Trainee Psychological Wellbeing Practitioner

## Job details

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| Job title: | Trainee Psychological Wellbeing Practitioner |
| Department: | VitaMinds IAPT Service |
| Location: | West Essex |
| Reporting to:  (job title only) | Senior Step 2 Practitioner |
| Accountable to:  (where applicable) | Service manager, Clinical Lead, Step 2 senior. |
| Responsible to:  (where applicable) | Service manager, Clinical Lead, Step 2 senior. |
| Job purpose: | We have several opportunities to recruit enthusiastic and committed Trainee Psychological Wellbeing Practitioners (Trainee PWPs) to join our expanding West Essex Talking Theapies Service. |
| Role and Responsibilities: | In this role, you will provide Low Intensity interventions whilst undertaking the PG Certificate delivered by the University of Essex which commences in September 2023. 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. |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: | Provided by University of Essex and workplace. |
| Additional information: | Some travel including occasional overnight stays may be required, so a full clean driving licence is desired. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Ability to study successfully at undergraduate year 1 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** | * Experience of working with people, experiencing mental health problems or difficulties * Possess a good understanding of Talking Therapies and the role of a PWP * Experience of working with people from different cultural backgrounds and ages, supporting and facilitating diversity and inclusion * An interest in supporting patients with anxiety and depression using Cognitive Behavioural Therapy (CBT) self-help | * Previous mental health experience * Ability to work to deadlines, meet targets and prioritise workload * Experience of working in Primary Care Services * Worked in a service where agreed targets in place demonstrating clinical outcomes |
| **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 * An awareness of and commitment to supporting and facilitating diversity and inclusion * Excellent time management skills | An awareness of and commitment to supporting and facilitating diversity and inclusion |

# 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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