Innovations in Health Psychology
Celebrating 21 years of Health Psychology at NUI Galway

8th June 2015

Spotlight on Health Psychology
Practice in Ireland

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On behalf of the Psychological Society of Ireland Division of Health Psychology Working Group on Practitioner Training in Health Psychology in Ireland
What do health psychologists do?

‘Experts in applying psychological knowledge to design tailored chronic disease self-management interventions, to promote health behaviour change interventions, to inform configuration of health services systems and to inform health policy’

BPS, Guide for GPs and Public Health Practitioners
Health Psychology – a brief history

1994
MSc in Health Psychology at NUI Galway

2002
PSI DHP established

2009
PSI guidelines for academic programmes in Health Psychology

2010
NUI Galway MSc PSI accredited, backdated to 2007

2013
PSI DHP working group on practitioner training established

2014
Practitioner training guidelines submitted to PSI for ratification
PSI DHP Working Group on Guidelines for Practitioner Training in Health Psychology

• Members: Molly Byrne (Chair), Suzanne Allen, Phillipa Coughlan, Catherine Darker, Frank Doyle

• Submitted Draft Guidelines to PSI Council Dec 2014 – initial feedback:
  – Need to demonstrate further engagement with key stakeholders and future employers
  – Potential need to increase clinical placement time, depending on employer feedback?
Structure of Health Psychology Training

STAGE 1:
MSc in Health Psychology

STAGE 2:
Health Psychology Practitioner Training
Structure of Health Psychology Training

STAGE 2:
Health Psychology Practitioner Training
Core Competencies

1) Generic Professional
2) Health Psychology Interventions
3) Research
4) Consultancy
5) Teaching and Training
STAGE 2:
Health Psychology Practitioner Training
Minimum Requirements

1) 2 years structured supervised practice
2) 1 primary supervisor and additional workplace supervisors as needed
3) At least 2 distinct settings
4) At least 2 different client types
5) 140 hours client contact time
Primary Care
Direct work with patients in adjusting to chronic illness and improving adherence

University Setting
A systematic review of smoking cessation interventions

Hospital Settings
Support self-management in people with diabetes

Public Health Services
Improve uptake of public health screening programmes

Policy
Advise government bodies on evidence-based alcohol policy
Who are our key stakeholders...?
Overweight and obesity I Smoking I Alcohol and drugs I Exercise and sedentary behaviour I Screening
Disease prevention and disease management

Provision of integrated health services that are focused on prevention and returning individuals to health and a better quality of life

Evidence based disease management programmes

Encourage patients actively participating in managing their conditions
The future of health psychology?

• Current confusion about the current and future roles of health psychologists?
  – Health – 140 hours v Clinical/Counselling /Educational – 70-200 days (in several environments)?

• What do stakeholders want?
  – Will this contrast with current (BPS-based) guidelines?
  – In what settings can we make most initial impact?

• Supervision?