

PAEDIATRIC PSYCHOLOGY WORKSTREAM (TIPS-PH)

TRAINING PORTFOLIO 2019/2020

SKILLS BASED WORKSHOPS (FACE TO FACE TRAINING)

For Paediatric Healthcare Staff:

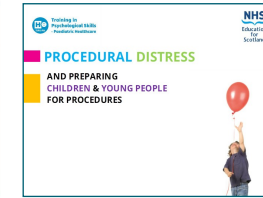
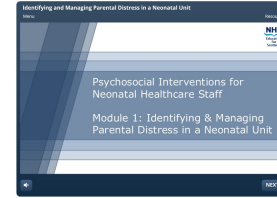
1. **Communication Skills** (*half-day workshop*) – communication skills, adapting communication styles to developmental stage of CYP, problem-solving and goal selection techniques.
2. **Motivational Interviewing Approaches** (*half-day workshop*) – specific communication skills to address ambivalence and promote behaviour change (e.g. in adherence and self-management) in CYPF with physical health conditions.
3. **Reducing Distress** (*half-day workshop*) – emotional and procedural distress in CYPF with physical health conditions: recognising signs; symptoms of distress and situations (e.g. diagnosis); managing distress using psychological skills and resources (e.g. distraction/relaxation/Hospital Passport).
4. **Promoting Positive Behaviour** (*half-day workshop*) – assessing and understanding function of behaviour in CYP with physical health conditions; using psychological strategies to manage behaviour and promote adjustment to chronic illness.
5. **Managing Paediatric Pain** (*half-day workshop*) – CYPF understanding of pain, pain models, psychological skills to assess and manage pain.
6. **Promoting Engagement in Healthcare for Children and Young People with Long-Term Health Conditions** (*2-day workshop*) – formulation skills, shared-decision making, motivational skills and interventions for concordance/adherence.
7. **Significant Conversations, Life Limiting Conditions and Palliative Care** (*2-day workshop*) – communication skills, palliative care and grief models.
8. **Managing Persistent Physical Health Symptoms (PPS) in Children and Young People: Medically Unexplained/Functional Symptoms** (*1-day workshop*) – biopsychosocial assessment and formulation of PPS, communicating a positive diagnosis of PPS, engaging CYPF in a biopsychosocial model and skills in appropriate psychological interventions for PPS.

For Neonatal Healthcare Staff:

1. **Identifying and Managing Distress in a Neonatal Unit** (*half-day workshop*) - recognising and managing parental distress in a neonatal unit.
2. **Communication Skills** – (*half-day workshop*) - communication and problem-solving skills.

E-LEARNING RESOURCES (available on Turas)

1. Psychosocial Interventions for Neonatal Healthcare Staff – 2 modules
2. Reducing Procedural Distress and Preparing Children for Procedures



ONLINE RESOURCES (available at: [http://www.knowledge.scot.nhs.uk/child-services/education/psychology-education-specialist-children's-services-\(paediatric-psychology\).aspx](http://www.knowledge.scot.nhs.uk/child-services/education/psychology-education-specialist-children's-services-(paediatric-psychology).aspx))

1. Psychosocial Interventions for Improving Adherence, Self-Management and Adjustment to Physical Health Conditions (interactive pdf education resource).
2. Psychosocial Interventions for Managing Paediatric Pain (interactive pdf education resource).
3. Supporting and Understanding Concordance/Adherence in Complex Scenarios (supplemental reading).
4. Significant Conversations, Life Limiting Conditions and Palliative Care (supplemental reading).
5. Hospital Passport (3-minute information video).
6. Hospital Passport (30-minute PowerPoint presentation) – *description of the Hospital Passport resource for reducing procedural distress in CYP by teaching psychological strategies of distraction, relaxation and reward; and involving CYP in healthcare by promoting choice and preparation.*
7. Downloadable audio recordings for relaxation (progressive muscle relaxation, controlled breathing, visualisation and mindfulness) for use with children, young people and parents.



OTHER RESOURCES AVAILABLE TO SUPPORT TRAINING

1. TIPS-PH Trainee Manual
2. TIPS-PH Trainer Manual

