Trainee Psychological Wellbeing Practitioner

## Job details

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| Job title: | Trainee Psychological Wellbeing Practitioner (PWP) |
| Department: | Psychological Therapy Services (PTS Corporate) |
| Location: | Remote |
| Reporting to:  (job title only) | Step 2 Service Manager |
| Accountable to:  (where applicable) | Step 2 Team Lead |
| Responsible to:  (where applicable) | Step 2 Service Manager, Clinical Lead, Step 2 Seniors |
| Job purpose: | To be part of the PTS Service as a Trainee Psychological Wellbeing Practitioner providing assessments and low intensity interventions, GSH, computerised CBT, Step 2 Groups and developmental work to support the growth of step 2 interventions in corporate services. |
| Role and Responsibilities: | In this role, you will provide Low Intensity interventions whilst undertaking the PG Certificate delivered by the University of Sheffield starting in October 2021. This training post will equip you to provide Step 2 Guided Self-Help Low Intensity Interventions to clients with a range of common mental health problems such as anxiety and depression in primary care, for which CBT interventions are demonstrated to be clinically effective.  You will be joining a motivated workforce and will be supported in the completion of both your academic study and the clinical delivery by skilled and experienced supervisors.  On successful completion of your training you will transition into the role of a qualified PWP.   * Accept referrals via agreed protocols within the PTS Service * Monitor personal performance in accordance with job plan * Adhere to clinical and referral protocols, ensuring unsuitable service users receive a warm onward referral to the most appropriate external service * Assess user’s suitability for psychological interventions * Manage risk to self, risk to others, risk from others and ensure safeguarding and risk management procedures are adhered to * Professional responsibility for the assessment and treatment of users on caseloads ensuring that it is line within clinical governance * Formulate, implement and evaluate therapy programmes for users * Adhere to an agreed activity plan, in line with published standards, relating to the number of patient contacts offered and clinical sessions undertaken each week in order to manage waiting list times and that treatment times are user centred. * Participate in clinical supervision and case management ensuring that you adhere to an agreed activity plan in line with published standards * Attend Multi-Disciplinary meetings relating to referrals or users in treatment * Work closely with all members of the PTS Team to ensure users receive appropriate step-up/down arrangements. * Assess and integrate issues surrounding work and employment into the overall therapy process * Actively participate in team meetings * Liaise with other health and social care professions from a range of agencies in the relation to care and support provided to users. * Complete all requirements relating to data collection and storage of same within service. * Keep contemporaneous records of all a clinical activity in line with organisation standards and protocols * Ensure all records are input directly on the clinical recording system in line with governance requirements * Maintain standards of practice as defined by service protocols and national IAPT/Nice Guidelines * Keep knowledge up to date in relation to the guidelines set by the Dept. of Health * Be aware of and keep up to date with advances in psychological therapies * Keep up to date records in relation to your own CPD and ensure that own personal development maintains your specialist knowledge of latest theoretical and service delivery models * Participate in service improvement by highlighting issues and, in conjunction with Team leader and as approved by Clinical Governance Team, implement changes in practice. * Provide advice regarding the practice and delivery of Low Intensity CBT to individuals/groups and other bodies across the organisation and contract area * Promote and maintain links with Primary and Secondary Care Staff to deliver an effective service.   Any other reasonable duties as required. |
| Training and supervision: | Provided by University of Sheffield and Psychological Therapy Service (PTS) |
| Additional information: | In order to complete the course, candidates will need to be able to carry out some self-directed study outside of their working hours |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Ability to study successfully at undergraduate year 3 level or the equivalent. | * Training in nursing, social work, occupational therapy, counselling or within a psychological therapy. * Psychology or other health related postgraduate degree * Psychology or other health related undergraduate degree. |
| **Experience** | * Evidence of working with people who have suffered with a mental health problem for a minimum of 2 years * Evidence of ability to study successfully at undergraduate year 3 level or the equivalent. | * Previous mental health experience |
| **Skills/knowledge** | * IT literate – intermediate level minimum * Flexible and able to provide out of hours clinics as required by service needs * Willingness to travel | * Training in nursing, social work, occupational therapy, art therapy or within a psychological therapy, psychology or other health related undergraduate / post graduate degree. |
| **Specialist training** |  |  |
| **Personal competencies and qualities** | * Excellent verbal and written communication skills * High level of enthusiasm and motivation * Ability to work individually or within a team and foster good working relationships * Ability to work under pressure * Excellent time management skills * An awareness of and commitment to supporting and facilitating diversity and inclusion |  |

## Version Control

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| Version: | Date: | Summary of Changes |
| V1.1 | 03.12.19 | Document copied onto authorised VHG branded Policy Template (original had no coding) |
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