Welcome to the DHP Winter Newsletter. Since taking on the role of Chair I have been learning very quickly about all the different demands and responsibilities that come with the job. There are a lot of meetings and committees to attend. I have attended the General Assembly, joined the Research and the Professional Practice Boards and have commented on and sought comments on a variety of consultation documents. I have also delivered the petition concerning the Stage 2 fee increase that we ran at the annual DHP conference and will keep you informed of any further developments.

Under the able leadership of Dr. Triece Turnbull (our DHP conference Chair) we have a team who are already hard at work collaborating with the EHPS on the joint EHPS/DHP conference to be held in Aberdeen (24-27 Aug 2016) and we very much look forward to seeing you there.

I have met with the Chairs of the Devolved Nations DHP Committee’s and very much look forward to working with them over the next couple of years. I am also developing links with the Chairs of other BPS Divisions who have been very welcoming; we want to work together to make our respective Divisions stronger. And of course, I am also working towards the goals I set when I was elected to promote health psychology and all it has to offer.

Finally, one of the biggest challenges for the DHP Committee is fitting our voluntary DHP-related work in around our personal lives and our paid jobs. This is not always easy but your committee is a very dedicated bunch. It is worth flagging up that there will be times when we as a committee need to call on you, our members, to help with specific projects. We sincerely hope that you will be willing to work with us, to ensure that as a committee we continue to work towards our strategic aims and in so doing, further develop our profession.

Should you wish to contact me about any of the above, please do not hesitate to do so: chairdhp@bps.org.uk

Karen Rodham
Chair of DHP, Professor of Health Psychology
Capturing the Essence of Health Psychology Winner

We asked health psychology practitioners, academics and trainees to have a go at capturing the essence of health psychology in an image they created, accompanied by no more than 150 words. We received 9 entries which were reviewed by an independent panel; all entries were turned into postcards that were available at the DHP conference. Congratulations to Dr. Amy Burton whose winning entry can be seen below.

Lifelong Health & Wellbeing

Health psychology is all about keeping people healthy and happy across the lifespan.

Health psychologists are interested in physical and mental health and the link between what we think, how we feel, and how we behave.

Health psychologists are interested in children, adults and older people and work to promote and maintain people’s health and wellbeing.

For example, some health psychologists research the best ways to promote healthy behaviour such as eating a healthy diet, restricting alcohol intake, or taking up exercise.

Other health psychologists work in health care settings helping people to cope with and manage stress and the impact of ill health.

Additionally, health psychologists work to train health care professionals to communicate with patients and be flexible to their patients’ needs.

Overall, health psychology seeks to research, promote, maintain and improve health and wellbeing for everyone from birth to the end of life.
DHP 2015 Conference overview held in London at the Blu Radisson Hotel

The 2015 conference was one of our best attended, especially by students, we look forward to building on the success in 2017 where the DHP conference will be held in Wales.

In a new initiative for the DHP Annual Conference, Dr Vincent Deary gave a live expert webinar. His talk used a clinical case to demonstrate that in order to understand and intervene in someone’s life, health psychologists need to work in a truly multidisciplinary way. You can see the video here.

We need to talk about Anne: Towards a multidisciplinary understanding of human suffering.

Excellent Key Note speeches were given by:
Professor Peter Gollwitzer and Professor Gabriele Oettingen, New York University gave a joint keynote on The self-regulation of health behaviour

Professor Rob Horne
UCL School of Pharmacy / Director, Centre for Behavioural Medicine
Health Psychology: The missing link between pharmaceutical innovation and health improvement?

Professor Lance McCracken
King’s College London
Psychological Flexibility and the Science of Openness, Awareness, and Engagement in Chronic Pain

We also introduced a new session called ‘Meet the Chair, where delegates were given the opportunity to meet with Professor Karen Rodham the new DHP Chair and ask questions, this was very popular and received very positive feedback.

DHP Outstanding Contribution to Research Award 2015
Professor Rona Moss-Morris

Rona Moss-Morris, Professor of Psychology as Applied to Medicine, at the Institute of Psychiatry, Psychology and Neuroscience, King’s College London was awarded the Outstanding Contribution to Research Award. Her research focuses on models that help the conceptualisation and treatment of conditions characterised by persistent physical symptoms (e.g. chronic fatigue syndrome and irritable bowel syndrome). She also explores models of symptom experience and adjustment to long term conditions with a focus on multiple sclerosis. These models are used to develop CBT-based self-management interventions, with the final stage of this work assessing the clinical and cost-effectiveness of these in large randomised controlled trials. She has also been instrumental in the development of the Illness Perception Questionnaire Revised (IPQ-Revised).

DHP Early Career Researcher Award 2015
Dr Hayley McBain

Dr McBain has close links with local NHS Trusts and to date, she has been an author on 31 peer-reviewed papers, has co-authored 3 book chapters, and presented at numerous conferences. She has both independently and as part of wider teams, successfully secured a number of research grants from different channels, including charities, universities and the NIHR. Dr McBain also holds current teaching and supervisory responsibilities at City University London.

Petition concerning the raising of Stage 2 Fees

Many of you will be aware that we ran a petition at the DHP Annual conference expressing our concern and dismay over the raising of Stage 2 fees. This petition and an accompanying letter were sent to the BPS President who responded swiftly. In his letter he highlighted:

- The response from Jane Smith (BPS Director of Qualifications and Standards) that had been published in The Psychologist (May 2015, vol 28).
- That the Trustees were asked to re-consider the policy of requiring qualifications to be self-supporting, but decided that qualifications were offered as an individual member service, and as such it would not be within the Society’s charitable objectives to subsidies them from other sources of income.
- That for those with financial difficulties, the Society can, and does, offer significant discounts on fees, taking individual circumstances into account.
- That the new system is more streamlined, less bureaucratic and frees up Society staff who can focus on improving the service offered to candidates (e.g. in providing supervisor and candidate workshops, providing access to academic resources through University of London Senate House Library)
- That the whole fee can now be funded by a Professional and Career Development Loan.

We also raised concerns about the process of consultation and communication. The BPS is
content that BPS officers a) consulted through the appropriate qualifications governance structure, and b) communicated the change with the requisite 3 months’ notice. He recognised that the level of the fee was not consulted upon – but explained that this was because it was a Trustees decision.

We at the DHP will keep this matter under review and welcome your thoughts on this. dhp@bps.org.uk

Call for DHP members to run a CPD workshop!

The DHP’s CPD subcommittee does not teach the workshops – you do! We are looking for DHP members to step forward to propose workshops for health psychologists. Each submission is peer-reviewed for quality and we select which to run in the coming year on the basis of quality and demand – if it runs, the facilitator(s) receive a fee plus expenses. Our online survey of DHP members last year suggests that there is a demand for CPD events focusing on both in both practice and research. Since most of our workshops to date relate to practice, we are particularly interested in workshops of interest to researchers.

If you’d like to consider putting such an event forward for the call, please contact the BPS Professional Development Centre at learningcentre@bps.org.uk

Dr. Francis Quinn, CPsychol
Chair of CPD subcommittee

Consultations update

If you would like further information please see the webpage on the DHP website.
http://www.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology/consultations

2016 EHPS and DHP joint conference

We are looking forward to the joint EHPS/DHP conference which will be held in Aberdeen on the 23-27th August 2016. Abstract submissions are due by 14th of February 2016 at midnight. We will be sending regular updates about the conference over the coming months and the DHP webpages will be updated as new information comes in.


Figure for 15/09/14 - 14/09/15

| Consultation calls sent to the BPS | 50 |
| Consultations with DHP contribution | 14 |
| Consultations with DHP lead | 2 |
| No. of DHP members involved in consultations | 12 |
| Any outcomes released? | 1 |

If you would like further information please see the webpage on the DHP website.

http://www.bps.org.uk/networks-and-communities/member-microsite/division-health-psychology/consultations

**Consultations update**

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