

Edited by Helen Beinart,
Paul Kennedy and Susan Llewelyn



Clinical Psychology in Practice



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About the Editors

Dr Helen Beinart is Clinical Director of the Oxford Doctoral Course in Clinical Psychology, where she has worked since 1994. Clinically, she works with children, young people and their families in a primary care setting. She trained in Cape Town and London and qualified as a Clinical Psychologist from the Institute of Psychiatry in 1979. She has worked in the NHS for the past 30 years as a clinician, service manager, consultant, supervisor, and trainer. She is Fellow of Harris Manchester College, University of Oxford. Over the past 15 years, she has been involved in clinical psychology training, supervisor training and research into the supervisory relationship. Prior to this she was Head of Child and Adolescent Health Clinical Psychology Services in Aylesbury and Kingston. Dr Beinart has chaired the Division of Clinical Psychology's Faculty for Children and Young People and was involved in providing psychological evidence to the Parliamentary Select Committee on Children's Mental Health. Professionally she has held several roles within the Division of Clinical Psychology and currently acts as National Assessor for senior appointments to the profession and as external adviser and teacher to a number of courses and services. She has a long-term interest in the development of professional competence and the contribution of clinical supervision and, in particular, supervisory relationships to the development of competent clinical psychologists.

Professor Paul Kennedy is Professor of Clinical Psychology at the University of Oxford, Academic Director on the Oxford Doctoral Course in Clinical Psychology, and Trust Head of Clinical Psychology based at the National Spinal Injuries Centre, Stoke Mandeville Hospital. He studied at the University of Ulster and Queens University, Belfast and has worked in clinical health psychology since graduating from his clinical training in 1984. Professor Kennedy is an active researcher with a broad portfolio of research on adjustment, coping and physical rehabilitation. He has published over 80 scientific papers for peer reviewed journals, been a chapter contributor to many books, and co-edited/edited a number of books on clinical health psychology and physical

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Professor Susan Llewelyn has held the post of Director of the Oxford Doctoral Course in Clinical Psychology since 1997. She trained at Sheffield and Leeds University and has worked in both the NHS and University sectors in Nottingham, Sheffield, Dorset, Southampton and Edinburgh. She has a particular interest in the psychological therapies, and has published widely, particularly concerning process issues in psychotherapy. Her clinical work has concerned therapeutic interventions for adult survivors of childhood sexual abuse, and she has also trained in Cognitive Analytic Therapy. She is a Chartered Clinical Psychologist and Fellow of the British Psychological Society, past Chair of CTCP, Professor of Clinical Psychology at Oxford University, and Senior Research Fellow, Harris Manchester College, Oxford. She also has a particular interest in professional issues, leadership and teamwork, and was been awarded a postgraduate certificate in Higher Education leadership by Leicester University in 2006. She has written or co-authored six books and over one hundred academic and professional papers, and was an Associate Editor of *The Psychologist*. She also provides advice to the Oxford English Dictionary regarding psychological words and phrases, and has been a member of the Wiley-Blackwell strategy group for psychology.

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Preface

Knowing is not enough; we must apply.

Willing is not enough; we must do. (Goethe)

This book provides a clear, authoritative and lively introduction to the practice of clinical psychology. It outlines the unique characteristics of professional practice, which is to make use of empirically based, ethical and reflective interventions in order to reduce human distress, by working in partnership with clients, carers, families and systems. Evidence and theories about how difficulties develop and the best methods for ameliorating distress will be outlined within the context of psychological and biopsychosocial frameworks of emotional, health, relational, developmental, social and behavioural problems.

We wrote this book because we have a clear view of what a good and competent clinical psychologist is able to do, and what therefore comprise the essential elements of training. We hope it will provide an effective companion for all trainee practitioners to show how the profession works in practice, provide a good overview of competencies for the trained practitioner, and provide our colleagues, managers, and those who use and commission psychology services with a clear vision of what can be expected from a competent clinical psychologist. While we will make reference to academic and research evidence, this is not intended to be a reference text, but rather a helpful and authoritative source of approaches to the range of issues clinical psychologists are likely to face in practice.

Clinical psychology offers an alternative to other models in health care, such as the medical, psychiatric, forensic, moral or sociological. The rapid development of the profession out of an initial quasi-medical focus on psychiatry and child guidance has led to clinical psychologists progressively becoming able to identify their unique competencies and interventions, which call upon scientific as well as ethical practices. The book introduces and delineates those competencies and how they are applied in a range of clinical settings with a variety of client groups across the lifespan. The key issues that

will recur throughout the book are likely to be awareness of the social context, the need for responsive and reflective practice, and respect for diversity and user perspectives. Examples and principles are provided which demonstrate the clinical psychologist in action, and explain why and how they work as they do.

Aimed at trainees as well as qualified psychologists and others in health and social care, the book aims not to oversimplify, but to explain succinctly the range of competencies which a psychologist is expected to possess, and how these can be applied in a variety of contexts. The book offers a unique partnership focus which reflects the nature of clinical psychology training, where academic, clinical and research aspects are offered in collaboration with clinical practitioners, who provide the clinical experience to foster the development of competencies in health and social care.

The structure and content of the book represent our belief that clinical psychology is an integration of academic theory, clinical practice and an evolving research base, delivered within an ethical and reflective framework. Contributors are drawn from both academic backgrounds and clinical practice, and most are involved in training tomorrow's practitioners. The range of topics covered in the short chapters cannot be comprehensive, because of the proposed size of this volume, but rather represent a demonstration of some significant innovations in practice as well as being clear examples of how competent clinical psychology is delivered in routine practice.

Helen Beinart, Paul Kennedy and Susan Llewelyn
Oxford 2008

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Part I

Introduction

Philosophical, Practical and Ethical
Underpinnings

The Key Elements of Clinical Psychology Practice

Susan Llewelyn, Helen Beinart and Paul Kennedy

Introduction

The profession of clinical psychology has grown exponentially over the past 50 years and, as this book will show, has demonstrated its value in a wide range of clinical contexts, thereby proving itself able to make a unique and important contribution to health and social care across the lifespan. It has developed from its origins in child guidance and the provision of psychological assessment in psychiatric settings to become an independent profession providing treatment and advice to clients, carers and services in a wide range of settings including primary care, social services, and secondary and tertiary care, as well as specialist services such as forensic units, palliative care and physical rehabilitation services.

This book presents an introduction to the essential features of the work of clinical psychology in practice, and demonstrates how clinical psychologists apply their knowledge and skills in a wide range of specialist settings. It is intended that this book will be of interest to both pre- and post-qualification clinical psychologists and also to a wider audience, and will remind all its readers of the value of the particular synthesis of theory, practice, a strong ethical base and commitment to the worth of people and evidence that the discipline represents. In line with social, political and academic developments, this book will also show how much further there is still to go in ensuring that the psychological is truly embedded in health and social care, particularly in the UK. Hence, the book raises questions about the future, and how important it is both that research continues to broaden and deepen the discipline theoretically and also that services continue to develop that enable users or carers in health and social care to have access to good quality psychological input, across the lifespan.