



Trainee Psychological Wellbeing Practitioner Job Description

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

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

Work within the NHS Talking Therapies service providing high volume low intensity interventions, which will be a range of cognitive behavioral therapy (CBT) based self-management interventions to support clients with mild to moderate anxiety and depression.

Key Duties and Responsibilities

- Attend course training on scheduled days
- Accept referrals via agreed protocols and develop care packages.
- Assess and supports people with a common mental health problem in the self-management of their recovery.
- Undertake patient-centred interviews, to identify areas where the person wishes to see change and/or recovery and make an accurate assessment of risk to self and others.
- Make decisions on suitability of new referrals, adhering to the department's referral protocols, refer unsuitable clients on to the relevant service or back to the referral source as necessary or step-up the person's treatment to high intensity psychological therapy.
- Provide a range of information and support for evidence based high-volume low-intensity psychological treatments. This may include guided self-help computerised CBT or information about pharmacological treatments. This work may be face-to-face, telephone, digital or via other media.

- Involve other stakeholders including family members and support networks in treatment as necessary.
- Adhere to an agreed activity contract relating to the overall number of client contacts offered, and clinical sessions carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.
- Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
- Complete all requirements relating to data collection within the service.
- Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision-making.
- Work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.
- Assess and integrate issues surrounding work and employment into the overall therapy process.
- Operate at all times from an inclusive values base, which promotes recovery and recognises and respects diversity.
- Prepare and present clinical information for all patients on their caseload to clinical case management supervisors on an agreed and scheduled basis, in order to ensure safe practice and the clinical governance obligations of the worker, supervisor and service are delivered.
- Respond to and implement supervision suggestions in clinical practice.
- Ensure the maintenance of standards of practice according to the employer and any regulating body and keep up to date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence and NHS Talking Therapies manual).
- Ensure that client confidentiality is protected at all times.
- Ensure clear objectives are identified discussed and reviewed with senior therapists, on a regular basis, as part of continuing professional development.
- Any other duties commensurate with the role

Person Specification and experience

- A relevant degree or clinical qualification such as a psychology degree.
- Experience of working or volunteering with people who experience common mental health problems is desirable.
- A non-judgemental and empathetic approach.
- Passionate, committed and self-motivated
- 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, GDPR and always maintains discretion.
- 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 the 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.

