

Why we need to train our future workforce in digital mental health practice?

The digital future of the NHS and the need for mental health practitioners to develop digital competences is clearly defined in UK government policy. Implementation of digital strategy will be impeded if staff training is not fully supported by NHS training programmes, employers and individual professional bodies - Wachter Review (2016). However the definition of competences and delivery of pre-registration professional training in digital mental health practice is largely absent.

How are we tackling this in Clinical Psychology Training?

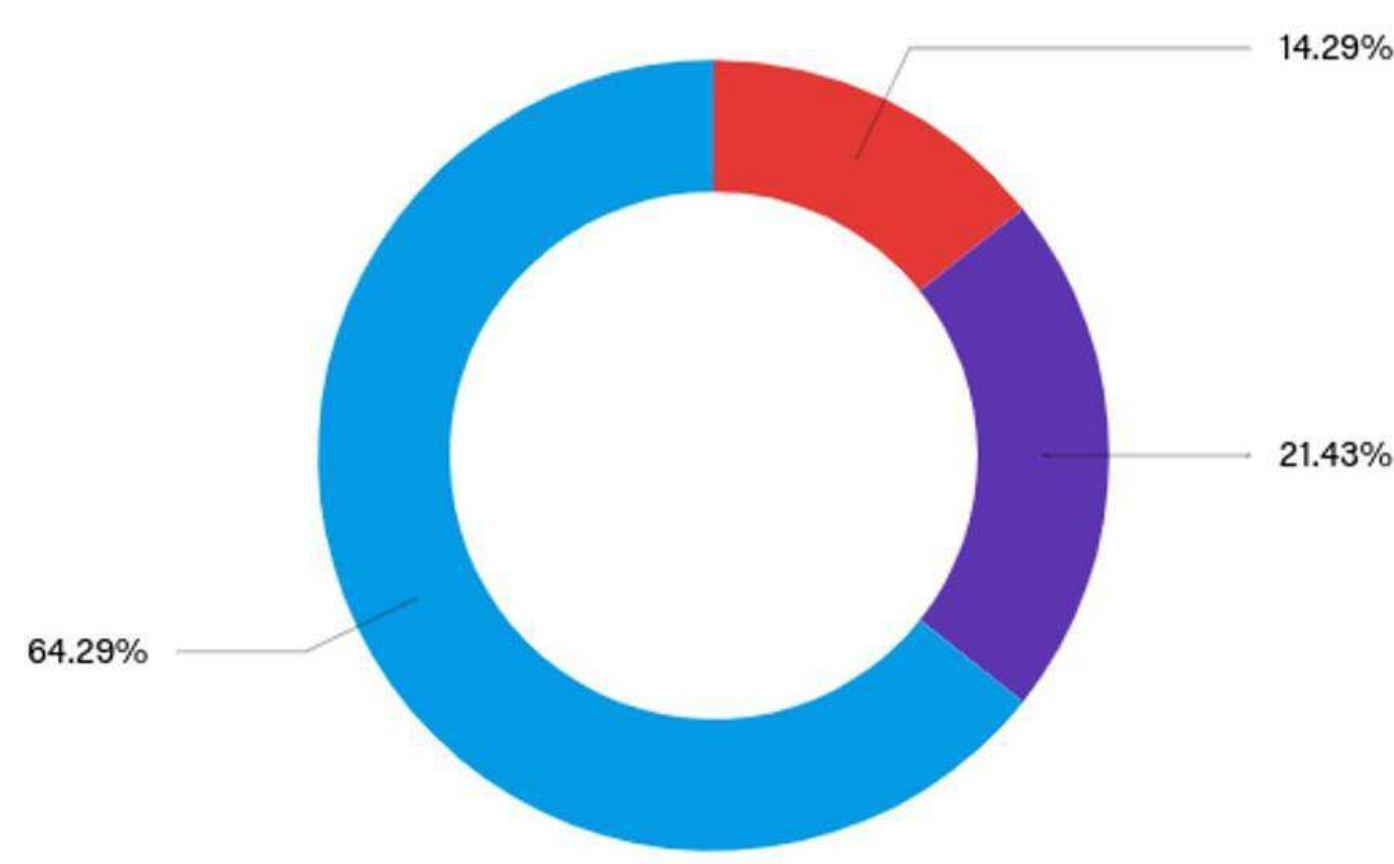
Commissioned by the Group of Trainers in Clinical Psychology (British Psychological Society) the aims of this UK project are to:

1. Define pre-registration Digital Mental Health Competences for CPs
2. Integrate these into Pre-registration training criteria
3. Support Training Courses in the Teaching of Digital Mental health skills (e-learning)

Project methods

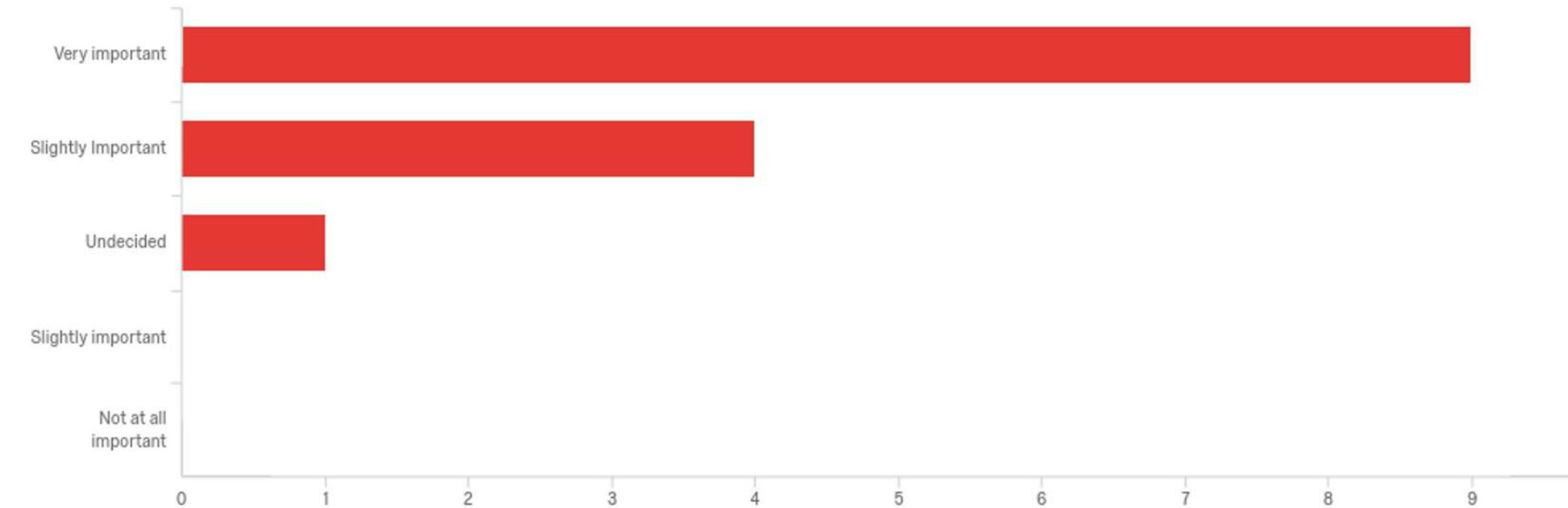
1. Set up a UK digital competences expert reference group consisting of Clinical Psychologists, Researchers & Trainers, NHS Trust Leads for Psychology, Psychology Students, Commissioners and Digital Companies.
2. Conduct UK Survey of Digital Mental Health Training for Clinical Psychologists (N=18/30 Training programmes responded) - current training offered and attitudes.
3. Review International Digital Competences Frameworks.
4. Outline Digital Competences Framework for Clinical Psychology - what digital knowledge and skills Clinical Psychologists require pre-registration.

Do you offer any academic teaching in Digital Mental Health for your trainee CPs?

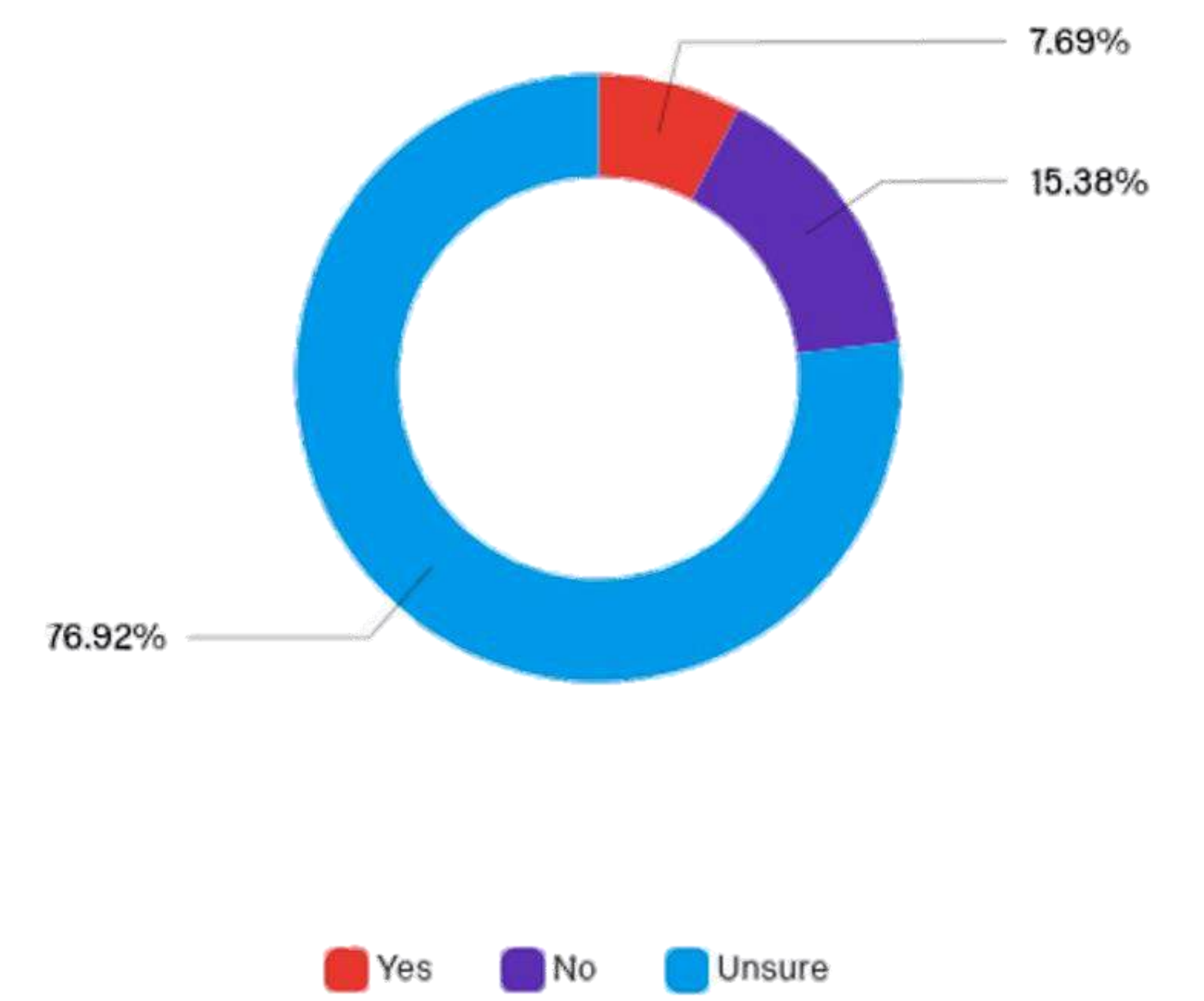


Survey of Current CP Digital Mental Health Training

How important would you rate Digital Mental Health training for your trainee CPs future practice?



Do your trainee CPs get any training in Digital Mental Health through placements?



A new framework for Digital Mental Health Competences

	Knowledge	Skills
Assessment and Formulation	Knowledge of clinical safety issues (risk) associated with digital/remote therapeutic work	Ability to select and utilize effectively online assessments that are suitable for remote administration e.g. sending links to online questionnaires via email or screen sharing an electronic questionnaire during a live video chat session
	Knowledge of opportunities and limitations of these technologies related to direct factors	Ability to conduct accurate clinical safety assessments given limitations of digital technologies
	Knowledge of digital PREMS and PRIMs for a variety of client groups	Ability to assess and match client needs/interests/abilities to suitable digital modalities
Psychological Intervention	Knowledge of inclusion and exclusion criteria for online psychological assessment and outcome monitoring	Ability to assess a client's suitability for online interventions, revising this as necessary on an ongoing basis
	Knowledge of online screening tools - e.g. AQ10, SDQ	Ability to select assessment instruments that have been normed for online administration
	Knowledge of psychological tests which can be conducted through digital means	Ability to evaluate the effectiveness and security of an app

Framework includes digital competences related to:

- Meta-competencies
- Assessment & Formulation
- Psychological Intervention
- Evaluation & Research
- Communication & Teaching
- Leadership & Professional Skills and Values

SCAN ME TO VIEW THE FULL FRAMEWORK

<https://digitalcompetences.000webhostapp.com/>

BARRIERS to developing Digital Competences

“NHS infrastructure - IT is in the stone age in NHS”

“Lack of digital competence in supervisors and trainers”

“Demands of fitting digital teaching in to an already packed curriculum”

“I’m not sure to what extent the NHS placements and services within which trainees work are fully up to speed in terms of digital mental health”

Existing international competence guidance suggests that to work effectively in a digital realm Clinical Psychologists will need to:

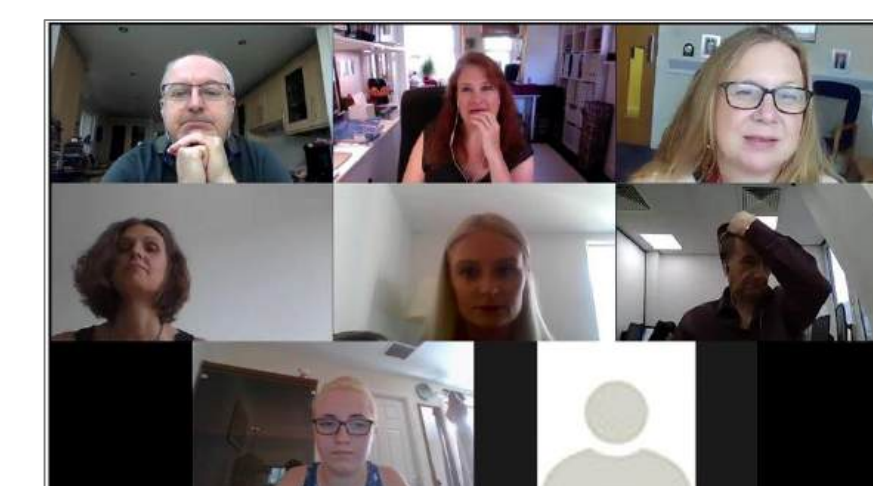
- Understand the evidence base for digital assessments, interventions and online therapies
 - Appreciate ethical and information governance issues
- Develop competences in the delivery of online therapy and use of apps
 - Develop skills in managing clinical safety and risk in digital practice
- Understand the commissioning of digital services and related quality approvals
 - Facilitate the inclusion of service users in developing digital services



Next steps:

We need your feedback on the draft Digital Competences Framework. Please find below the link and QR code to the short survey to gather your views.

https://rhulpsychology.eu.qualtrics.com/jfe/form/SV_4NJrBL2Stio0boV



Thank you from the GTICP digital competences expert reference group. To find out more contact our Chair – Dr Helen Pote, Royal Holloway: h.pote@rhul.ac.uk