Thank you for your interest in London Cancer’s Level 2 training and supervision. We hope this page provides you with the information you need, however, if you have questions please click here to make contact with the Network Lead.

Why is Level 2 training and supervision required?

This development is one part of a wider effort to enhance the quality of the psychological support we provide to patients and their families. The Level 2 training and supervision is aimed at experienced oncology staff who wish to further develop their psychosocial knowledge and skills.

NICE guidelines and Peer review measures require all MDTs to have at least one core member trained and supported to provide psychological support at Level 2 or above. The guidelines conceptualise psychological support across four levels, as illustrated in Table 1.

Table 1. Levels of psychological support (NICE Supportive and Palliative Care in Adult Cancer, 2004)

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
<th>Assessment</th>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All health and social care professionals</td>
<td>Recognition of psychological needs</td>
<td>Effective information giving, compassionate communication and general psychological support</td>
</tr>
<tr>
<td>2</td>
<td>Health and social care professionals with additional expertise</td>
<td>Screening for psychological distress</td>
<td>Psychological techniques such as problem solving</td>
</tr>
<tr>
<td>3</td>
<td>Trained and accredited professionals</td>
<td>Assessed for psychological distress and diagnosis or psychopathology</td>
<td>Counselling and specific psychological interventions such as anxiety management and solution-focused therapy, delivered according to an explicit theoretical framework</td>
</tr>
<tr>
<td>4</td>
<td>Mental health specialists (clinical psychologists &amp; consultant psychiatrists)</td>
<td>Diagnosis of psychopathology</td>
<td>Specialist psychological and psychiatric interventions such as psychotherapy, including cognitive behavioural therapy (CBT)</td>
</tr>
</tbody>
</table>

Research has demonstrated that psychological skills training is most effective when it is supplemented with on-going supervision. For this reason, Level 2 accreditation requires both training AND regular attendance at supervision groups.

As part of their quality assurance role, London Cancer Psychosocial and Nursing Expert Reference Groups have agreed the following specific requirements:

a) Where an MDT has a Level 3 or 4\(^1\) practitioner as a core member of the MDT:
   - The MDT is automatically compliant with the measure.

b) Where an MDT does not have a Level 3 or 4 practitioner as a core member of the MDT:
   - The MDT should identify a core member who will be trained and supported to work at Level 2\(^2\)

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\(^1\) Level 3 / 4 practitioners are ‘psychological specialists’ i.e. accredited counsellors, psychologists, psychiatrists or psychotherapists.

\(^2\) While some teams may choose to have more than one member trained and supported at Level 2, it is not possible to ‘share’ the role and thereby reduce individual attendance at the monthly Clinical Discussion Groups to less than 75%
• The individual should attend a recognised Level 2 training course (1 day training).
• Following training, the individual should attend a recognised London Cancer monthly Clinical Discussion Group. Each group lasts 1.5hrs, has a level 3 / 4 facilitator and includes up to 4 participants. These groups provide the support described in Peer Review guidance as “supervision”\(^3\).
• Consistent attendance of the Clinical Discussion Group is not optional. However, there is a realistic allowance for annual leave and other unavoidable absences. Out of the 12 annual meetings, 9 (i.e. 75%) must be attended for the MDT to remain compliant with the measure.

**How do I access Level 2 Training?**

Level 2 Training is a one-day event provided by a number of Trusts across the London Cancer region. Each year there are at least four training days. See Table 2 for 2015 dates.

The Trust hosting the event will offer up to two-thirds of the places to their own staff, with the remaining one third of places available to individuals from other Trusts within the London Cancer region. One month prior to the training date any unfilled places will be opened to staff from any Trust on a first come first served basis.

Prior to booking a place please let your lead nurse know that you are making an application and then contact Trusts directly, using the emails in Table 2.

There is no charge for Level 2 Training.

**Table 2. Level 2 Training in 2015**

<table>
<thead>
<tr>
<th>Training date</th>
<th>Booking opens</th>
<th>Places available</th>
<th>Location</th>
<th>Provider Trust</th>
<th>Contact for enquiries</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/01/2015</td>
<td>Open</td>
<td>14</td>
<td>Staff Education Centre, Lawn Road, Royal Free Hospital</td>
<td>Royal Free</td>
<td>0207 472 6739; <a href="mailto:elaine.heywood@nhs.net">elaine.heywood@nhs.net</a></td>
</tr>
<tr>
<td>19/05/2015</td>
<td>16/02/2015</td>
<td>30</td>
<td>Robin Brook Centre, St Bartholomew’s Hospital</td>
<td>Barts Health</td>
<td><a href="mailto:cancerpsychologicalservices@barthshealth.nhs.uk">cancerpsychologicalservices@barthshealth.nhs.uk</a></td>
</tr>
<tr>
<td>16/09/2015</td>
<td>tbc</td>
<td>tbc</td>
<td>Education Centre, 250 Euston Road, London</td>
<td>UCLH</td>
<td><a href="mailto:Lorraine.duncan@uclh.nhs.uk">Lorraine.duncan@uclh.nhs.uk</a></td>
</tr>
<tr>
<td>26/11/2015</td>
<td>24/08/2014</td>
<td>tbc</td>
<td>Queens Hospital, Romford</td>
<td>BHRT</td>
<td><a href="mailto:Marc.Kingsley@nelft.nhs.uk">Marc.Kingsley@nelft.nhs.uk</a></td>
</tr>
</tbody>
</table>

**How do I access a Level 2 Clinical Discussion Group?**

Each Trust is responsible for providing their own Level 2 Clinical Discussion Groups and they are therefore organised and run locally. Please contact your Lead Cancer Nurse for information on Level 2 Clinical Discussion Groups as they hold responsibility for maintaining a list of people who need to access groups.

Level 2 Clinical Discussion Groups takes place monthly and each session last 1.5hrs, has a Level 3 or 4 facilitator and includes up to 4 participants.

75% attendance is required for a nurse’s MDT to remain peer review compliant.

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\(^3\) This is distinct from what is sometimes called ‘clinical supervision’ in nursing. The Clinical Discussion Groups are only concerned with developing and maintaining the psychosocial skills of the participants.