Trainee Psychological Wellbeing Practitioner

## Job details

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| Job title: | Trainee Psychological Wellbeing Practitioner |
| Department: | Talking Therapies Service – Vita Health Group |
| Location: | Leicester, Leicestershire and Rutland |
| Reporting to:  (job title only) | Step 2 Training Manager |
| Direct reports:  (job title only) | None |
| Accountable to:  (where applicable) | Head of Service, Clinical Lead, Step 2 Service Manager. |
| Responsible to:  (where applicable) | Head of Service, Clinical Lead, Step 2 Service Manager. |
| Job purpose: | We have several opportunities to recruit enthusiastic and committed Trainee Psychological Wellbeing Practitioners (Trainee PWPs) to join our Leicester, Leicestershire and Rutland Talking Therapies Service. |
| Role and Responsibilities: | In this role, you will provide Low Intensity interventions whilst undertaking the graduate/post-graduate certificate delivered by De Montfort University which commences in March 2025. 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, we will review service capacity to see if we can offer you the opportunity to transition into the role of a qualified PWP.  **Equality Diversity & Inclusion (EDI)**  We are proud to be an equal opportunities employer and are fully committed to EDI best practice in all we do. We believe it is the responsibility of everyone to ensure their actions support this with all internal and external stakeholders.   * Be aware of the impact of your behaviour on others * Ensure that others are treated with fairness, dignity and respect * Maintain and develop your knowledge about what EDI is and why it is important * Be prepared to challenge bias, discrimination and prejudice if possible to do so and raise with your manager and EDI team * Encourage and support others to feel confident in speaking up if they have been subjected to or witnessed bias, discrimination or prejudice * Be prepared to speak up for others if you witness bias, discrimination or prejudice |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: | Provided by De Montfort University and work place. |
| Additional information: | Some travel may be required, so a full clean driving licence is desired.  You will be required to travel to the University and any clinic placements within the Leicester, Leicestershire and Rutland area.  Applicants who have completed an NHS-funded psychological professions training programme within the last two years are not eligible to apply. Please also be advised that if you are successful in this role, you would be unable to complete another NHSE funded course within 2 years of completing the certificate in Low-Intensity Psychological Interventions (for example, CBT training).  If you are successful in being offered a role and you decide to terminate your employment during or at the end of your course, training fees may need to be repaid. This will be clarified before you begin the role. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | **Either:**   * Undergraduate degree or evidence of previous successful study at Regulated Qualifications Framework Level 5 (with 1 year experience, see below)   **OR**   * Evidence of previous successful study at Regulated Qualifications Framework Level 3 or 4 (with 2 years experience, see below) |  |
| **Experience** | **Dependent on qualification, either:**   * + At least 1 year paid or volunteer work in a mental health setting in a role directly supporting the mental health of others for those with a degree   **OR**   * + At least 2 years paid or volunteer work in a mental health setting in a role directly supporting the mental health of others for those with a level 3 qualification or higher. | * + Experience conducting risk assessments and responding to risk/safeguarding issues appropriately |
| **Skills/knowledge** | * IT literate – intermediate level minimum * Flexible and able to provide out of hours clinics as required by service needs * Knowledge of risk assessments and personal safety planning * Willingness to travel * Knowledge of NHS Talking Therapies | * Training in nursing, social work, occupational therapy, art therapy or within a psychological therapy, psychology or other health related undergraduate / post graduate degree. * Speaks another language |
| **Specialist training** |  |  |
| **Personal competencies and qualities** | * Excellent verbal and written communication skills * Strong interpersonal skills * High level of enthusiasm and motivation for the role * Ability to work under pressure * An awareness of and commitment to supporting and facilitating diversity and inclusion * Excellent time management skills * Ability to manage self care alongside balancing the demands of academic and service requirements | * Previous experience with managing your own caseload |

# Version Control

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| Owner: | Human Resources | Review: | Annually | Classification: | 1 (Proprietary) |
| Author: | Human Resources | Version: | V1.1 | Status: | PUBLISHED |
| Date Published: | 03/12/2019 | Code: | TBC |  |  |

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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) |
| V1.2 | 06/08/20 | Updated to include diversity and inclusion statement |
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