

Hi!

Thank you for considering our Trainee Psychological Wellbeing Practitioner recruitment programme with VitaMinds Basildon & Brentwood

We have included below some further information on the process which you may find useful.

**Our Service Areas and Universities**

Our service areas are in the following locations:

* Basildon and Brentwood
* Kent and Medway
* West Essex
* Bristol, North Somerset, South Gloucestershire
* Leicester, Leicestershire and Rutland
* Newcastle upon Tyne
* Derby
* Calderdale
* Nottinghamshire

University Courses are typically for one-year full-time with one teaching day per week at the University, one study day per week and three days per week in service. This can be a mixture of remote and face-to-face working so you must be able to attend both the University and the service area.

**The Recruitment Process**

We recruit for Trainee PWPs twice per year and adverts usually go out May/June time for Autumn cohorts and November/December time for Spring cohorts. We advertise directly on our website, Indeed and also on NHS jobs. Because of the extremely high application rate the advert is only open for a short time when we advertise for Trainee PWPs so we encourage you to get your application in quickly. Adverts are sometimes closed early due to the number of applications we receive.

The recruitment process for this trainee role will involve a representative from the University of Essex. The process will be an interview with panel representatives from both Vita Health Group and the University. The interview will involve a role play activity and a series of questions. We will send you the roleplay vignette beforehand.The interviewwill be conducted remotely using Microsoft Teams.

If you are successful at the interview you will then begin our onboarding process which involves a DBS (Disclosure and Barring Service) check, right to work in the UK check, references, proof of qualifications, and an internet broadband speed check. After successfully onboarding, we will provide you with all the equipment you need for your new role.

**The University of Essex**

We’re a university where curiosity prevails, and where exploring new ways of thinking and pushing boundaries, isn’t just encouraged, it’s expected.

We are determined to do things differently and put student success at the centre of everything we do.

We're committed to two things: excellence in teaching and excellence in research. We put student success at the heart of our mission, supporting every student from every background to achieve outstanding outcomes; preparing our students to thrive in their future lives.

Our determination to make a difference in society means we’re ranked 76th in the global [Times Higher Education Impact Rankings](https://www.essex.ac.uk/news/2022/04/27/university-of-essex-celebrates-being-in-top-100-in-the-impact-rankings), which ranked more than 1,400 universities around the world.

Home to 15,000 students from more than 130 countries, our Colchester Campus is the largest of our three sites, making us one of the most internationally diverse campuses on the planet - we like to think of ourselves as the world in one place.

Set within the 200-acre [award-winning](https://www.essex.ac.uk/news/2022/07/26/green-flag-2022) beautiful parkland - [Wivenhoe Park](https://www.essex.ac.uk/wivenhoe-park) and located two miles from the [historic city centre of Colchester](https://www.essex.ac.uk/life/colchester-campus/local-area) – England's oldest recorded development. Our Colchester Campus is also easily reached from London and Stansted Airport in under one hour.

For further information visit the University website: <https://www.essex.ac.uk/>

**Postgraduate Certificate Psychological Well-being Practice**

Our certificates in PWP enable you to work with people who experience common mental health problems. You will learn to use a range of protocols derived from the best evidence based practice methodologies available. The protocols are drawn from cognitive behavioural theory and utilise self-help processes to empower patients to take control of their own well-being needs.

For further course information visit the website: <https://www.essex.ac.uk/courses/pg00754/1/postgraduate-certificate-psychological-well-being-practitioner-low-intensity>

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

As a Trainee PWP you will work towards a Post Graduate Diploma in Low Intensity cognitive behavioural therapy.

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>

<https://www.ppn.nhs.uk/resources/careers-map/career/psychological-wellbeing-practitioner>

There is also a video here which gives further information about becoming a PWP and working at Vita Health Group

<https://healthcareers.live/national-health-careers-conference-2022-ahp-live-stage/>

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