

CHAPTER 5: CLINICAL PRACTICE

KEY TERMS

Approved Mental Health Workers

Professionals who are trained to offer talking therapies that will support people with mental health problems and help them to cope better with their lives and their symptoms. They will not normally have the kinds of professional clinical qualifications possessed by other mental health professionals, but will have received special training.

Assessment

Normally, the first stage of clinical work with a client, which typically involves understanding the problems that a client is experiencing, what may have caused these problems and be maintaining them, and how the client would like to change.

Clearing House for Postgraduate Courses in Clinical Psychology (CHPCCP)

The CHPCCP manages all applications for clinical training courses in the UK.

<http://www.leeds.ac.uk/chpccp/>

Clinical interview

Primary means of collecting relevant information for an assessment, in order to understand the problems that a client is experiencing, what may have caused these problems and be maintaining them, and how the client would like to change.

Clinical psychologists

Psychology graduates who have completed up to three years of intensive postgraduate training to learn the skills required for clinical practice, and who specialize in the assessment and treatment of mental health problems.

Community mental health nurses

Registered nurses with specialist training in mental health

Continuing professional development (CPD)

The demonstration by accredited therapists that they regularly update their knowledge of recent developments in treatment techniques.

Counsellors

People who are trained to offer talking therapies that will support people with mental health problems and help them to cope better with their lives and their symptoms.

Diagnosis

A classification of the client's symptoms according to current diagnostic criteria.

Evaluation

Stage of treatment, which seeks to ensure any intervention is having the desired effect. Can be achieved in a number of ways, including discussion with the client and with the use of validated questionnaires.

Formulation

The use of clinical information to draw up a psychological explanation of the client's problems and to develop a plan for therapy.

Health & Care Professions Council (HCPC)

Agency responsible since 2009 for regulating and maintaining a register of clinical psychologists in the UK, ensuring that they meet specified standards of training, professional skills, behaviour and health.

Inpatient hospital care

Treatment provided to a client who has voluntarily admitted himself or herself to hospital. Some people can be compulsorily detained in a hospital under the Mental Health Act if their mental health problems are severe enough.

Intervention

Psychological treatment, implemented on the basis of the formulation. May be based on multiple theoretical approaches and may be co-designed with the client.

Multidisciplinary Teams (MDTs)

MDTs include workers from a range of disciplines that specialise in different aspects of health and social care, e.g., psychiatrists, clinical psychologists, social workers and occupational therapists.

Occupational therapists

Clinicians who specialise in assessing and training (or re-training) occupational and daily living skills.

Outpatient basis

Most people with a mental health problem can live in the community and be treated at a dedicated community mental health centre, a day clinic, or some larger GP or physician surgeries.

Protected title

A job title that can only be used if the individual has received appropriate training and is registered with the relevant regulatory body. The title of clinical psychologist is protected and regulated by the HCPC.

Psychiatrists

Medical practitioners specializing in the diagnosis and treatment of mental illness.

Psychotherapists

Individuals who are involved in the treatment of mental disorder by psychological rather than medical means.

Recovery Model

Broad-ranging treatment approach which acknowledges the influence and importance of socio-economic status, employment and education and social inclusion.

Reflective practitioner model

Key competency in which clinical psychologists reflect on their own experience when working with clients, and reflect on the process of interaction with their client.

Regional secure units

Facilities available to treat individuals who have been admitted by the courts under the Mental Health Act, transferred from prison under the Mental Health Act, or have been transferred from an ordinary hospital ward because they may need treatment in a more secure setting.

Social workers

Professionals whose main focus is clients' social care needs (e.g. housing). Approved Social Workers are also involved in Mental Health Act assessments.