



## **Trainee CBT HI Practitioner Job Description**

Successful candidates will be employed with a Living Well Consortium Service Provider.

**Hours:** 37.5 hours per week

**Salary:** £37,338 pro rata per annum

### **About the Organisation**

The Living Well Consortium is a network of over 30 third sector organisations working to improve the mental health and wider wellbeing of the local people, especially those who are most in need. We offer high quality, responsive, specialist services and initiatives including one-to-one counselling services, culturally sensitive support, guided self-help, relaxation techniques, telephone counselling, and other accredited talking therapies.

We have been successful in securing contracts with NHS Birmingham and Solihull Integrated Care Board to develop and deliver new approaches to psychological support to people in the community in Birmingham, under the NHS Talking Therapies (previously IAPT) programme.

We aim to position the Consortium to be able to take a leading role in the design and delivery of mental health and wellbeing services in Birmingham, and to enable voluntary sector organisations to work together to respond to the current funding challenges in the health and charitable sectors.

### **Overall purpose of the role**

Assess and support people with common mental health problems, primarily anxiety disorders and depression.

The CBT HI role sits within step 3 of the mental health stepped care model – providing high intensity cognitive behavioural-based interventions for people experiencing anxiety and/or depression. The aim of stepped care is to provide the most appropriate level of care to meet the needs of the person.

The workforce provides evidence-based treatments in line with NICE guidance to help people manage their symptoms. It works with people to equip them with the tools and techniques they need to manage anxiety and depression effectively and work towards their goals. The aim is to help people make positive changes to improve their wellbeing and quality of life.

### **Responsibilities and Duties**

- Attend course training on scheduled days
- Assess a patient's suitability for low/ high intensity interventions
- Discuss therapy plans with patients, focusing on areas they want to change
- Formulate, implement and evaluate patient therapy programmes

- Encourage patients to talk about their feelings and behaviour
- Offer specialist advice and consultation to other professionals across mental health/primary care trusts and charities
- Make accurate assessments of the risk your patient poses to themselves and others.
- Use a range of delivery methods such as telephone and web-based support as well as face-to-face
- Develop strong professional relationships with primary and secondary care staff, for example, general practice staff and mental health workers
- Liaise with external agencies, including housing, police, local authority, employers and employment support workers
- Provide and receive information related to mental health and CBT to individuals or groups of patients, relatives, carers, members of the public and professionals
- Educate and involve family members and others in your patient's treatment as necessary
- Undertake clinical supervision on a regular basis in line with relevant professional guidelines and policies
- Keep accurate records of clinical activity and use these in clinical decision making.
- Work within the organisations policies and procedures.
- Undertake such other duties commensurate with the role.
- Understand and work within the ethos, aims and objectives of LWC.

### **Person Specification**

- Candidates must either work in a BABCP Core Profession or be able to demonstrate that they have met the BABCP Knowledge, Skills, and Attitudes criteria by completion of a KSA portfolio.
- Experience of supporting people with their mental health.
- An understanding of anxiety and depression and how it may present in Primary Care.
- Excellent IT proficiency including full competence using Microsoft Office Suite, e.g. Word, PowerPoint, Excel and Outlook.
- Attention to detail.
- High level of integrity and understanding of confidentiality and always maintains discretion.
- Proactive self-starter with a positive and energetic approach to work.
- Excellent written and verbal communication skills.
- Confident communicator at all levels.
- Effective time management and workload management.
- Empathy with the aims and values of the organisation.
- Commitment to continuous improvement including own professional development.
- Willingness to be flexible and dynamic as organisation needs change.
- Commitment to principles of Equal Opportunities.

### **Statement:**

This job description will be agreed between the jobholder and the manager to whom they are accountable. It may be reviewed in light of experience, changes and developments.

The information being handled by employees of Living Well UK is strictly confidential. Failure to respect the confidential nature of this information will be regarded as a serious breach of regulations, which will result in action under the Disciplinary Policy including possible dismissal. In the case of computerised information, could result in prosecution for an offence or action for civil damages under the Data Protection Act 1998.

Employees must take reasonable care and be aware of the responsibilities placed on them under the Health & Safety at Work Act (1974) and to ensure that agreed safety procedures are carried out to maintain a safe environment for employees, patients and visitors.

Living Well UK is committed to Equal Opportunities in Employment and therefore it is the aim of Living Well UK to ensure that no applicant or employee receives less favourable treatment on grounds of gender, disability, religion, race, colour, sexual orientation, nationality, ethnic or national origins or is placed at a disadvantage by conditions or requirements which cannot be shown to be justifiable.

Living Well UK is responsible under the existing equality and diversity legislation to ensure equality issues are promoted and you are expected to work with Living Well UK to fulfil these obligations, Living Well UK policies and codes of good practice.

**Due to the nature of this post it is subject to a Disclosure and Barring Service (DBS), criminal records check.**

