



The British Psychological Society
Promoting excellence in psychology

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The Society has offices in Belfast, Cardiff, Glasgow and London, as well as the main office in Leicester. All enquiries should be addressed to the Leicester office (see inside front cover for address).

The British Psychological Society

was founded in 1901, and incorporated by Royal Charter in 1965. Its object is 'to promote the advancement and diffusion of a knowledge of psychology pure and applied and especially to promote the efficiency and usefulness of Members of the Society by setting up a high standard of professional education and knowledge'.
Extract from The Charter



President's column

Jamie Hacker Hughes

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Every year, the Society's Board of Trustees (www.bps.org.uk/what-we-do/bps/governance/trustees/trustees), with the Society's officers in attendance, decide on which aspects of the Society's Strategic Plan are to be prioritised over the coming year. You can read the Plan in full at www.bps.org.uk/strategicplan but the six main pillars are: (1) promoting advancements in psychological knowledge and practice; (2) developing the psychological knowledge and skills of our members; (3) maximising the impact of psychology on public policy; (4) increasing the visibility of psychology and raising public awareness of its contribution to society; (5) attracting new members and broadening our membership; and (6) developing our organisation to support change. All of these are vitally important aspects of the Society's business, but I have a particular affinity for the third and the fourth, and a role to play in helping our Society achieve them.

As you know, I've represented the Society on the NHS England Mental Health Taskforce over the past few months and Division of Clinical Psychology Chair, Richard Pemberton, and DCP Children and Young People's Faculty Chair, Julia Faulconbridge, have both deputised for me when I have been unable to attend. The Taskforce's report is to be published soon, and we psychologists have certainly been able to make an impact on its content.

There are so many ways of increasing the visibility of psychology and raising awareness of our contribution to society, and the Education and Public Engagement Board (EPEB), chaired by Catriona Morrison and supported by Kelly Auty, put a lot of effort into developing this aspect of our business through activities such as the Cheltenham Science Festival and the BPS/British Academy Public Lecture. We've also got another public lecture coming up in November as part of the Society's First World War commemorations. And of course every time that we hold a conference, there's a huge opportunity to get publicity at local, national and

international levels for research and other activities. This year's Annual Conference in Liverpool was particularly successful in this respect, as were the Scottish and Northern Ireland Branch conferences in Stirling and Armagh. I have no doubt that the Welsh Branch conference in Wrexham will have been equally successful, along with all the other Branch, and Division and Section conferences that we hold. All really good opportunities for waving the flag and telling people what psychology is all about and what we are up to.

Later this year, I shall be going to the Psychology4Students and Psychology4Graduates events in London, PsyPAG's conference in Glasgow was amazingly successful, and university and school PsychSocs can do their bit too. I'm grateful to everyone who supports these activities – through the EPEB, our hardworking conference and events team in Leicester and all who work so hard on conference committees. If you're not already a part of all this, please have a serious think about how you can get involved.

It's right and proper that impact is one of the several factors on which our research work is assessed and these days, with a couple of clicks of a button, it's possible to measure the reach, not just of formal academic publications but of social media posts. Our Research Board, chaired by Daryl O'Connor, works hard to promote the scientific reach of our research publications and our journals have a well-deserved international reputation, with high impact factors too.

Another way in which psychologists can increase our visibility and promote awareness of our contribution is, of course, through the media. I've been heartened by the increasing number of psychologists being broadcast on local and national media, not only on specialist programmes such as BBC Radio 4's *All in the Mind*, with Claudia Hammond, but on news and current affairs programmes too, such as *Panorama* and the *Today* programme. Attracting



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What 'good' looks like for children

The DCP Faculty for Children, Young People and their Families (CYPF) is set to launch comprehensive guidance on psychological services for children and young people. This work comes in response to the Department of Health's Future in Mind report, published earlier in the year, which heralded a new direction in the provision of services to support the psychological wellbeing and mental health of children, young people and their families. It was also prompted by Department for Education plans, announced at the same time, to promote and support mental health in schools.

The Division's report, *What Good Looks Like in Psychological Services for Children, Young People and their Families*, is featured in The Child & Family Clinical Psychology Review No 3, and gives guidance on the provision of good quality psychological services and the roles that clinical psychologists can play in those services.

The review begins with an overview of issues in all psychological service provision along with a paper on the role of clinical psychologists and workforce issues. The second part comprises a set of papers that outline specific issues within a range of settings where psychological



This work comes in response to the Department of Health's Future in Mind report

services should make a major contribution; for example, it includes work on delivering services to those in inpatient care, children and young people in the criminal justice system, and those with learning disabilities.

Chair of the CYPF, Julia Faulconbridge, said the contents of the review would be of interest to anyone who has a professional or personal interest in the psychological wellbeing of children and young people and the families and organisations that support them. She added: 'In particular, it will be of value to policymakers, commissioners and providers who wish to better understand what a good psychological service can look like and to implement that knowledge to improve the lives of our children and young people. It is also intended to provide a blueprint to help regulators like the Care Quality Commission and Ofsted to make judgements about the quality of services and organisations that they are inspecting.'

Sarah Brennan, Chief Executive, YoungMinds, wrote in the review foreword: 'This should be essential reading for everyone remotely connected to funding, providing or advising children and young people's mental health services.' **ER**

I The publication will be available from the BPS Shop and on the Faculty website. The CYPF's annual conference will be held on 6-7 October at the Crowne Plaza Hotel near Birmingham's NEC. For further information see tinyurl.com/ppjdcfh

the attention of the media, and through them, the public, is so important in informing them what we do, what we work on, what we have expertise about and what we have to offer. There really shouldn't be a need for people to say, 'Tell me. What is the difference between a psychologist and a psychiatrist?', they should just know. (Besides, if I'm ever asked the question, I always just say, mischievously, 'Several thousand pounds a year, actually and we have to buy all our own mugs, pens and post-its too.' – The latter not being true for all of us who go to BPS conferences!)

Lastly, maximising the impact of psychology on public policy. We do this through our publications, of course, and through organisations such as the

"our research publications and our journals have a well-deserved international reputation"

Parliamentary Office of Science and Technology. We have a Policy and Communications team in Leicester, who do an excellent job of horizon scanning and supporting our communications, but public policy is an ever-more complex area

nowadays, with Europe, Westminster, and the devolved parliaments and assemblies. Our national Branches, together with our retained PR and policy consultants all play a very considerable role in linking in with, and informing and influencing decisions made in, the Scottish Parliament and the Welsh and Northern Ireland Assemblies and we shall almost certainly need to consider a similar function for England at some stage in the future.

As far as the Westminster government is concerned, I already have meetings with

members of both Houses of Parliament in the diary, I'm due to attend and speak at a number of events in the Commons and the Lords and the Presidential and Policy Teams will also be busy attending the three main Westminster party conferences.

And we can impact policy in other ways too. I was proud, as a clinical psychologist, to join several colleagues 'Walking the Talk' from Leicester to London, and the event, even though it was not an official BPS event, attracted significant media attention in the airwaves and in the broadsheet and tabloid press alike.

Psychology, and our Society, has a lot to say so thank you for playing your part by organising or speaking at conferences or other events, by publishing, by speaking to or on the media, by engaging with policymakers. And, if you're not involved yet, please think about how you can be. There's lots to do.

Together we can!



Calling all psychology postgraduates – PsyPAG is here to support you!

The Psychology Postgraduate Affairs Group (PsyPAG) is a non-profit organisation dedicated to providing opportunities, representation and support to all psychology postgraduates based in the UK. Funded by the Research Board of the British Psychological Society, PsyPAG is run on a voluntary basis by postgraduates for postgraduates. All postgraduate psychology students assume automatic membership if they are enrolled on a relevant course. This year marks our 30th anniversary and we are keen to continue supporting postgraduates through a variety of ways. Here we have provided a brief outline of how PsyPAG can benefit you during your studies, and how you can get involved.

PsyPAG Representatives: Our representatives sit across all BPS Divisions, Sections and Branches to ensure the postgraduate voice is heard across the Society. We regularly host stands at BPS Conferences, including December's Psychology4Graduates event in London (2 December). Our Core Committee manages the work of PsyPAG, comprising of our Chair, Vice Chair, Treasurer, Communications Officer and Information Officer. Please check our website for current vacancies and contact details for all of our reps www.psypag.co.uk.

New for 2015: PsyPAG book – *A Guide for Psychology Postgraduates: Surviving Postgraduate Study*. This month we release our first book to celebrate our 30th anniversary year. This is available free of charge via hard copies sent to UK postgraduate psychology departments and via our website. It provides guidance

on research skills, as well as social and practical support. It contains both newly commissioned articles and recent *Quarterly* articles from current postgraduates and distinguished alumni.

PsyPAG Quarterly: Our peer-reviewed journal is circulated free to psychology departments in the UK, as well as via our website. Articles range from original research and expert interviews to top tips and reviews. We always welcome new submissions! We have recently completed an archive of our past issues over the last 30 years which will be released shortly. If you would like to submit an article or find out more information, please contact the PsyPAG Quarterly team at quarterly@psypag.co.uk or @PsyPAGQuarterly (Twitter).

Bursaries: PsyPAG awards a number of bursaries to help psychology postgraduates attend conferences and other events, both at home and abroad. These can help fund domestic (up to £100) and international conferences (up to £300), travel (up to £50), workshop and training (up to

£100) and study visits (up to £200). We also offer Research Grant Bursaries of up to £300 that can help support postgraduates with their research. We have three rounds of bursaries each year, with deadlines in February, June and October. All bursaries involve a full application process and assessment by an awarding team.

Awards: We offer three annual awards offering cash prizes and other benefits. Our Rising Researcher Award is for outstanding PhD research, our Masters Awards for an outstanding master's project and our DART-P Teaching Award. These are all highly competitive and would make a great addition to your CV.

PsyPAG Annual Conference: We hold an annual conference each July, hosted by an institution of a committee member. Our 2015 conference at University of Glasgow, celebrating our 30th anniversary, was our biggest yet with over 200 delegates. We run a yearly bursary scheme for this event. You can read about this year's conference in last month's

issue of *The Psychologist*.

Workshops: We offer funds for students to organise workshop events suitable for postgraduate students. Past funded workshops include MatLab, Motivational Speaking and Teaching Skills amongst many others. We have three rounds each year, with deadlines in February, June and October.

JISC mailing list: This e-mail list is a great resource to recruit participants, ask for statistical advice, find out about training opportunities plus job and studentship advertisements. The list offers a supportive platform for postgraduates across the UK. Subscribe at: www.jiscmail.ac.uk/cgi-bin/webadmin?A0=psych-postgrads

Please spread the word about PsyPAG and the support we offer. If you have any questions about PsyPAG, please contact Chair Emma Norris at chair@psypag.co.uk, visit our website at www.psypag.co.uk or our social media channels @PsyPAG (Twitter) and PsyPAG (Facebook).

SOCIETY NOTICES

'Psychology Heaven and Hell' Research Digest blog 10th anniversary event, London, 9 December 2015 See p.799

BPS Annual Conference, Nottingham, April 2016 See p.i

5th European Coaching Psychology Conference, London, December See p.823

BPS conferences and events See p.827

CPD workshops 2015 See p.828

'Childhood sexual abuse – Impact and interventions' event, Edinburgh, October 2015 See p.829

Psychology in the Pub (South West of England Branch) See p.830

History of Psychology Centre 'Stories of Psychology' symposium, London, 14 October 2015 See p.832

Division of Educational & Child Psychology Annual Conference and TEP Day, London, January 2016 See p.834

Division of Clinical Psychology Faculty of Psychosis & Complex Mental Health, 'Understanding psychosis' conference, London, 11 November See p.837



The British Psychological Society
Conferences & Events

Organised by BPS Conferences

BPS conferences are committed to ensuring value for money, careful budgeting and sustainability

2015

Division of Health Psychology	16–18 September	Radisson Blu Portman, London	www.bps.org.uk/dhp2015
Children and Young People	6–7 October	Crowne Plaza Birmingham NEC	www.bps.org.uk/cyp2015
Psychology4Students	19 November	Mercure, Sheffield	www.bps.org.uk/p4s2015
Psychology4Students	1 December	Friends Meeting House, Euston, London	www.bps.org.uk/p4s2015
Psychology4Graduates	2 December	Friends Meeting House, Euston, London	www.bps.org.uk/p4g2015
Division of Clinical Psychology	2–4 December	Radisson Blu Portman, London	www.bps.org.uk/dcp2015
Division of Sport and Exercise Psychology	14–15 December	The Queens Hotel, Leeds	www.bps.org.uk/dsep2015

2016

Division of Occupational Psychology	6–8 January	East Midlands Conference Centre, Notts	www.bps.org.uk/dop2016
Annual Conference	26–28 April	East Midlands Conference Centre, Notts	www.bps.org.uk/ac2016

Piaget, Rawlings, Spearman, and Myers all left something to Psychology ...

What will you leave?

A lasting contribution

The British Psychological Society is the representative body for psychology and psychologists in the UK. Formed in 1901, it now has approximately 45,000 members.

By its Royal Charter, the Society is charged with national responsibility for the development, promotion and application of pure and applied psychology for the public good, and with promoting the efficiency and usefulness of Society members by maintaining a high standard of professional education and knowledge.

With your help the Society works to:

- To encourage the development of psychology as a scientific discipline and an applied profession;
- To raise standards of training and practice in the application of psychology;
- To raise public awareness of psychology and increase the influence of psychological practice in society.

By including us in your will you can help ensure the future of your discipline in the years to come by continuing to support the Society.



The British Psychological Society

For more information on how to leave a legacy please contact Russell Hobbs, Finance Director at russell.hobbs@bps.org.uk or call him on 0116 252 9540.

