

**Public Services Delivery
Scotland**

Psychological Therapies & Interventions for Psychosis

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Applied psychology professional programmes

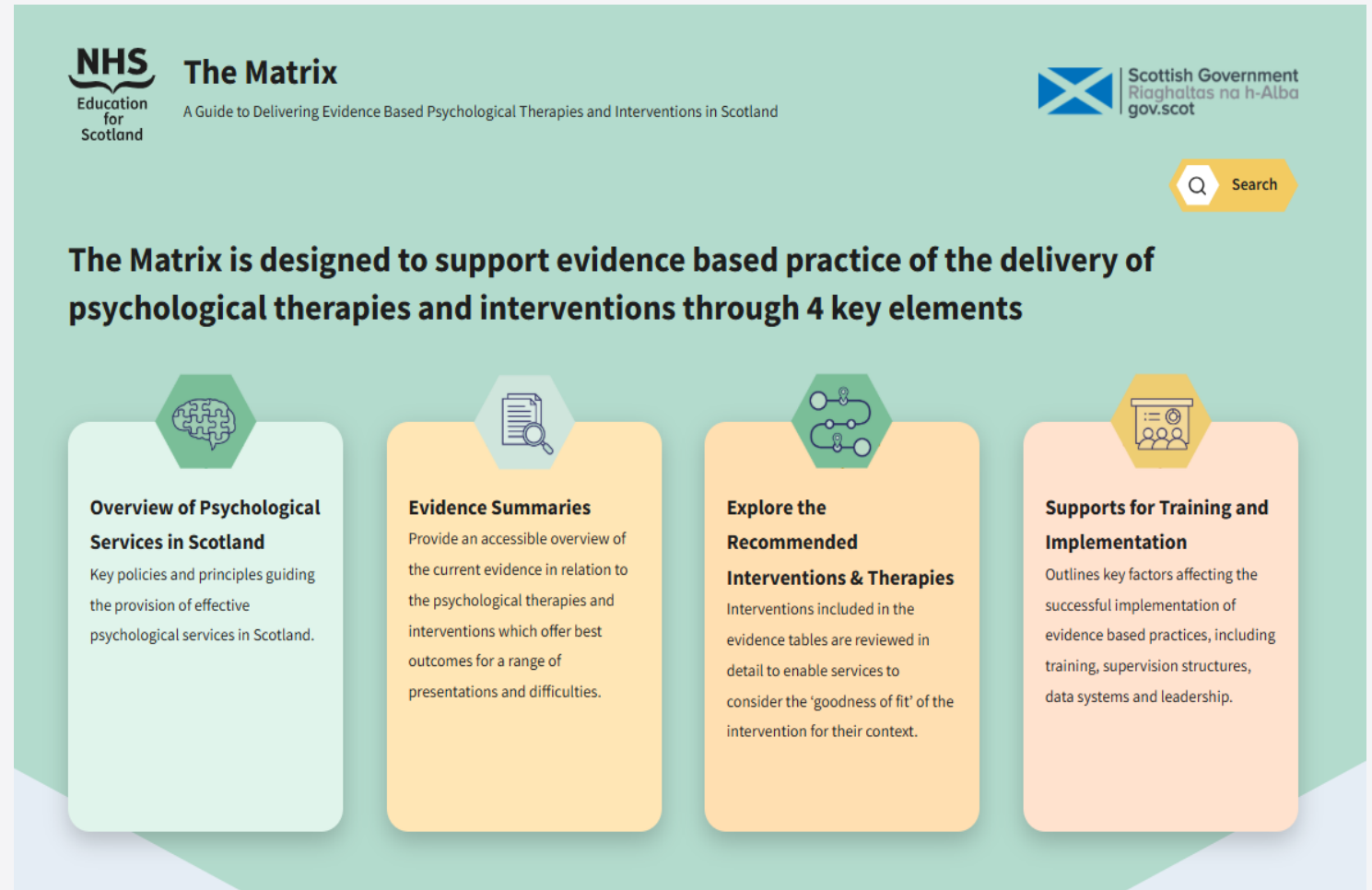
Provide funding in partnership with Health Boards for a variety of training programmes across Scotland including Clinical Psychology, Health Psychology, Clinical Associates in Applied Psychology and Psychological Intervention Assistants.

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Psychological skills for the multidisciplinary workforce

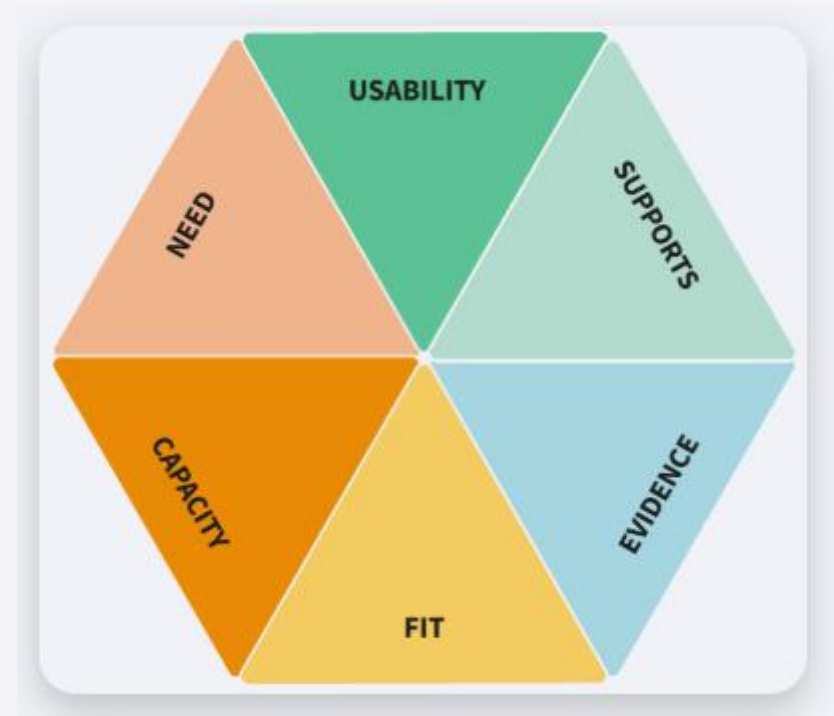
Supporting NHS Boards to improve the psychological care they offer to the Scottish population through the commissioning and delivery of training on specific Psychological Therapies and Interventions as recommended by the Matrix.

- **PSD Scotland** publishes and maintains the **Matrix: Guide to Delivering Evidence-based Psychological Therapies in Scotland**
- Currently, advisory & technical groups are revising the evidence tables for **‘psychosis’**.



The Matrix: Guide to Delivering Evidence-based Psychological Therapies in Scotland

- Aim is to make **Intervention Summaries** available for all evidence based Psychological Therapies included in the Matrix
- Interventions are scored by the Technical Group on their **evidence, usability, supports**
- Guidance is provided for local boards to assess their own **need, capacity** and **fit**





Psychological Therapies & Interventions: Psychosis

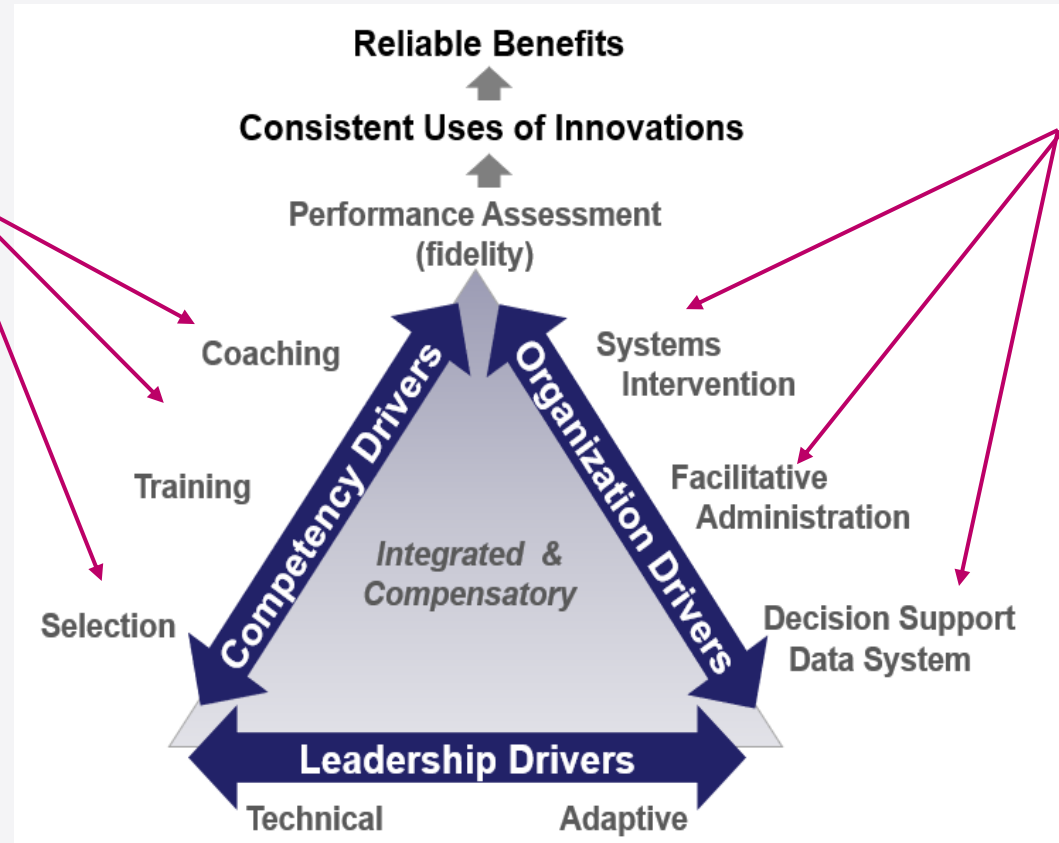
Heading

- We aim to commission, design and deliver education in Psychological Therapies and Interventions for multidisciplinary staff working with adult mental health in line with the recommendations in the Matrix across **specialist, enhanced, skilled**, and **informed** practice levels
- We are committed to providing high quality education and training, based on implementation science, through work-based learning programmes that incorporate **e-learning, interactive skills workshops, coaching** and **assessment of competence**.
- We provide education and training for staff working with **anxiety** and **depression, psychosis, eating disorders**, and **personality disorder** within adult, older adult and forensic mental health settings.

Designing education and training

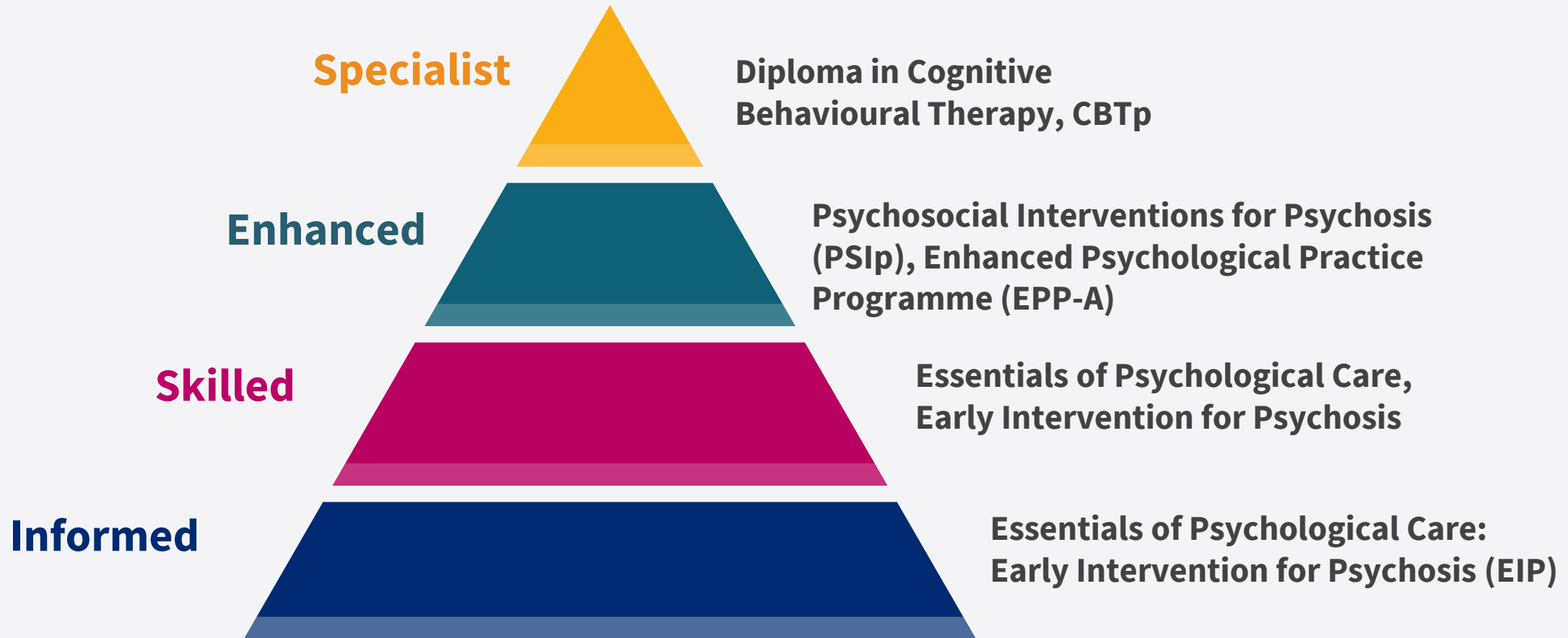
All **PSD Scotland** education and training in psychological therapies and training is designed around competency drivers:

- Selection of staff with pre-requisite knowledge
- Interactive skills training
- Coaching and supervision to support putting into practice



PSD Scotland works closely with local boards to ensure education and training is supported with strong organisational drivers

Psychological therapies and interventions for psychosis



Specialist: Cognitive Behavioural Therapy for Psychosis

PSD Scotland provides 45 CBT education places each year

- Since 2019, local boards have nominated staff to undertake
 - 180 PG Certificate
 - 106 PG Diploma
- 91 staff have completed the PG Certificate, 57 completed the Diploma



Specialist: Cognitive Behavioural Therapy for Psychosis

PSD Scotland Cognitive Therapy for Psychosis programme

- Launched in April 2026
- E-learning module: Key principles of engagement in CBTp, goal setting and treatment targeting, key mechanisms and processes, formulation in CBTp, reducing voice-related distress and impairment, treating delusions, treating negative symptoms, practicing effectively, ethically and safely.
- Interactive workshops (2 days)
- Coaching sessions – 8 x 1 ½ hour sessions



Enhanced: Enhanced Psychological Interventions for Psychosis

Enhanced Psychological Practice programme

PSD Scotland has supported **145 staff** to undertake the Enhanced Psychological Practice Programme.

Placements within the Esteem team in Glasgow

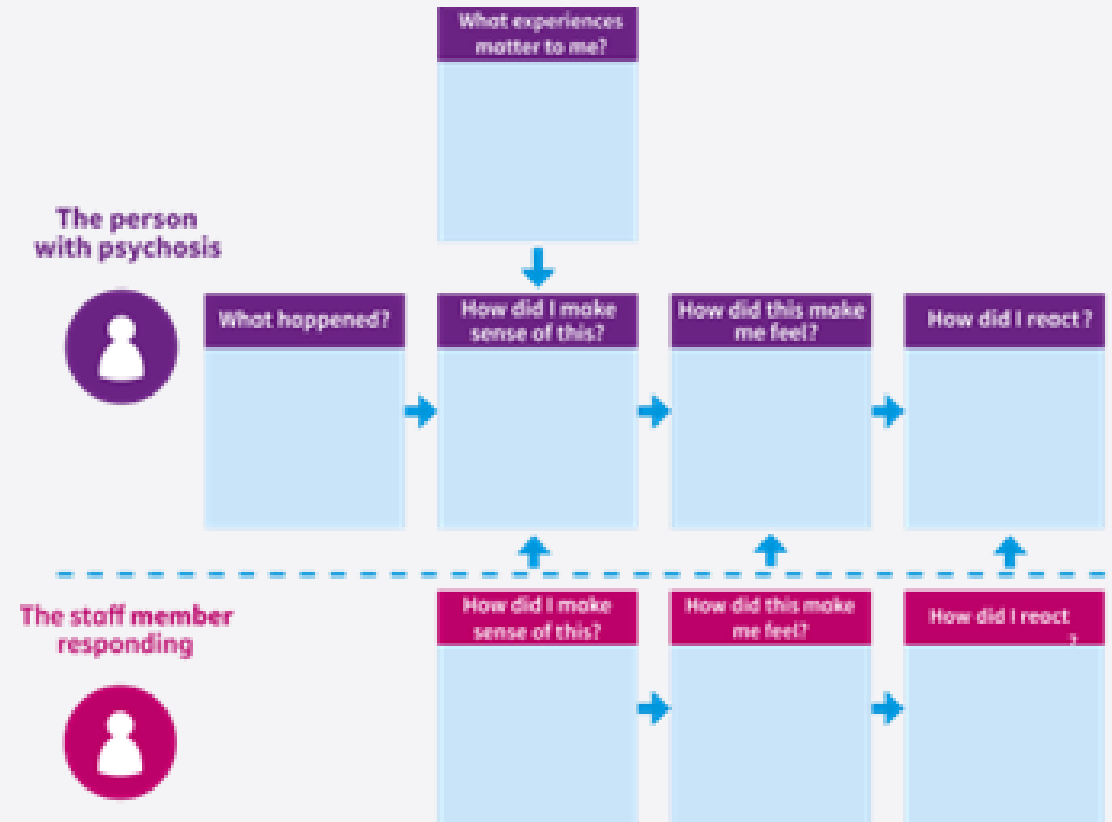
Psychosocial Interventions for Psychosis

A national team of expert trainers provide local training to multidisciplinary staff that encourages staff to engage in collaborative alliances that encapsulate optimism, recovery and hope with people who have experienced psychosis

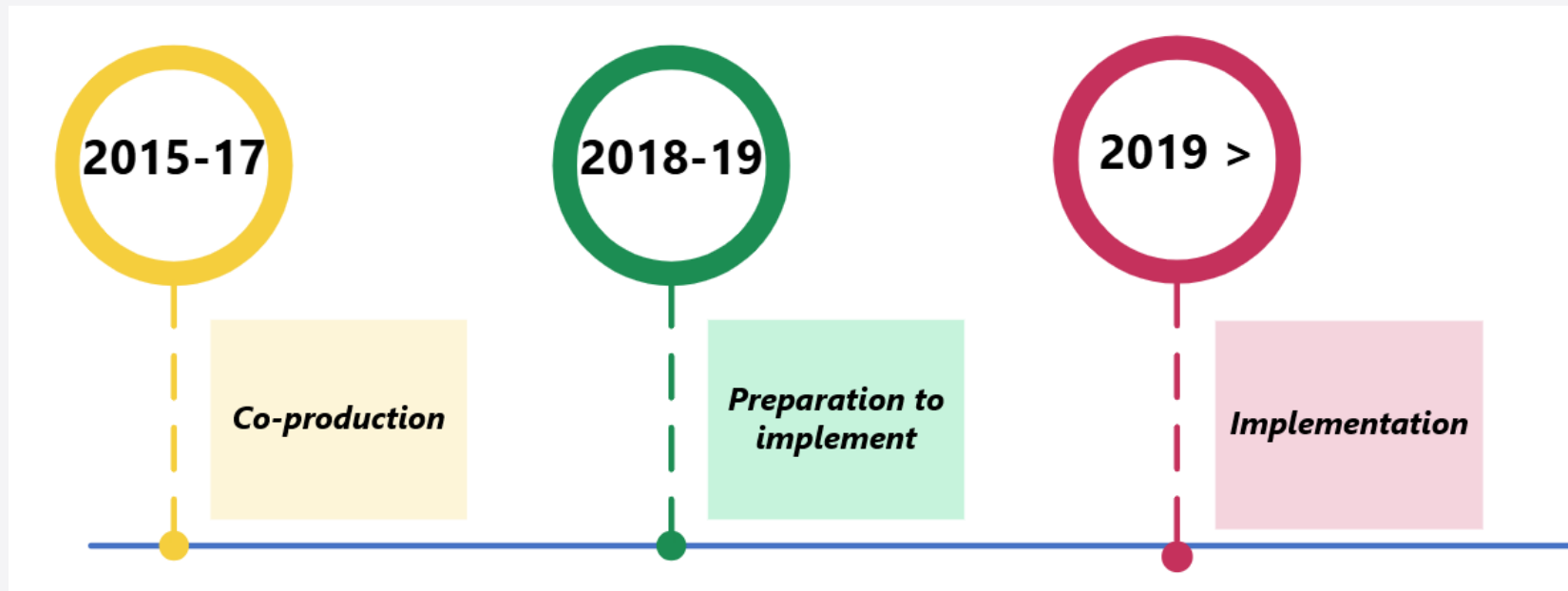
Enhanced: Enhanced Psychological Interventions for Psychosis

By the end of the learning programme, you will be able to:

- Critically reflect on the psychosocial approach to psychosis especially in relation to current mental health services
- Apply the essential factors in **developing and maintaining collaborative alliances** with people who experience psychosis.
- Develop **psychosocial formulations** that enhance a shared understanding of the experience of psychosis, particularly in developing goals, blocks to goals and activities of recovery.
- Apply a normalising approach to de-stigmatise psychotic experiences, enhance engagement and **address threats to collaboration that arise from the risk of relapse**



Enhanced: Enhanced Psychological Interventions for Psychosis



Digital learning programme

- e-learning module
- Workshops
- Clinical materials
- Coaching materials
- Trainer's handbook

Pilot training
Train trainers (experts by experience, in psychological therapy & in target audience)

Local delivery of training in 10 Health Boards
Turas Learning programme
Trainers network



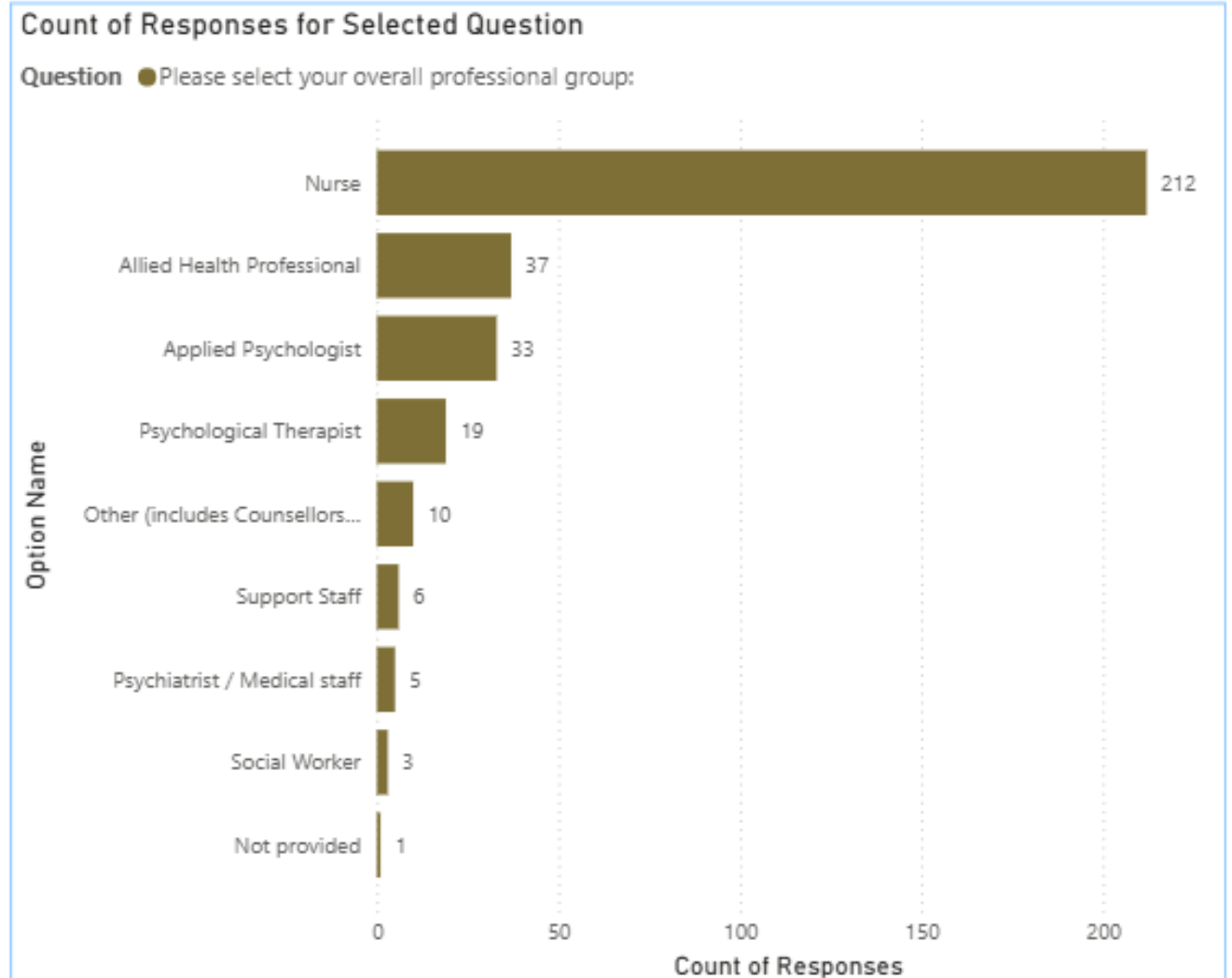
Enhanced: Enhanced Psychological Interventions for Psychosis

Since 2019

- **582** learners are undertaking the learning programme
- **472** learners accessed e-learning, 339 complete (72%)
- **346** offered places at an interactive workshop, 257 attended (74%)
- **96** staff have written reflective reports after their coaching sessions, 68 are 'super users'
- **14** have completed the performance assessment; submitted a case study to their supervisor (3%)

Professional groups

- **Nurses** are the predominant professional group to receive training

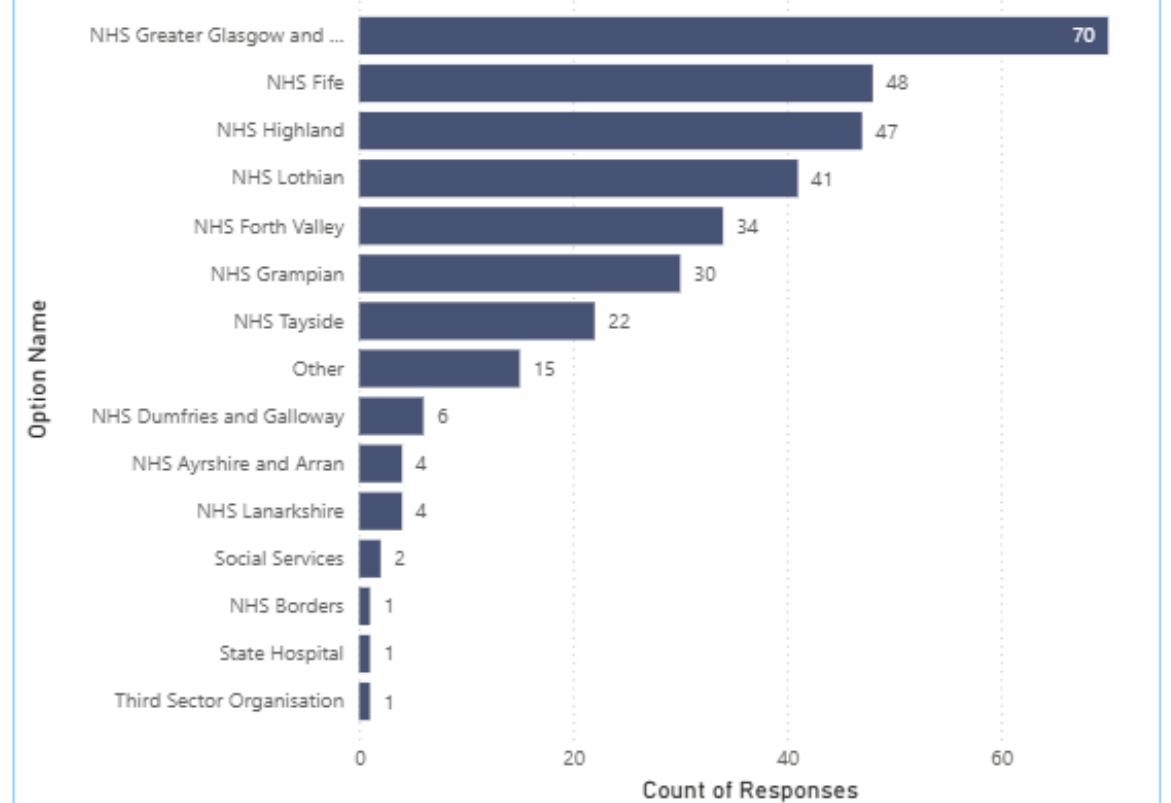


Scottish Health boards

- **6 health boards** actively deliver training to multidisciplinary staff

Count of Responses for Selected Question

Question ● Please select your employing organisation



“We were able to feel that we were being treated as equal. Very much in that situation. So, we weren't sort of shot down, nor did we feel that we were incriminating ourselves by sharing information which, in a sort of therapist situation, we'd probably hold back on”.

Trainer with lived experience

“ *It has given me the confidence to discuss psychosis and an appropriate EBP intervention. It has been great to structure sessions and to have something physical and so structured to guide sessions* ”

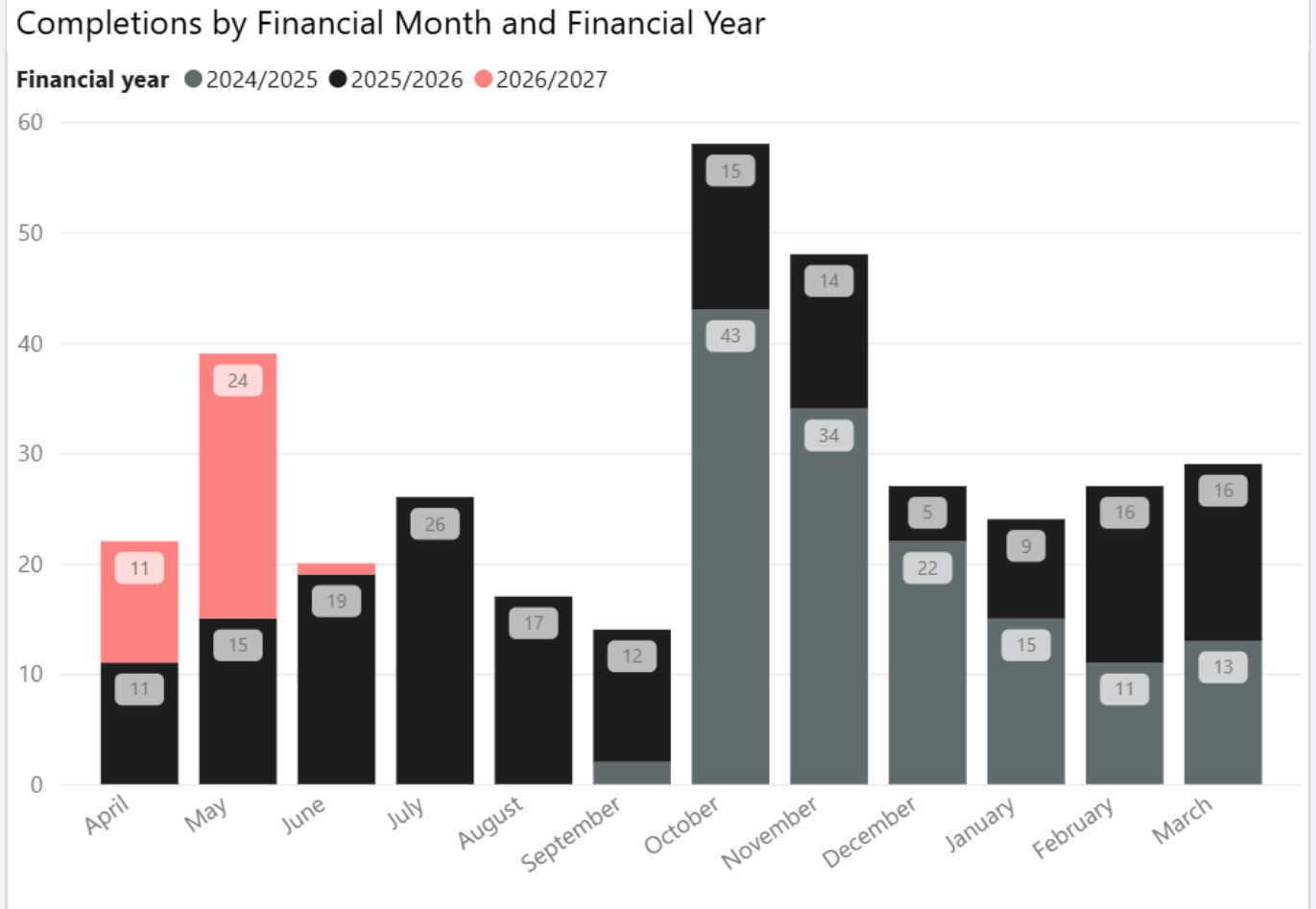
Mental health nurse



Informed - Essentials of Psychological Care

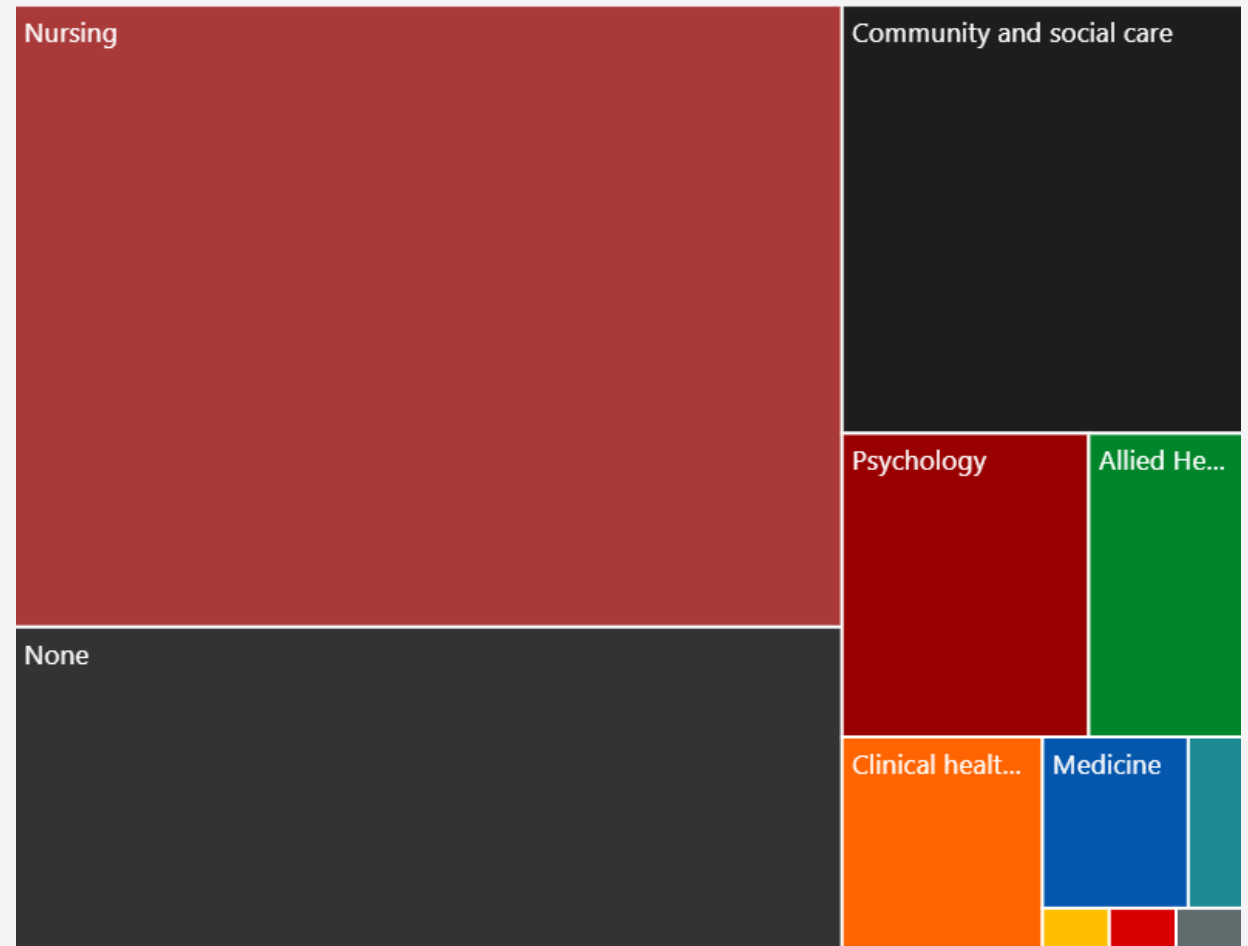
Early Intervention for Psychosis

Since its launch in September 2024, **694 staff** have accessed the e-learning resource on Turas Learn, **374 (54%)** have completed it.



Informed - Essentials of Psychological Care

Nursing is the main group of staff accessing the e-learning module, but it is being accessed by **multidisciplinary groups** of staff.



Informed - Essentials of Psychological Care

Feedback from learners

- *‘Absolutely fantastic training - excellent combination of visual, video, text that presents lots of info in super clear way’*
- *‘Really easy to read and work through. Excellent resource and information detailing the importance of and best practices of Early interventions in psychosis’*
- *‘Great training package that gives a good insight into the impact of first presentation psychosis. Highlighting, the importance of early intervention and the knock-on effect this has for the patient’*
- *Fantastic subject. Quite detailed, perfect for even Paramedics and GP s*
- *‘I think there is insufficient focus here on the key components that prevent relapse (i.e., appropriate medication and use of clozapine and keyworker involvement). Also, inclusion of controversial BPS statements about treatment is unnecessary’*

**Discussion
points**

What education and training would support early intervention for people with psychosis

What are the barriers to accessing education & training in your area?

What would make it easier for you to access education & training?

What would make it easier for you to put your education & training into practice?

This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 275 6000** or email **altformats@nhs.scot** to discuss how we can best meet your requirements.

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Scotland**

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