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Hi!

Thank you for considering our Trainee Psychological Wellbeing Practitioner recruitment programme in Kent and Medway.

If you are a highly organised and motivated individual with a commitment to the NHS and patient care then we would welcome your application to study for the professional role of Psychological Wellbeing Practitioner. Successful candidates will be trained to deliver Low Intensity Psychological Interventions, which are the cornerstone of NHS Talking Therapies Services (formally known as IAPT).

**Kent and Medway Talking Therapies**

Welcome to the NHS Kent & Medway Talking Therapies!

We provide a joint mental health service with our partner, WithYou, across the Kent & Medway areas.

Training to become a PWP will involve spending three days per week in our Kent and Medway service. This will be a mixture of remote working and face to face in our clinics. University teaching will be two days per week and will be a combination of face to face and remote learning. This will vary during the course of the year.

**The University of Exeter (taken from their website)**

The University of Exeter (<https://www.exeter.ac.uk/>) combines world-class research with excellent student satisfaction, from campuses in the South West of England, in Exeter and Cornwall. They are one of the very few universities to be both a member of [the Russell Group](https://www.exeter.ac.uk/about/facts/russellgroup/) and have a Gold award from the Teaching Excellence Framework (TEF), evidence of their established international reputation for excellence in both teaching and research. Their success is built on a strong partnership with our students and a clear focus on high performance.

**PGCert/GradCert Psychological Therapies Practice (Low Intensity Cognitive Behavioural Therapy)**

This programme will provide you with an outstanding opportunity to develop the competencies and knowledge associated with practice as a Psychological Wellbeing Practitioner.

The programme aims to:

* Provide you with a thorough grounding in the Department of Health curriculum for Psychological Wellbeing Practitioners working within the Improving Access to Psychological Therapies Programme.
* Develop your understanding and clinical competency in the low intensity CBT clinical method and enable you to adapt your practice to work effectively with patients with diverse needs.
* Provide you with the foundations to establish a commitment to continuing professional development and becoming an evidence-based practitioner.
* Provide you with a high quality and stimulating learning experience in a supportive environment that is enriched by an internationally-recognised research environment, nationally-recognised innovative clinical teaching approaches and current clinical practice.

For further course information visit the website at: <https://www.exeter.ac.uk/study/postgraduate/courses/psychology/pgcptp_licbt/>

Please note the course link is from the 2024 course but the course content remains the same for 2025.

**The Recruitment Process**

At Vita Health Group, we recruit for Trainee PWPs twice per year and adverts usually go out May/June time for Autumn cohorts.

The recruitment process for this trainee role will consist of the following:

|  |  |
| --- | --- |
| **w/c 23rd June**  **w/c 30th June** | Interviews which will include representatives from Vita Health Group and may include a representative from the University. There will be a series of competence based questions and a roleplay which will be given in the interview. |
| **1st September** | Start date and induction with Vita Health Group which is fully remote. |
|  |  |
| **9th September** | Start date with the University of Exeter (teaching base likely to be Central London based – TBC) |

**How to become a Psychological Wellbeing Practitioner?**

Should you have any specific questions about how to become a PWP you can have a look at the BPS and NHS websites here:

<https://www.bps.org.uk/psychological-wellbeing-practitioner-job-profile>

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychological-wellbeing-practitioner>

**We hope this is helpful – if there is anything else you need just let us know!**