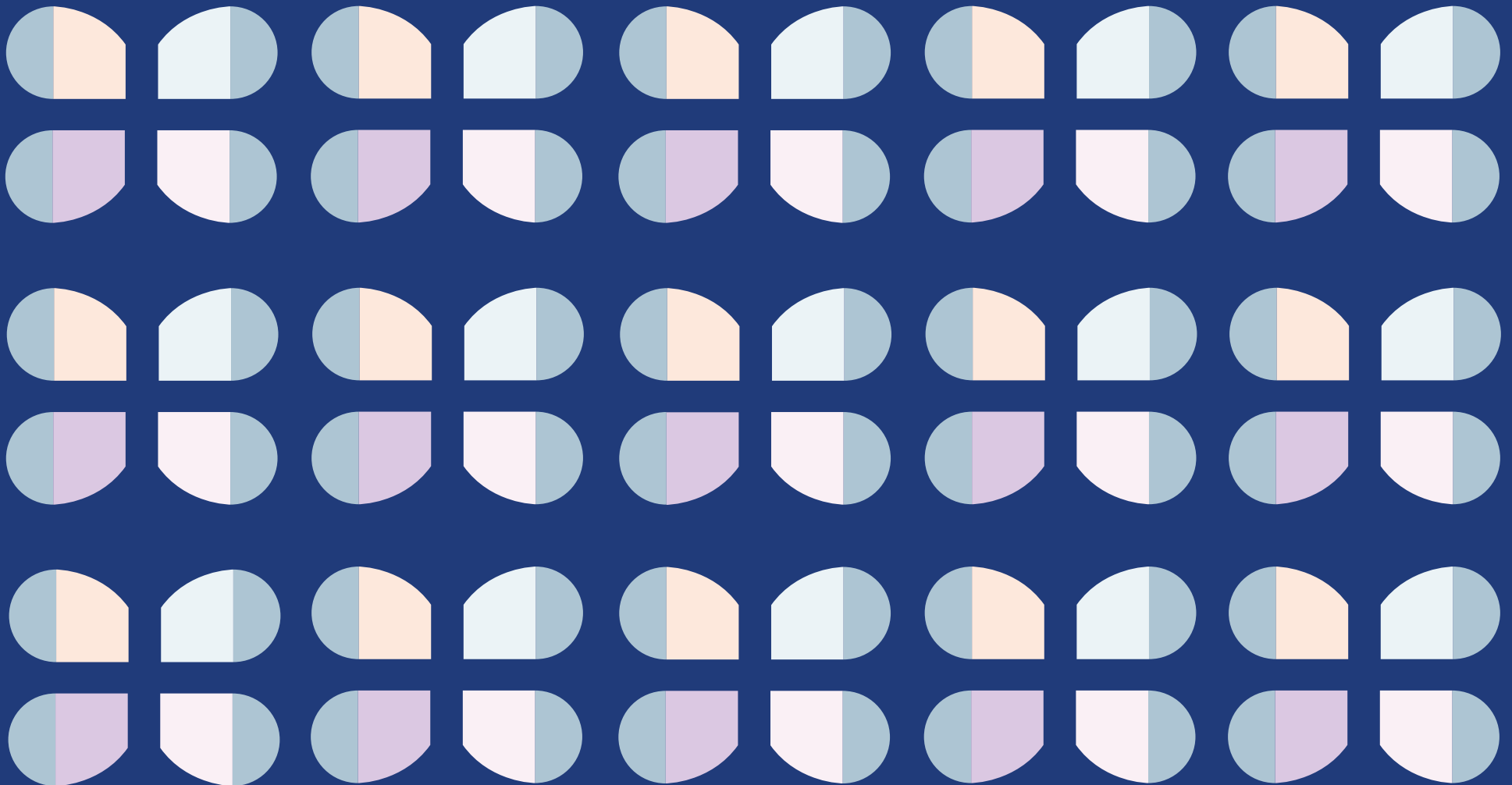


# Training in Psychological Skills: Paediatric Healthcare (TIPS-PH)



## Introduction

---

The Training in Psychological Skills – Paediatric Healthcare (TIPS-PH) programme offers training to increase psychologically informed and skilled practice for all paediatric health and social care staff working with children and young people with long-term physical health conditions.

All paediatric staff have a responsibility and role in promoting the psychological wellbeing of children and young people with long term physical health conditions, who have an increased risk of experiencing psychological distress compared to their healthy peers. As such, we offer training to the whole paediatric workforce in communication skills, reducing distress and skills to help children, young people and their families manage symptoms and treatments. By training staff in such skills, we aim to increase their knowledge and confidence in psychologically informed and skilled working, help them to promote coping with a physical health condition and ultimately improve quality of life for children and young people.

Contact [psychology@nes.scot.nhs.uk](mailto:psychology@nes.scot.nhs.uk) for more details.



# TIPS-PH Training Programme

---



## Types of Psychological Practice

### Informed Psychological Care

**All** individuals involved in providing care/ practice/ a service to the public (e.g. health and social care).

**Knowledge** of potential psychological needs and relevant resources and support services.

**Skills** in recognising (and eliciting) psychological needs and informing families about the range of emotional and support services available to them. (Universal adaptations to practice that enables people to access psychological care, support and interventions).

**Implementation supported** by coaching, reflective practice and informed line management.

### Skilled Psychological Care

Public and third sector workers with additional competencies in psychological approaches and a general role to provide them as **part of their routine care**/post/role.

Uses psycho-educational conversations and specific psychological techniques to deal with specific symptoms or delivery of high volume standardised psychoeducational courses.

**Knowledge** of psychological theories of adjustment, distress and development.

**Skills** in fostering a collaborative relationship, good communications skills and counselling skills (generic therapeutic competencies).

**Implementation supported** by coaching, reflective practice and informed line management.

The TIPS-PH programme offers training mainly in skilled psychology care with some training aimed at informed psychological care.

### Enhanced Psychological Care

Public and third sector workers with additional competencies in psychological interventions and a role to provide them within **protected time in their post/role**.

**Demonstrates** competencies mapped to the Competency Frameworks guiding the practice of psychological therapies and interventions (e.g. competencies related to: Generic Therapeutic Competences; Assessment, formulation, engagement and planning competences, and Specific Interventions competencies in Roth and Pilling, 2007, 2015).

**Delivers** psychological interventions following problem level formulations or guided by protocols.

**Implementation supported** by best-practice implementation structures including clinical supervision of psychological therapies, regular outcome monitoring and clear risk management protocols.

### Specialist Psychological Care

Public and third sector workers with specific recognised training in psychological theories and therapies and a role to provide them as a **substantive remit** of their care/post/role.

**SPECIALIST** psychological therapies based on case formulation.

The healthcare professional has **formal (accredited) training** and mental health skills to enable them to treat people with significant psychological and mental health difficulties.

They are competent in all sublevels of the Roth and Pilling Competency Framework (2015) with expertise in at least one psychological therapy.

**Demonstrates** generic and therapy specific meta-competences when implementing the psychological therapy (e.g. see Roth and Pilling CBT Framework, 2007, for more information).

**Implementation supported** by best-practice implementation structures including clinical supervision of psychological therapies, regular outcome monitoring and clear risk management protocols.



# Communications Skills

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care training is an interactive module, aimed at increasing skills and confidence in communication skills for effective asking, listening, and informing; adapting communication styles for children and young people at different developmental stages; problem solving strategies; and goal selection techniques.

### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by the trainers.

### Learning Objectives

- Understand the role of effective communication in working with children and young people.
- Identify the conditions, communication skills and styles which are necessary for effective communication.
- Be aware of the context and required outcomes when considering which communication skill and style to use.

- Be familiar with problem-solving approaches in working with children and young people.
- Recognise and practice working through the steps involved in problem-solving in relation to clinical practice.
- Be familiar with goal selection in helping children and young people manage their condition.
- Practice working through the process of goal selection in relation to clinical practice health conditions.

### How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.



# Motivational Interviewing Approaches

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care, interactive, training workshop introduces the specific communication skills needed to address ambivalence and promote behaviour change (e.g. in adherence and self-management) in children and young people with long-term physical health conditions. It helps participants understand the role of motivational interviewing approaches in promoting adjustment to physical health conditions and includes practical techniques for eliciting behaviour change. The aims are to increase skills and confidence in understanding treatment adherence/concordance; behaviour change processes; addressing ambivalence; and promoting engagement in health care.





### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Be familiar with specific communication skills used to elicit behaviour change
- Understand the role of motivational interviewing approaches in promoting adjustment to physical health conditions
- Identify ambivalence and its impact on coping
- Practice working through techniques which aim to elicit behaviour change

### How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.





## Reducing Distress

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care training is an interactive module designed to help participants be familiar with the signs and symptoms of distress in children and young people, anticipate situations which may result in distress and what the steps are to prevent or reduce this. It introduces participants to understanding developmental considerations in relation to long-term physical health conditions and associated distress. The aims are to increase skills and confidence in recognising, understanding, and responding to distress when working with children, young people and families in a paediatric setting. It also aims to upskill staff on supporting families with managing procedural distress.

### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Be familiar with the signs and symptoms of distress in working with children and young people
- Anticipate the situations which may result in distress and the steps which can be taken to prevent or reduce this
- Understand the developmental considerations for children and young people in relation to chronic illness and possible distress
- Understand procedural distress and management
- Be familiar with distraction, visualisation and relaxation techniques

### How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.



# Promoting Positive Behaviour

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care training is designed to help participants understand and assess behaviour in children and young people with physical health conditions. It introduces psychological strategies for managing behaviours and promoting adjustment to long-term physical health conditions and includes training on reward-based approaches. The aims are to increase skills and confidence in understanding how behaviour is learnt and reinforced or discouraged; how to assess and make sense of children and young people's behaviour; using reward-based approaches with children and young people with physical healthcare needs.





### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Understand how children learn behaviour and the function it serves
- Identify different types of psychosocial assessment that can be used with children and young people
- Be familiar with reward-based approaches which can promote adjustment to physical health conditions
- Identify ways of working with challenging behaviour

### How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.



# Managing Paediatric Pain

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care training is an interactive module designed to help participants learn about children's developmental understanding of the concept of pain and to understand psychological models of pain. It introduces a variety of psychosocial methods to assess pain and how to apply this understanding of pain to develop individually tailored and child-centred psychological strategies for managing chronic pain. The aims are to increase skills and confidence in understanding psychological models of pain and assessment methods; how to apply this knowledge in practice; and how to develop individualised management plans.





### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Understand children's development of the pain concept
- Understand models of pain
- Consider a variety of psychosocial methods to assess pain
- Apply this understanding to develop individually tailored, child-centered psychosocial interventions in relation to managing chronic pain
- Evaluate interventions for managing pain

### How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.



Infants in Hospital:  
Promoting social and  
emotional wellbeing in  
zero to three-year-olds

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This half day skilled psychological care training module is an interactive workshop designed to increase awareness of the social and emotional needs of infants when they attend hospital. It aims to increase staff knowledge and understanding of psychosocial competencies at different developmental stages, recognise and understand distress in infants and develop skills in the strategies used to promote wellbeing in this age group.

### Assessment

- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Describe attachment patterns and social and emotional competencies at different developmental stages of infants.
- Recognise the signs of distress in infants.
- Develop skills in promoting wellbeing in infants at different developmental stages.
- Outline the principles of serve and return interactions and how to apply them with infants.
- Promoting positive relationships to working with parents.
- Employ a trauma informed approach when working with infants and their parents.

### How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.





Promoting Engagement  
with Healthcare for  
Children and Young  
People with Long-Term  
Health Conditions

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This 2-day interactive skilled psychological care training is designed to build on core communication and motivational interviewing skills in order to upskill staff in strategies to help improve children, young people and families' engagement with their healthcare. It aims to increase staff knowledge of the factors that can affect concordance and their confidence in how to assess and make sense of concordance. It also includes training in skills for using more advanced motivational interviewing approaches to support concordance.

The 2 days are separated by at least 6 weeks, to allow for the application of skills into practice and reflections on using the skills to be considered for day 2.

Both days must be attended.

### Prerequisite

It is preferable if learners have previously attended the two half-day modules on Communication Skills and Motivational Interviewing Approaches, but this is not compulsory. It is required that an e-learning module, revising the skills taught in these 2 modules, is completed before attending this course.





### Learning Objectives

- Knowledge of the factors that may impact on concordance/adherence.
- Ability to use a basic 5Ps formulation model to develop an understanding of CYPs concordance/adherence difficulties.
- Understand the evidence for interventions for supporting concordance/adherence.
- Knowledge and understanding of the person-centeredness model and collaborative working.
- Knowledge and understanding of MI-based skills and how they can be applied.
- Recognition of when onward referral is necessary.
- Ability to use Gibbs' reflective practice model to think objectively about the best approach for supporting CYPF.

## Assessment

- Pre-requisite e-learning module is assessed with a non-graded knowledge check
- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

## How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.



Significant  
Conversations,  
Life-Limiting Conditions  
and Palliative Care

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This 2-day interactive skilled psychological care training is designed to build on core communication skills and increase staff knowledge and confidence in having effective significant conversations. It includes training on a protocol to help guide significant conversations and addresses the challenges and barriers to achieving effective conversations. There is also time to reflect on working in this area and the importance of staff support and self-care.

The 2 days are separated by at least 6 weeks, to allow for the application of skills into practice and reflections on using the skills to be considered for day 2.

Both days must be attended.

### Prerequisite

It is preferable if learners have previously attended the half-day module on Communication Skills but this is not compulsory. It is required that an e-learning module, revising the skills taught in that module, is completed before attending this course.

### Learning Objectives

- Understand the role of effective communication in significant conversations
- Understand the barriers and dilemmas in communication in paediatric palliative care
- Understand and practice using SPIKES protocol when delivering bad news to CYPF
- Awareness of the psychological impact of loss and bereavement
- Demonstrate developmental understanding of grief and loss
- Understand how to support bereaved CYPF

## Assessment

- Pre-requisite e-learning module is assessed with a non-graded knowledge check
- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

## How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.



Psychological Approaches  
to Working with Physical  
Health Symptoms in  
Children and Young  
People

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This one day interactive skilled psychological care training is designed to increase staff knowledge and understanding of a biopsychosocial model of physical health symptoms. It aims to increase skills and confidence in communicating about physical health symptoms with children, young people and their families and the psychological approaches that can help manage them. It includes training on biopsychosocial assessment, developing a shared understanding of symptoms with families and symptom management strategies to recommend to families.

### Assessment





- Pre and post knowledge and confidence self-assessment.
- Coaching sessions may also be offered by Psychology staff.

### Learning Objectives

- Develop an understanding of the interaction between physical and psychological aspects of biological symptoms in paediatric healthcare.
- Develop skills in conducting biopsychosocial assessments.
- Develop skills in communicating an overarching diagnosis of symptoms with children and young people of different ages, and their families, demonstrating understanding and empathy.
- Develop skills in collaboratively engaging children, young people and families with a biopsychosocial understanding of their symptoms to promote coping.
- Develop skills in selecting appropriate psychological approaches for specific symptom management in children and young people.



## How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.



# Anxiety – Supporting children, young people and families

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A 1-hour bitesize informed and skilled psychological care training module, focusing on increasing awareness of how anxiety may present in paediatrics, understanding anxiety and the basic anxiety management strategies that can be used and promoted.

### Assessment

- No formal assessment

### Learning Objectives

- Understanding anxiety and recognising how it may present in paediatrics.
- Understanding anxiety in the context of Covid-19.
- Developing skills in helping children and their parents/carers understand anxiety and how it presents.
- Developing knowledge of basic anxiety management strategies and skills and how/when they may help.

### How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.



Working with Autistic  
children and young  
people.

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A 1-hour bitesize informed and skilled psychological care training module, focused on increasing awareness and understanding of Autism, how it may present in paediatrics and some of the strategies that can be used to support Autistic children and young people when they attend hospital.





### Assessment

- No formal assessment

### Learning Objectives

- Understand the core features of Autism and how they can impact on behaviour.
- Understand sensory processing difficulties in Autism.
- Learn strategies to help support Autistic children and young people and their coping with long-term health conditions

### How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.



## Staff self-Care

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A ½-hour bitesize informed practice type training module to help staff think about how the self-care they can engage with to improve wellbeing.

### Assessment

- No formal assessment

### Learning Objectives

- To understand the concept of self-care and the reasons to prioritise this.
- To be aware of the ABC model of self-care.
- To be familiar with the tools you can use to support self-care in the NHS, including the NES wellbeing planner.

### How to access this training



Contact your local Paediatric Psychology service to find out if they are offering this training in your area.



E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.



Check on [Portal](#) for national training dates.



This training can be delivered remotely (via MS Teams) or face-to-face.



# Trauma in the workplace

---





## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A ½ -hour bitesize informed practice type training module, focused on increasing awareness of how trauma may affect staff at work, the signs of trauma to look out for and strategies that can help with coping.





### Assessment

- No formal assessment

### Learning Objectives

- Understanding trauma and how it can affect you at work.
- Recognising your own symptoms of stress and trauma.
- Knowledge of strategies to look after yourself.
- Knowledge of when to consider if symptoms may need further intervention.
- Signpost to further resources for support.

### How to access this training

-  Contact your local Paediatric Psychology service to find out if they are offering this training in your area.
-  E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.
-  Check on [Portal](#) for national training dates.
-  This training can be delivered remotely (via MS Teams) or face-to-face.

# Talking About Mental Health, Self-Harm and Suicide

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A 1-hour bitesize informed and skilled psychological care training module, focused on increasing knowledge and confidence in how to talk to children and young people about mental health, self-harm and suicide, managing risk and recognising when to refer onwards for further intervention.


### Assessment


- No formal assessment

### Learning Objectives

- Recognise distress and when it becomes mental ill health
- Understand the importance of communication skills in talking about mental health, self-harm and suicide
- Understand the importance of asking about treatment factors when talking to children and young people about their mental health
- Develop knowledge about how to talk about self-harm and suicide with children and young people
- Recognise when further intervention is needed to manage risk

### How to access this training

 Contact your local Paediatric Psychology service to find out if they are offering this training in your area.

 E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.

 Check on [Portal](#) for national training dates.

 This training can be delivered remotely (via MS Teams) or face-to-face.

# Understanding Moral Distress and Moral Injury

---



## Module Details

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

A 1-hour bitesize informed and skilled psychological care training module, focused on increasing awareness of the concepts of moral distress and moral injury, knowledge of the signs of moral distress and injury and discussions on the steps that can be taken to prevent or manage it.


### Assessment


- No formal assessment

### Learning Objectives

- Understand what moral distress and moral injury are
- Recognise how moral distress and moral injury may present and understand their impact and the feelings associated with them
- Recognise the Potentially Morally Injurious Events (PMIEs) that can occur in your role
- Develop knowledge of how to mitigate against the effects of moral distress and moral injury

### How to access this training

 Contact your local Paediatric Psychology service to find out if they are offering this training in your area.

 E-mail NES Psychology ([psychology@nes.scot.nhs](mailto:psychology@nes.scot.nhs)) to obtain the contact details for your local paediatric psychology team and the team members who are trained to deliver our training.

 Check on [Portal](#) for national training dates.

 This training can be delivered remotely (via MS Teams) or face-to-face.



# Reducing Procedural Distress and Preparing Children for Procedures

---



## Module Details

---

### Target Learners

All NHS and partnership paediatric staff working with children and young people with long-term physical health conditions.

### Overview

This skilled psychological care module is designed to help staff recognise and manage procedural distress in children and young people, through the use of psychological strategies. It aims to increase knowledge of psychological models to promote coping and effectively prepare children, young people and their families for procedures.

**Completion Time:** 45 minutes

### Assessment

- Graded test quiz with an 80% pass mark (can be repeated if necessary).

### How to access this training

This e-learning module is hosted by NES and is available on TURAS Learn.



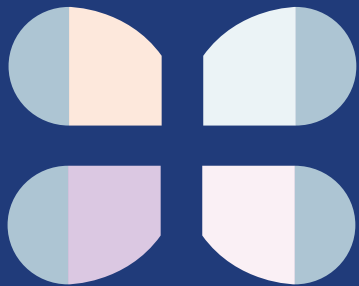
Procedural distress and preparing children and young people for procedures | [Turas | Learn \(nhs.scot\)](https://www.nhs.uk/learning-from-experience/turas-learn) (must be signed in to Turas to access)

### Learning Objectives

- Recognising signs of distress/anxiety in children and young people.
- Understanding the impact of developmental stage and systemic factors on ability to cope with a procedure.
- Developing knowledge of age-appropriate evidence-based psychological strategies to support children and young people.
- Developing an awareness of when to refer a child on for specific intervention for procedural anxiety/distress.



## Training in Psychological Skills - Paediatric Healthcare



This resource may be made available, in full or summary form, in alternative formats and community languages. Please contact us on **0131 656 3200** or email [altformats@nes.scot.nhs.uk](mailto:altformats@nes.scot.nhs.uk) to discuss how we can best meet your requirements.



NHS Education for Scotland  
Westport 102  
West Port  
Edinburgh  
EH3 9DN

tel: 0131 656 3200  
[www.nes.scot.nhs.uk](http://www.nes.scot.nhs.uk)

