts the perfect mix of easily accessible city and countryside living, with beaches and mountains both within very easy reach of my base in Dundee. The links that TAPTS has with local universities is undoubtedly the reason I gained my first role. My hobbies have an outdoor focus and Tayside is perfect for various activities including dog walking, accessing stunning beaches, mountains, woodlands and historic sites, camping and cycling – on road and off road with excellent protected cycle paths. Indoor and outdoor park areas for children are amongst the best I have seen and visitors often comment on how accessible good quality children's activities are locally. Holidays at home and abroad are easy to access with excellent road links to the major Scottish airports, all within 1-2 hours travel of my home in Dundee. My future is firmly invested in Tayside from a family and professional perspective. Dundee services are leading the way in adopting a gendered and trauma-informed approach to working with individuals and systems. Dundee has a long trauma history and the innovation we are currently experiencing makes it a fascinating and exciting place to settle.

## Spotlight on Ms Linda Graham, Director

Our current Director of Psychology is Linda Graham. Linda is also the overarching Clinical Lead for Mental Health & Learning Disabilities within the Dundee Health & Social Care Partnership.



My current focus is ensuring that the culture within psychological therapies enables clinicians and support staff to be the very best version of themselves; where people are valued and trusted to get things done because we never lose sight of the reason we exist – to enable our clients to appreciate their worth and be the best version of themselves.

I want everyone who works within the service to have a healthy alignment between their internal core values and their external behaviours. We need to have a clear sense of purpose by listening to what our communities tell us they need and then set about delivering that in teams that have ‘heart;’ where we are as compassionate, supportive and careful with each other as we are with our clients.

It is almost thirty years since my first clinical supervisor trusted me to begin client facing work and I still operate several clinics each week ... and believe that we have one of the best jobs in the world. Our Tayside service will afford you support, supervision and invest in your ongoing development. During my time within Tayside I have been supported in holding Honorary lectureships at the Universities of St Andrews and Dundee, in working at the Mental Welfare Commission for Scotland and with the British Psychological Society.

Hopefully, the spotlight sections above give you a sense of what your non-working life can be like. I live across the other side of the River Tay in Fife with a 15 minute commute and views that never fail to delight.

### Our Senior Management Team:

Dr Alison Rowlands (Deputy Director & Drug & Alcohol Recovery Psychology Services)

Dr Sheengh Macdonald – CAMHS (Lead)

Dr Ailie Castle (Adult Perth & Kinross)

Dr Vicki Dunbar – Regional CAMHS In-patient  
Dundee)

Dr Helen Nicholson-Langley (Adult

Dr Sean Nolan – CAMHS & Infant Mental Health

Dr Rosanna McIntosh (Adult Angus)

Dr Aileen McCafferty – Paediatric Neuropsychology

Dr Rowan Reffold – Learning Disabilities

Dr Fiona Macleod – Older People

Dr Kate Duncan – ASPEN  
Neuropsychology

Dr Alison Livingston – Clinical

Dr Paula Collin – Tayside Eating Disorders  
Psychology

Dr Stuart Moulton – Clinical Health

Dr Elaine Whitefield – Forensic Services

We hope you will consider Tayside as the place to start your career. We are large enough to offer all the placements you may want but small enough to maintain a sense of cohesion and proud professional identity.

