

Assessment for Psychological Wellbeing Project

Guidelines and briefing notes

In the last DDO mailing, we let you know that we would shortly be sharing guidelines and briefing notes to help resource you and your work in the area of Assessment for Psychological Wellbeing. Many thanks to those who have looked at the documents and shared your comments and feedback.

The documents are now attached, and comprise guidelines for best practice, briefing notes for candidates and a resource to help with identifying a suitably qualified Assessor for Psychological Wellbeing:

Guidelines for best practice:

- **An outline of Assessment for Psychological Wellbeing** - describing Assessment for Psychological Wellbeing in the context of discernment. This outline describes a model of assessment which covers a) areas which are generically explored in such assessments (generic); b) areas which are relevant for a candidate for ordained ministry (role specific); c) areas which may be relevant for a particular candidate (person specific). We hope that this document will be a resource for DDOs and also for Assessors for Psychological Wellbeing in their work, particularly those Assessors who are new to this work, and who are learning more about some of the particular demands and pressures of ordained ministry.
- Guidelines to help you with **preparing your candidates** for their Assessment for Psychological Wellbeing;
- Guidelines to help you with **working with candidates after their Assessment for Psychological Wellbeing** report has been received.

Briefing notes for candidates (these are in a plain rather than headed format so that they can be adapted for your specific diocese and context):

- A document for candidates to explain, briefly, what a Assessment for Psychological Wellbeing is in the context of the discernment process;
- A document for candidates to help them prepare for their own Assessment for Psychological Wellbeing.

A resource to help in identifying a suitably qualified Assessor for Psychological Wellbeing:

- **A suggested Role/Person Specification.** This provides information about the role, training and qualifications which are to be expected in an appropriately qualified Assessor for Psychological Wellbeing. As it also contains an introduction for DDOs, this is currently in a 'headed' format, but it can of course be adapted for use in your context.

FAQs are also being developed: if you have specific questions which you would like addressed, please do send them to Carys Walsh (carys.walsh@churchofengland.org)

Monthly DDO Surgery for Assessment for Psychological Wellbeing

The next surgery for anyone wanting to talk through any aspect of Assessment for Psychological Wellbeing in your diocese, is on **Wednesday 8 December from 10am-12pm**. The link is:

<https://zoom.us/j/97167085993?pwd=aHUyc0ovUGpML1loV2U0T3JTZFVVUT09>

Meeting ID: 971 6708 5993

Passcode: 119821

Traffic Lights Training

Places are still available on the training which will take place at the end of this year and the beginning of next year for using the Traffic Lights Questions.

Many of you will be familiar with these, and many will, no doubt, have been through training to use them. However, as a new edition of the questions has been issued and there are now DDOs who are not familiar with their use, this is a good time update and refresh the training; and as the new guidelines make clear, the Traffic Lights questions should *not* be used without appropriate training.

The training which will take place this and next year is interactive and reflective, and will include a blended learning approach, including preparation, two online sessions of 2 hours each, reflection between the online sessions, and follow up work.

To enable the large number of DDOs and ADDOs to access the training, we shall be using a ‘train the trainer’ approach, and **inviting one DDO or ADDO from each diocese (or episcopal area in London)** to attend the training; they will then take a lead on disseminating the training among their wider DDO team. The lead DDO may be the obvious choice to attend, but it may be that another member of your team will be the preferred choice: for example, someone with particular skills in training, with interest in the aspect of the discernment process, or who is already experienced in using the Traffic Lights Questions, and can share their wisdom.

Resources will be made available for ongoing training within your team, and members of the National Discernment Team or others involved in the training will also be available to help with training which is shared within your diocesan team, for any teams which would find this helpful. To **access the training**, please can you **choose one of the Part 1 dates** and **one of the Part 2 dates** below: each has a maximum of 16 places.

Preferably, there should be at least three weeks between your Part 1 session and your Part 2 session (so that you have enough time to do the ongoing work between each online meeting). This means that if you select 10 January for your Part 1 training, it would be most beneficial to select 7 February for your Part 2 training, though we know this may not always be possible!

Part 1

Thursday 25 November 10am – 12pm

Monday 29 November 2.30pm-4.30pm

Mon 10 January 2.30pm-4.30pm

Part 2 –

Weds 19 January 2.30pm-4.30pm

Monday 24 January 10am-12pm

Monday 7 February 2.30-4.30pm

To book your place, please can you email Carys Walsh (carys.walsh@churchofengland.org) indicating your first and second choices for Part 1 and Part 2 training sessions. **Please could you register your interest by 17 November at the latest for the first session, and by Friday 19 November for subsequent sessions.**

Carys Walsh

Project Officer: Assessment for Psychological Wellbeing Project

November 2021