

Freedom of Information Request Number: FOI 6014 Commissioning of weight management services and inclusion of qualified Psychologists

<p><b>1. The number of qualified Psychologists (FTEs) included in the service specification used during the procurement of NHS weight management services</b></p>
<p>The service specification for tier 3 weight management requires clinical psychologist to be involved in the service delivery but does not specify the number of clinical psychologists required.</p>
<p><b>2. The type of qualified Psychologist included (as above) and a brief explanation of their job responsibilities</b></p>
<p>The service specification for tier 3 weight management does not specify the type of clinical psychologists required.</p> <ul style="list-style-type: none"> <li>• A tier 3 multidisciplinary team (MDT) should include a clinical psychologist.</li> <li>• The service screens for psychological issues which may interfere with engagement, including anxiety and depression, self-harm and suicidal behaviours, eating disorders such as binge eating and bulimia nervosa, borderline personality disorders, alcohol / substance misuse, childhood adversity and blocks for voluntary weight which are not clearly understood, to identify the patient who may need additional long term support to understand their relationship and emotional function with food/or are at risk of self-harm after surgery</li> <li>• Screen for bariatric surgery(via clinical psychologist and liaison psychiatry) to identify the patient for whom surgery will be appropriate, as well as identifying those who may be inappropriate (including severe learning disability, active uncontrolled psychosis, severe personality disorder)</li> </ul>
<p><b>3. The number of qualified Psychologists (FTEs) employed in multidisciplinary teams delivering weight management services at a) tier 1 b) tier 2 and c) tier 3</b></p>
<p>West Hampshire CCG does not commission tier 1 and 2 weight management services.</p> <p>The Tier 3 Weight Management Service currently employs 3 part time Behaviour change therapists (each working 20 – 25 hours per week with the service) of which: two are Chartered Counselling Psychologists and one is Cognitive Analytic Practitioner.</p>
<p><b>4. The type of qualified Psychologist employed in multidisciplinary teams at a) tier 1 b) tier 2 and c) tier 3 and a brief explanation of their job responsibilities.</b></p>
<p>West Hampshire CCG does not commission tier 1 and 2 weight management services.</p> <p>The 3 behaviour change therapists employed by the tier 3 service hold the following qualification:</p> <ol style="list-style-type: none"> <li>1) Formal Title: Chartered Counselling Psychologist, D.Psych in Counselling Psychology, HCPC and BPS</li> <li>2) Formal Title: Chartered Counselling Psychologist, Postgraduate Practitioner Diploma in Counselling Psychology. MSc in Counselling Psychology. Certificate in</li> </ol>

Practitioner Skills in Obesity Management. Awarded by National Centre for Eating Disorders and approved by the British Psychological Society

3) Formal Title: Cognitive Analytic Practitioner, Psychodynamic Diploma, Psychosystems Analysis, BACP, ACAT

Additionally, the service employs two 'multi-skilled' practitioners that provide behaviour change advice – which is in addition to the therapy. These two staff have motivational interviewing and basic counselling qualifications.

All the above staff support patients with behaviour and lifestyle change, as part of their Tier 3 pathway.