Trainee Psychological Wellbeing Practitioner

# Job details

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| Job title: | Trainee Psychological Wellbeing Practitioner (PWP) |
| Department: | VitaMinds NHS Talking Therapies Service |
| Location: | Bristol, North Somerset, South Gloucestershire (BNSSG) |
| Reporting to: (job title only) | Step 2 Team Leader |
| Direct reports: (job title only) | None |
| Accountable to: (where applicable) | Service manager, Clinical Lead, Step 2 Team Leader |
| Responsible to: (where applicable) | Service manager, Clinical Lead, Step 2 Team Leader |
| Job purpose: | We have the opportunity to recruit a number of enthusiastic and committed Trainee Psychological Wellbeing Practitioners (Trainee PWPs) to join our expanding NHS Talking Therapies Service in Bristol, North Somerset and SouthGloucestershire. |
| Role and Responsibilities: | In this role, you will provide Low Intensity interventions whilst undertaking the Psychological Therapies Practice (Low Intensity Cognitive Behavioural Therapy) training, at either PGCert or degree level, delivered by the University of Exeter. This training will equip you to provide Step 2 Guided Self-Help Low Intensity interventions to clients with a range of common mental health problems for which CBT interventions are demonstrated to be clinically effective, including anxiety and depression. The vast majority of clinical work is completed online or over the telephone.  |

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|  | You will be joining a motivated workforce and will be supported in the completion of both your academic study and clinical delivery by skilled and experienced supervisors.The role typically comprises 3 days per week undertaking clinical practice with the service and 2 days per week attending university. University days will be hybrid training of a combination of remote and face-to-face teaching in a Bristol based location. **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.
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| Clinical Governance: (where applicable) |  |
| Training and supervision: | Provided by University of Exeter and the workplace. |
| Additional information: | * Online interviews will be held on the 2nd, 3rd, 5th, 6th and 9th of December with an additional interview with Exeter university on the 16th of December 2024.
* Applicants must be available to commence the role on the 10th of March 2025 and to attend the first day of induction with University of Exeter on the 11th of March 2024.
* Applicants must be available to attend all university days on a weekly basis from the 11th of March to October 2025.
* The role is likely to include remote working but attendance at one of BNSSG offices will be required at least twice a week.
* Our service operates Monday-Wednesday 8am-8pm and Thursday-Friday 8am-5pm. All trainees are expected to work one 12-8pm shift on Mondays or Tuesdays.
* Health Education England (HEE) funds training based on the completion of at least two years of qualified practice following any other NHS funded psychological professions training.
* Therefore, applicants will not be eligible for HEE funding for the Trainee PWP position if they have previously completed any other NHS funded psychological professions training starting from the 31st of March 2023.
* Those that commence the training will also not be eligible for any further NHS funded psychological professions training (e.g. the Clinical Doctorate or HI CBT training) for 2 years post qualification.
* Please find further information at: <https://www.hee.nhs.uk/our-work/mental-health/psychological-professions/funding-psychological-professions-training-programmes>
* **If your employment terminates up to 24 months after receiving the qualification you will be liable to replay some or all of the fees (costs) associated with your training course.**
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|  | This role will be offered on a permanent basis from the 10th of March 2025 |

# Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * For postgraduate programmes: undergraduate degree or evidence of previous successful study at Regulated Qualifications Framework Level 6or* For undergraduate programme: evidence of ability to study at Regulated Qualifications Framework Level 5 |  |
| **Experience** | * One year’s working experience in settings with high exposure to people with mental health difficulties which can include voluntary work  | * Experience of telephone working |
| **Skills/knowledge** | * IT literate – intermediate level minimum
* Flexibility and be able to provide out of hours appointments as required by service needs *(one late shift of 12-8pm required)*

* Willingness to travel | * Knowledge and use of CBT techniques in the treatment of common mental health difficulties |
| **Personal competencies and qualities** | * Evidence of 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 |  |

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|  | * 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 administrative and time management skills |  |
| **Other** | * Availability to attend university teaching and study days. Most teaching will be 2 day per week from 11th March 2025 to October 2025.* This will be in conjunction with a minimum period of low intensity clinical practice per week in the service. **Applicants must submit a personal statement of the reasons why they are applying for the role and a summary of their relevant experience in order to be shortlisted.**  |  |

**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) |
| V1.2 | 2.7.20 | Person spec updated |
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