CYP Therapist

## Job details

|  |  |
| --- | --- |
| Job title: | CYP CBT Therapist (Corporate) |
| Department: | Psychological Therapy Services (Corporate) |
| Location: | Remote |
| Reporting to:  (job title only) | Senior Cognitive Behavioural Therapist |
| Direct reports:  (job title only) | None |
| Accountable to:  (where applicable) | PTS Service Lead |
| Responsible to:  (where applicable) | PTS Clinical Lead |
| Job purpose: | * + To support with the expansion of the CYP provision in PTS.   + To support the PTS Clinical Lead and PTS Service Manager with service development and innovation. |
| Role and Responsibilities: | * + To provide psychological assessment and treatment to children and young people ages 11-16. Assessment and therapy will be informed by   + NICE guidance for Anxiety, Depression and other mental health problems. Therapy model will be Cognitive behaviour therapy (CBT) plus other approaches as appropriate.   + To develop the capacity of the PTS team to work with common mental health difficulties in the context of emerging adulthood. |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: | * + Ensure the maintenance of standards of practice according to the employer and any regulating, professional and accrediting bodies (e.g. BPS, UKCP, BABCP,), and keep up-to-date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence).   + Be aware of, and keep up to date with advances in psychological therapies.   + Ensure clear professional objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development.   + Attend clinical/managerial supervision on a regular basis as agreed with Manager.   + Participate in individual performance review and respond to agreed objectives. |
| Additional information: | Some travel including occasional overnight stays may be required, so a full clean driving licence is desired. |

## Person specification

|  |  |  |
| --- | --- | --- |
|  | **Essential** | **Desirable** |
| **Qualifications** | * Post graduate training in CBT or equivalent * BABCP accreditation or eligibility for BABCP accreditation * CYP IAPT qualification | * HCPC registered * CYP supervision qualification |
| **Experience** | * Demonstrable post-qualification experience of working in a CAMHS/Tier 3 setting delivering CBT to children and young people * Experience of treating common mental health conditions * Demonstrable experience of working in psychological therapy/mental health services * Experience of acute MH/psychological assessment * Experience of risk assessment and routine clinical outcome monitoring * Experience of liaising with other professional groups * Experience in establishing diagnosis and providing evidence based psychological therapies including CBT | * + Experience of delivering EMDR, IPT, DIT, CAT   + Experience of working with families |
| **Skills/knowledge** | * Proficiency in IT skills including the use of Microsoft Office packages, databases and electronic record systems is required. * Demonstrates high standards in written communication, able to write clear reports and letters to referrers * A sound understanding of the principles of CBT and application across a broad range of mental health disorders * For home-based positions you will be required to have a minimum of 5mb download internet speed at the home address   + IT literate – intermediate level minimum |  |
| **Specialist training** |  |  |
| **Personal competencies and qualities** | * Evidence of values that are consistent with the NHS constitution. * Interpersonal skills to engage and develop working alliances with colleagues and patients. * Evidence of an openness to learning new knowledge and skills. * Excellent verbal and written communication skills * High level of enthusiasm and motivation * Ability to work under pressure * An awareness of and commitment to supporting and facilitating diversity and inclusion * Excellent time management skills |  |

# Version Control

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

|  |  |  |
| --- | --- | --- |
| 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 |
|  |  |  |