**CAAP Training placement experience in NHS Orkney**

**Placement** **Base**:

Address:

Psychological Therapies Service
The Balfour, NHS Orkney
Lower CSB
Foreland Road
Kirkwall,
KW15 1NZ

### There is one MSc trainee placement available in Orkney.

The Trainee in Orkney will be based in the Psychological Therapies Service which consists of 4 Psychologists, 2 qualified Adult Clinical Associate in Applied Psychology (CAAPs) and 1 CAMHS CAAP; 1 CAAP trainee; 1 Health Psychologist, and 1 Administrator. The trainee will have access to a desk, computer, secretarial support, treatment room, and access to Psychology colleagues.

**Telephone**: 01856-888268

**Supervisor(s)**: Emma Morley (CAAP), Suzanne Roos (Consultant Psychologist)

**Context**

An exciting, full-time placement opportunity is available to a CAAP Trainee to contribute to the provision of the already established general adult Psychological Therapies Service in a remote and rural secondary care setting in NHS Orkney.

The Psychological Therapies Service works closely with the dynamic, busy Community Mental Health Team (CMHT) in Kirkwall, which consists of multidisciplinary members of staff - 1 Psychiatrist; 1 Cognitive-Behavioural Therapy (CBT) trained Occupational Therapist (OT); 1 CBT trained Community Psychiatric Nurse (CPN); , 3 CPNs in the Substance Misuse team, trained in Motivational Interviewing (MI); 1 support worker in the Substance Misuse team, 4 CPNs in the Adult Mental Health; 2 Social workers; 1 Support Workers in AMH; Administration workers; and 3 CPNs in the Older Adults Team.

This placement offers the opportunity to advance your career in an area of outstanding natural beauty. Orkney is a wonderful place to live and work and voted one of the happiest places to live in the UK. Orkney offers very low pollution, very low crime, excellent schools, good leisure facilities, unique wildlife and amazing scenery. To find out more about living and working in Orkney go to: www.orkney.com or watch: <https://www.youtube.com/watch?v=ekYtsSubUJ4>

The Psychological Therapies Service is based in Kirkwall at the new Balfour Hospital. Kirkwall it is the administrative centre of Orkney. Lying off the northern coast of Scotland, between John O’Groats and the Shetland Isles, Orkney is an archipelago of over 70 beautiful islands, 17 of which are inhabited. The total population is approximately 22,000 with most people living on the Mainland. Kirkwall, with its spectacular red sandstone 12th century cathedral, is the capital.

Orkney Islands has an airport just a few minutes from Kirkwall, with numerous daily connections to Edinburgh, Glasgow, Aberdeen and Inverness, so it is no problem to stay connected to the whole of Scotland and beyond. There are also three main vehicle ferry routes to and from Orkney to Aberdeen, Scrabster and Gills Bay.

**Client Groups & Commonly Referred Problems:**

We see people aged 18 and above, with the majority of referrals coming from GPs and CMHT members. These present a wide variety of psychological problems ranging from anxiety, depression, mood disorders, OCD, adjustment disorders, adult survivors of child sexual abuse, prolonged bereavement/grief and personality difficulties.

**Treatment Models:**

The therapeutic orientation of the Psychological Therapies Service is mixed, bringing together a variety of approaches including Cognitive, Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT) and psychotherapeutic models such as Mentalization -Based Therapy (MBT).

**Current expectations of service delivery:**

The will trainee be working mostly from the base at Balfour Hospital in Kirkwall and occasionally from home (depending on service requirements and room availability) and clients will be seen remotely via the Nearme platform and face-to-face, depending on clinical need. Supervision will be delivered remotely on a weekly basis with a few in-person contact sessions with the supervisor in the placement. As the Adult supervisors will not based in the same location as the trainee (although this might change in the future), there will be an identified person on site who is familiar with the process of training and knows the team where the trainee is placed and who has the responsibility for being a local contact for the trainee, if need be.

**Multidisciplinary Experience:**

The Psychological Therapies Service is a relatively new service and there are close professional links with the secondary care professionals in the CMHT.

NHS Orkney also has close professional links with the Managed Clinical Network for Eating Disorders North of Scotland, from Royal Cornhill Hospital, Aberdeen. The Islands Eating Disorder Consultation group, which is a multi-disciplinary group from Orkney, Shetland, Western Isles and Grampian, meet on a monthly basis via video-conferencing.

Supervision for Eye Movement Desensitization and Reprocessing (EMDR) is currently being purchased from an external consultant in the UK.

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**Context**:

Within the wider Mental Health Service, there are a range of specialities including general psychiatry, psychology, older adults, child and adolescent services, addiction services plus posts dedicated to a generic team providing a service to working age adults.

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