The WHO has estimated that by 2020, depression will be one of the leading causes of disease burden in the world. So how do we respond to this challenge and is training more psychologists the only answer? This workshop will give psychologists an opportunity to develop a better understanding of how the UK has responded to this challenge and what it means for psychological practice and research. The workshop will be based on both presentations and group exercises to enable us to develop outcomes from the day that could influence ideas for future plans for training, research and service delivery in New Zealand.

The morning session will provide:
- An overview of the background to the biggest psychological service transformation in NHS history (Layard and Clark, 2015).
- Provide examples of the training and clinical approaches delivered by the new workforces (High and Low Intensity).
- Who is this service aimed at? What exactly does Stepped Care look like and who goes where?
- Review the evidence base for implementation and developments in the UK.

The afternoon session will focus on the impact of the IAPT service transformation and implications for psychology.
- Is there evidence that the emergence of IAPT LI/HI workforce represents the dumbing down of psychology posing a significant threat to psychology practice and even a risk to patients? Can it really be ethical and effective?

Implications for training, research and practice for the BPS (and NZPsS) will be a key focus. The presentations will also draw upon our international work in other countries where variations of IAPT are being developed.

**Prof Eugene Mullan**

Professor Eugene Mullan is Director of Clinical Training at the University of Exeter, co-founder of the Mood Disorders Centre (2004), and the founder of CEDAR (Clinical Education Development and Research - 2010). In 2002, after working in clinical practice for twenty years, he joined the University of Exeter to take responsibility for development of new Post Qualification Clinical Training programmes. In 2004, along with Professors Kuyken and Watkins, he co-founded the Mood Disorders Centre that quickly became one of the leading Centres for Mood Disorders research in the UK. In 2008, he became Director of Clinical Training and secured the contracts for the first wave implementation of High and Low Intensity IAPT programmes, rapidly establishing Exeter as a Centre of Excellence for post-graduate clinical training in the UK. As a result of the success of the portfolio of Clinical Training programmes, CEDAR was launched in 2010 to complement our clinical research group and develop the international reach of evidence based psychological therapies. CEDAR has recently expanded into Children and Young People's IAPT making it one of only two University centres in the UK to provide this breadth of provision of IAPT programmes.

Professor Mullan has more recently developed research and training links with Prof Neil Greenberg.
(King's College London) looking to develop new ways of working with military veterans including leadership interventions. This has led to further developments, along with colleagues at the University of Exeter’s Business School, to develop a portfolio of training programmes for leaders across a range of sectors building on experiences from IAPT implementation.

In terms of future training and research projects, Professor Mullan’s interests are focussed on trans-diagnostic approaches to depression and Complex PTSD. This complements his interest in the wider psychological competency training agenda including leadership, clinical training and service implementation work in healthcare settings within the UK and international settings to address the global challenge of mental health provision.

Prof Mullan co-chairs the BPS Accreditation Committee for Clinical Psychology and Applied Psychological Practice and acts as External Examiner for two Doctoral Clinical Psychology programmes.

Venue
Mercure Abel Tasman Hotel, 169 Willis Street

Lunch 12.30pm-1.30pm

Please register online: http://www.psychology.org.nz/pd-events/nzpss-events/#id=153&wid=301&cid=884