



Trainee CYP CBT HI Practitioner Job Description

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

About the Organisation

The Living Well Consortium is a network of over 40 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 children and young people experiencing emotional disorders such as generalised anxiety disorder, obsessive compulsive disorder, post-traumatic stress disorder, depression, social anxiety, specific phobias, separation anxiety disorder and panic disorder.

Attend training related to the evidence-base for CBT, and assessment and cognitive behavioural treatment strategies for managing anxiety disorders and depression in children and young people.

Responsibilities and Duties

- Attend course training on scheduled days.
- Assess a patient's suitability for interventions.
- Formulate, implement and evaluate patient therapy programmes.
- Delivery one-to-one treatment sessions to children and young people experiencing emotional distress.
- Encourage patients to talk about their feelings and behaviour.
- Deliver safe, professional accessible, and compassionate treatment sessions.
- 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 delivery.

- 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.
- Develop strong professional relationships with external organisation such as GPs, CAMHS, schools, and children's services.
- Engage with parents/carers to share concerns and support them to safeguard and support their child in line with specific needs.
- Identify and raise safeguarding concerns and appropriately share these with the relevant clinical managers.
- Promote safeguarding and welfare of children and young people.
- Attend and participate in line management and supervision.
- Participate in any team meetings or mandatory training.
- Report and document any incidents, accidents, complaints or concerns, ensuring the Clinical Lead has been informed.
- 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.
- Candidates should have a minimum of two years' experience working with children, families, and young people in a mental health focused role.
- A foundation or basic knowledge of cognitive behavioural therapy.
- 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.

