Trainee Psychological Wellbeing Practitioner

## Job details

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| Job title: | Trainee Psychological Wellbeing Practitioner |
| Department: | VitaMinds Talking Therapies Service |
| Location: | Basildon and Brentwood |
| Reporting to:  (job title only) | Senior Step 2 Practitioner |
| Direct reports:  (job title only) | n/a |
| 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 Basildon and Brentwood Talking Therapies Service. Trainee PWPs are expected to successfully complete the academic and clinical requirement of this role. |
| Role and Responsibilities: | Clinical   * Conduct telephone assessments of patients with common mental health disorders, identify their presenting problems and discuss treatment options. * Complete full risk assessments and identify any safeguarding concerns. * Deliver Low Intensity CBT interventions, taking consideration in the patients’ diversity and long term health condition needs. * Attend clinical and managerial supervision.   Training   * Fulfil all academic requirements for the PWP training. * Attend additional training provided by the Service.   Professional   * Keep up to date on new guidelines set by NHS England, NICE and other relevant bodies. * Committed to provide people-centred, high quality of care to patients with integrity. * Committed to Continuous Professional Development and PWP registration.   **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.  Vita Health Group has several initiatives in place to achieve this including our Zero Tolerance Policy, Code of Conduct, Freedom to Speak Up Guardians, and more. We believe it is the responsibility of everyone to ensure their actions support this goal 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 when possible, and raise with your manager, the EDI & Sustainability team, or the Freedom to Speak Up Guardians. * 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 University of Essex and VitaMinds Basildon & Brentwood Talking Therapies Service. |
| Additional information: | Some travel may be required so a full clean driving licence is desired. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Undergraduate degree or evidence of previous successful study at Regulated Qualifications Framework Level 5 or Level 6  (A) | * Psychology or other health related undergraduate/ postgraduate degree. |
| **Experience** | * Evidence of at least one year’s working experience in settings with people with mental health difficulties (A) * Experience of working with people from different cultural backgrounds and ages, supporting and facilitating diversity and inclusion (A) | * Experience of telephone working * Experience of working in Primary Care Services * Experience in a customer-focused setting * Worked in a service where agreed targets in place demonstrating clinical outcomes * Previous mental health experience |
| **Skills/knowledge** | * An interest in supporting people with anxiety and depression  (A) * Evidence of interpersonal skills to engage and develop working alliances with colleagues and patients (A) * Excellent verbal and written communication skills (A) * Possess a good understanding of Talking Therapies and the role of a PWP (A) * Excellent time management and administrative skills (A) * IT literate – intermediate level minimum (A) | * Knowledge and use of CBT techniques in the treatment of common mental health difficulties |
| **Personal competencies and qualities** | * Evidence of an openness to learning new knowledge and skills, demonstrating high level of enthusiasm and motivation (A) * Able to self-reflect on your own personal and professional development (I) * Ability to work individually and under pressure (A/I) * Ability to work to deadlines, meet targets and prioritise workload (I) * Commitment to supporting and facilitating diversity and inclusion (I) * Willingness to work one 12-8pm shift per week (I) * Willingness to travel to locations within the Service catchment area (I) | * Able to offer therapy in other languages. |

Assessment method: Application (A)/ Interview (I)

# 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 |
| V1.3 | 24/05/23 | Updated role & responsibilities, essential and desirable criteria |