

**Job Description**

**High Intensity CBT Therapist Trainee**

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| Responsible to | Manager/Senior Manager/Team Leader |
| Salary | £35,392 (NHS B6 entry fixed) |
| Hours per week | 37.5 |
| Annual Leave per annum | 25 days (rising to 30 days after 5 years) |
| Main base | East Cheshire (Macclesfield) |
| Contract | 12 months fixed term |
| Level of DBS check | Enhanced |

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| Main aims of the post |
| 1. To work within the NHS Talking Therapies (formally known as IAPT) service providing High Intensity Cognitive Behavioural Therapy (CBT) interventions to clients with Depression and Anxiety Disorders.  2. To offer face to face and video call appointments to clients suitable for Step 3 CBT interventions.  3. To work with a diverse range of people with different cultural backgrounds, genders and ages  4. To undertake a programme of training at Post Graduate Diploma level at Chester University and carry out all academic and skills work as required in order to gain qualification. This requires full attendance (in person) at the University of Chester. |

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| Main duties of the post |
| 1. To use a range of evidence based tools and techniques for assessment and treatment of common mental health problems |
| 1. To manage a varied caseload of clients |
| 1. To work with clients to help them achieve their goals |
| 1. To collate and analyse performance data as necessary (e.g Minimum data sets and questionnaires) |
| 1. To develop effective relationships with a range of external organisations and agencies |
| 1. To promote the service to communities and agencies as appropriate |
| 1. To keep accurate and up to date electronic client records |
| 1. To ensure quality standards are adhered to and met and that audits are passed |
| 1. To ensure all statutory responsibilities are followed and reported as required |
| 1. To complete university work within deadlines and commit to reading and research as necessary, as part of the training course |

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| General work related expectations |
| 1. To work within the Big Life group’s values ethos and vision |
| 1. To contribute to the development of the Big Life group |
| 1. To work in accordance with all policies and procedures of the Big Life group, particularly (but not exclusively) Health and Safety; Information Governance and Safeguarding |
| 1. To commit to own personal development and attend training or development activities as required |
| 1. To work in accordance with all relevant legislation |
| 1. To undergo regular supervision and at least an annual appraisal |
| 1. To undertake any other duties as required, and as appropriate to the post |

**Person Specification**

**High Intensity CBT Therapist Trainee**

The successful candidate must be able to demonstrate that they meet all of the following points below.

Key – Method of Assessment; A = Application form; I = Interview; R= Role Play

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| Area | Method of assessment |
| **1.Experience** |  |
| 1.1 Experience of working with people with common mental health difficulties including depression and anxiety | A/I/R |
| 1.2 Experience of managing a caseload of clients and keeping up to date records using a database | A/I |
| 1.3 Experience of working with individuals (1-2-1) and groups of people in different settings to help them achieve their goals | A/I |
| 1.4 Experience of working with a range of agencies and organisations to develop effective working relationships | A/I |
| 1.5 Experience of delivering CBT to clients experiencing mild to moderate mental health problems (desirable but not essential) | A/I |
| 1.6 Experience of working within an NHS Talking Therapies (formally IAPT) service (desirable but not essential) | A/I |
| 1.7 Experience of assessing and managing risk of harm to self and others including safeguarding concerns. | A/I/R |
| 1.8 Typically a minimum of 2 years post qualification experience relating to your core profession (Nurse, Counsellor, Social Worker, Occupational Therapist etc). This is essential for Psychological Wellbeing Practitioners. \*See section 4 (Education). | A/I |
| **2.Skills** |  |
| 2.1 Ability to use an electronic client database, and to manage emails and electronic calendars | A/I |
| 2.2 Ability to assist clients to help them define and achieve their goals and aspirations | A/I |
| 2.3 Ability to manage a varied and complex work load effectively which includes attending meetings, writing clinical notes, preparing for and attending clinical supervision, completing mandatory training as set by Big Life Group. | A/I |
| 2.4 Ability to work with staff from a range of agencies and organisations to better integrate services for clients | A/I |
| 2.5 An ability to assess for risk of harm to self, others and safeguarding concerns and take appropriate actions as required. | I/R |
| 2.6 An ability to complete academic work (there is an expectation that reading/research and written assignments will be completed outside of normal working hours) | A/I |
| **3.Knowledge** |  |
| 3.1 Knowledge of the barriers and issues facing our client group and possible adaptations to support clients to access and benefit from our service | A/I |
| 3.2 Knowledge of the local area your service is based in (community groups, services available as well as local demographics) | A/I |
| 3.3 Knowledge of common mental health problems | A/I/R |
| **4. Education – Essential qualifications required for this post** |  |
| A core professional training in mental health (normally with a science-based honours degree) as stated by the BABCP, OR demonstrate eligibility through the BABCP Knowledge, Skills & Attitudes (KSA) pathway. For example a Registered Mental Health Nurse, Registered Occupational Therapist, Registered Social Worker, BACP Accredited Counsellor. Please see the BABCP core professions list [www.babcp.com/core-professions](http://www.babcp.com/core-professions)  Psychological Wellbeing Practitioner (PWPs) will need a KSA. For KSAs please see [www.babcp.com/Knowledge-Skills-Attitudes](http://www.babcp.com/Knowledge-Skills-Attitudes) A KSA will need to be submitted the University of Chester prior to interview. | A/I |
| **5. Personal** |  |
| 5.1 A positive outlook and a ‘can do’ attitude alongside personal resilience and flexible attitude in the face of difficulties | A/I |
| 5.2 Commitment to personal development and willingness to regularly update skills and experience | A/I |
| 5.3 Commitment to working towards the Big Life group’s ethos and values, including having a non-judgemental approach | A/I |