The 2010 cohort

The latest admissions news by Admissions Tutor, Anna Daiches

Although for some the 11th June was simply the 162nd day of the year, and for others a chance to mourn the passing of The Duke, for the admissions team it was the culmination of our intensive quest to select that elite band of individuals that will, from here on in, be known as the 2010 cohort.

The 11th June was the last day for candidates to let us know whether they would be taking up the offer of a place on the Lancaster Course, and in the annual game of strategy where the movement of reserve lists is monitored like the stock exchange, the decision making went down to the wire, with our last candidate accepting a place late afternoon.

For the admissions team the selections process is not just about identifying the applicants who will flourish in the context of the Lancaster course, it is also about making them believe that Lancaster would be the best place for them to undertake their clinical psychology training. We seem to be succeeding as only two people declined the offer of a place this year.

Some would argue that we achieved this through psychological trickery, making the path to Lancaster so arduous (two written tasks!) that candidates are fooled into believing that it must be worth it. "Not so!" say the admissions team, as we argue that the main attractions to Lancaster are our friendly and respectful approach to selection, coupled with a course culture which fosters the development of ethical, effective and independent clinicians/researchers.

So what does the future hold for the 2010 cohort? Without a crystal ball to guide us we can but look to the context of their arrival at Lancaster to give us clues as to the unique path of this particular group of 24. Is it significant that they begin their training in both the International Year of Youth and the International Year of Biodiversity? Will some talented individual demonstrate the link between tending an organic vegetable patch and increased self esteem in troubled teens? Or will the fact that 2010 is the year of the most recorded earthquakes on the planet point to the seismic contribution of these trainees to the profession of clinical psychology? Or will the curious fact that, for the first time in our history, we are welcoming three trainees named Peter on to the course become the defining feature of this cohort? Only time will tell.

In September we will officially welcome the 2010 cohort to Lancaster but before that we will offer them the chance for one of the current trainees to become their ‘buddy’ and hopefully make the big step of starting training seem a little less daunting. However, we must offer one small word of caution to any of the new trainees accepting advice and support from a member of the 2008 intake as 2008 was the International Year of the Potato. We are not sure if that is significant - just thought we should mention it.

July 2010

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The willingness of staff of the Lancaster Doctorate in Clinical Psychology course to involve former patients, carers, and members of the public in the development of the programme has been revelatory! Patient and Public Involvement in health and social care (PPI), promoted by the Government, is becoming increasingly embedded in the fabric of service provision, innovation and research but too often the principle has been ill-served by senior professionals reluctant to accept its values and who have adopted a tokenistic approach at best.

In contrast, members of LUPIN have been warmly welcomed and invited to contribute suggestions and advice on all aspects of the programme. We feel that our views matter to the course team and that we are in a position to make a difference. Certainly as a founder member of the group this is my personal experience. The relationships that are developing with current trainees also seem important but in rather indefinable ways. The courtesy and respect we are shown binds us together and to the university and increases the responsibility we feel to commit to continued improvement of the programme.

Perhaps the group’s most notable success to date is in effecting change in the selection of candidates by introducing the Group Task. If we can improve the calibre of entrants to the profession this is a fundamental way of improving subsequent service provision. There is a great deal more that this heterogeneous assemblage of people can contribute. Already we have made some incursions into the formal teaching programme and we look forward to extending this role and also contributing to research projects and placement activities. In order to be most effective we must ensure succession to the group - and this may be our greatest future challenge.
told, yes, subject to the changes, I am actually going to be awarded a Doctorate in Clinical Psychology!! I have survived (and maybe even enjoyed?) the dreaded viva and yes, it was all totally worth it. Now, to find a job...!!

Requests to participate in trainees' research projects
by Laura Golding, Clinical Director

Every year, we receive a number of requests from trainee clinical psychologists who are carrying out research projects to circulate materials (such as questionnaires) to supervisors associated with the programme. The trainees concerned may be on this programme, or Manchester or Liverpool, or may be training elsewhere within the UK. We generally like to support these requests and forward them on to our supervisors. We have had no concerns about their clinical relevance and ethical status, since this will have been checked by their home programme. We have also ensured that the individual trainee takes full responsibility for liaising with participants. Our only concern has been that we are contributing to potentially overloading busy clinicians by enabling the individual to contact the supervisor.

Although we have no evidence that this is the case we are aware of the potential, especially since the number of requests has increased in recent years. In itself this may be an indicator of very interesting research into psychological processes involved in aspects of supervision. The training programmes at Lancaster, Liverpool and Manchester have discussed this issue. We feel that a consistent position is important because you may supervise for trainees from more than one programme. We intend to continue to circulate these requests unless we hear otherwise from you and would welcome your views on this matter.

Upcoming Events
Research Events

Research Seminars:

Title: Motivational concomitants of ruminative thought and psychological distress: A personal strivings analysis
Speaker: Dr. Nick Moberly, University of Exeter
Date: 16/09/10

Title: Developing self compassion: Easier said than done. Compassion focussed therapy and compassionate mind training.
Speaker: Dr. Mary Welford, Greater Manchester West Mental Health NHS Foundation Trust
Date: 09/12/10

Title: Developing new psychological approaches to chronic pain syndrome
Speaker: Dr. Nicole Tang, Kings College London
Date: 28/02/11

Title: Conceptualising the links between recovery and therapy processes in psychosis
Speaker: Dr. Sarah Dilks, South London and Maudsley NHS Foundation Trust
Date: 06/06/11

Everyone is very welcome to attend. The seminars will be held at Lancaster University- rooms to be announced.
Workshops

PPR (Placement Presentation and Report) Refresher Training
Date: 14/07/10
Venue: Preston Marriott Hotel

For further details, contact Jen Whitfield at j.whitfield@lancaster.ac.uk or on 01524 592972.

LUPIN Meetings

Steering Group Meetings
Date: 04/08/10 (2pm-4pm)
Date: 22/09/10 (11am-1pm)
Date: 09/12/10 (11am-1pm)

Learning Resource Meetings
Date: 04/08/10 (11am-1pm)
Date: 13/10/10 (11am-1pm))
Date: 27/01/11 (1pm-3pm)

Selections Subgroup Meetings
Date: 13/10/10 (2pm-4pm)

All meetings are held at the Hindu Gujarat Centre, Preston, unless stated otherwise. For further details, contact Jen Whitfield at j.whitfield@lancaster.ac.uk or on 01524 592972.