



JOB DESCRIPTION & PERSON SPECIFICATION

Job Title: Psychological Wellbeing Practitioner	Working Hours: 37.5 hours per week
Salary: NHS Band 5	Reports to: Senior Therapist: LI CBT

Introduction

Established in 1997, Focus are a leading provider of talking therapies, employee wellbeing services and training to individuals, the public sector and the private sector, across the Yorkshire & Humber region.

Team & Role Overview

This is a full-time role, initially based within the NHS Hull Talking Therapies and East Riding Talking Therapies services, with the potential to extend into other services delivered by Focus. Working within the NHS Talking Therapies framework, the postholder will assess and provide low intensity interventions to adults experiencing mild to moderate symptoms of anxiety and depression. As part of the Focus Low Intensity CBT Team, you will report to the Senior Therapist and work closely with colleagues from a range of disciplines, including High Intensity CBT Therapists and Counsellors.

JOB DESCRIPTION

Clinical

1. Accept referrals via agreed service protocols
2. Assess clients for suitability for CBT. Where problems appear too complex and/or severe, refer to the Clinical Team Leader or Clinical Director for further advice as necessary
3. Provide a range of low intensity interventions, including guided self-help, either face-to-face, over the telephone or via other media
4. Adhere to agreed guidelines with regards to waiting times, number and frequency of sessions, review and discharge
5. Attend clinical and/or multi-disciplinary meetings as required by the service
6. Develop strong professional relationships with primary and secondary care services
7. Liaise with support services where required, including; housing, local authority, employment support agencies
8. Educate and involve family and others in patients' treatment as required
9. Adhere to all requirements regarding data collection within the service
10. Keep coherent records in line with service requirements

Performance & Quality

1. Ensure interventions are delivered in-line with key performance indicators, including but not limited to recovery rates, patient choice and patient experience
2. Keep up to date with changes in policy, good practice and legislation in relation to mental health and the delivery of NHS Talking Therapies services
3. Be aware of, and keep up to date with developments and advances in the field of CBT
4. Contribute to the development of best practice within the service
5. Attend line-management meetings, including supervision and appraisal, in accordance with Focus policy
6. Attend clinical supervision on a regular basis in-line with relevant professional guidelines

General

1. Maintain a clean and tidy work environment
2. Work with the highest regard to Focus policies and procedures, including health and safety, escalating issues and concerns as appropriate
3. Maintaining accurate, confidential records in-line with Focus policy and statutory guidance
4. Undertake any additional duties as deemed appropriate

PERSON SPECIFICATION

Knowledge, Skills & Experience

1. Essential

- Possession of an NHS approved Postgraduate Certificate in Low Intensity Psychological Interventions
- Accreditation with the BABCP
- Previous experience of working in a mental health/NHS Talking Therapies setting or equivalent
- Ability to work under pressure, including prioritising workload, excellent time-management skills and the ability to adapt and respond to changing circumstances
- Excellent communication skills including verbal, written and electronic
- Ability to reflect upon feedback and apply learning into practice
- Car driver and/or ability to work across all locations within the service

2. Desirable

- Previous training and/or work within nursing, social work, occupational therapy, counselling or psychological therapy
- Previous experience of delivering group work in an NHS Talking Therapies setting or equivalent
- Previous experience of delivering computerised CBT