

APPTS e-Bulletin

March Edition, 2022



APPTS
ACCREDITATION PROGRAMME
FOR PSYCHOLOGICAL
THERAPIES SERVICES



the british
psychological society

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Hello! A warm welcome to our first ever APPTS e-Bulletin.

This bulletin will provide you with an overview of our recent and upcoming initiatives at the Accreditation Programme for Psychological Therapies Services.

You will find within this bulletin opportunities to download resources and materials, register your attendance for our upcoming events and training, and find out how to contact us directly for any further information.

We will be publishing these bulletins quarterly and hope that you will enjoy reading them!

APPTS Developmental Option

We are excited to announce a new membership option on the Accreditation Programme for Psychological Therapies Services (APPTS)!

This membership is suitable for psychological therapies services that aren't quite meeting the standard thresholds for accreditation, but would still benefit from a supportive review process. This membership option is also ideal for any new services that sign up to APPTS.

Developmental membership is a stepping stone towards accreditation and involves:

- A two-month self-review process
- A virtual peer review visit from a team of external peer reviewers
- A localised report specific to your service
- Support with action planning
- Opportunities to showcase good practice examples in our aggregate reports and events

Unlike accreditation, there is no threshold of Type 1 or Type 2 standards to be met.

[Contact us](#) to find out more!

Special interest day:

Barriers to accessing psychological therapies

Please save the date for our first ever special interest day, which is taking place on:

Wednesday 11th May 2022

This event, taking place online, will be focused around barriers to accessing psychological therapies services and offer delegates an opportunity to discuss practical issues relating to this topic.

An event programme will be released shortly, but will be covering barriers ranging from culture, age, gender, sexuality and more. We look forward to hearing from staff working in psychological therapies services as well as from those that have lived experience.

We are pleased to offer free attendance to any members of APPTS, £25 for students and £55 for non-members.

To register your place, please complete this [online booking form](#).



Standards Consultation

Our [quality standards for psychological therapies services](#) are currently under review. We will be looking to publish our 5th edition of standards later this year.

We have been inviting APPTS member services to provide feedback on the standards and this will later be discussed during the consultation workshop which will be held on:

Monday 4th April, 10am – 1pm

If you would like to attend this meeting and engage in this consultation exercise (held on MS Teams) please register your interest by completing this [booking form](#).

APPTS 8th Annual Forum

We will be hosting our 8th Annual Forum for psychological therapies services later this year in November. The exact date and timings are to be confirmed and a booking form will be shared.

This event is due to be taking place face-to-face, at **the Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB.**

Our 7th Annual Forum took place in November 2021 and covered topics such as staff wellbeing and engagement, ethnicity and diversity, and therapist identity. Feedback was very positive and attendees found the event well organised and applicable to their work. Many thanks to all who contributed.

Thematic Report

We are delighted to have published our first ever [thematic report!](#)

The report collates findings gathered from five years' worth of peer review visits and is broken down into overarching themes.

Participating member services have been recognised within this report and examples of good practice have been highlighted throughout.

We hope that this report is a helpful resource for psychological therapies services to refer to, and for any teams that might be interested in being part of APPTS.



Peer Reviewer Training

Are you interested in visiting other psychological therapies services as a peer reviewer?

Attending peer review visits is a fantastic opportunity to share and learn best practice from other services.

The next training session will be held on MS Teams on:

Wednesday 13th April, 10am-12pm

If you or your colleague would like to be trained, please complete this [booking form](#). Please note that we require at least two staff members from each service to be peer reviewer trained. If you have been trained previously and have found it difficult to attend peer reviews, we would recommend identifying another team member to be trained so as to not miss out on this membership benefit.



CONGRATULATIONS!

We would like to congratulate our recently accredited member services for all their hard work!

IPRS Mental Health Group - awarded accreditation in September 2021

Talking Therapies Berkshire - awarded accreditation in September 2021

Brunel University London - awarded accreditation in December 2021