Assistant Psychologist – PT SMHP

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| Job title: | Assistant Psychologist – Psychological Therapies for Severe Mental Health Problems service |
| Department: | PTS |
| Location: | Hybrid with working in Basildon and Brentwood area and home-based |
| Reporting to:  (job title only) | Team Lead |
| Accountable to:  (where applicable) | Clinical Lead |
| Job purpose: | The Assistant Psychologist (AP) will deliver hybrid care (face-to face and remote delivery) to patients living in the Basildon and Brentwood area in the Psychological Therapies for Severe Mental Health Problems service (PT SMHP). Working as part of a team, the AP will join an established team of therapists to support in the delivery of evidence-based psychological treatments to adults with complex mental health needs which fall outside the remit of Primary Care NHS Talking Therapies provision and who do not warrant specialist input from secondary care services. The AP will help deliver group-based interventions as well as work with patients on a one-to-one basis. The AP will be well supported by receiving regular clinical supervision and will be offered relevant continuous professional development (CPD) opportunities. |
| Role and Responsibilities: | The post holder will be expected to:   * To work with other psychological therapists to support the delivery of psychological interventions * To assist with service development initiatives, such as expanding the provision of evidence-based interventions * To co-facilitate group-based interventions alongside qualified therapists * To conduct risk assessment and development management plans with patients of the service * To help socialise patients to the service upon being accepted into the service * To participate in clinical and line management supervision * Ensure a culture of reflective practice within the team to help develop quality improvements * Participate in continued professional development activities as required * Conduct and take part in clinical audit, as directed by the Clinical Lead or Service Lead * Support aspects of service development. * To perform other duties, as required by the Service Lead/Clinical Lead   Operational:   * To ensure that all processes are effective and high standards are maintained across our provision * Have a working knowledge of VHG policies and procedures * To participate in and keep up to date with VHG mandatory training requirements. * To develop skills and competencies necessary for the role, including attending additional training and CPD when required to do so.   Communication   * The Assistant Psychologist will be required to communicate with a range of people, including communication about sensitive and difficult matters, with people who may be experiencing high levels of distress. Therefore, effective communication using a range of skills in relationship building and overcoming barriers to communication, whilst adhering to VHG policies and procedures is essential for the role.   **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: |  |
| Additional information: |  |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * A second-class honours degree (minimum 2:1) or higher in psychology. Entitlement to graduate membership of the British Psychological Society | * Post graduate relevant experience or evidence of higher degree |
| **Experience** | * Working in teams * Experience of working with a clinical population * Working in a relevant mental health service * Experience of working clinically with individuals who experience mental health problems | * Experience of working within a psychology service * Experience of using DBT-informed interventions * Experience of facilitating/co-facilitating group-based interventions * Experience of using CBT-informed interventions |
| **Skills/knowledge** | * Knowledge of Common mental health problems and their impact on psycho-social functioning | * Knowledge of severe and enduring mental health problems |
| **Personal competencies and qualities** | * High level critical skills and problem-solving skills with a solution focus * Demonstrating sound judgement in the absence of clear guidelines and recognition of when to seek support / expert guidance * Good presentation of self, enthusiastic, flexible, innovative. * Committed to customer care and first-class service provision. * Flexible attitude to working arrangements. * Ability to work within a pressurised environment. * Ability to accept and use clinical supervision appropriately and effectively |  |

# 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 | 06/08/20 | Updated to include diversity and inclusion statement |
| V1.3 | 20.07.25 | Rewording job purpose section |