

Hi!

Thank you for considering our Trainee High Intensity Therapist recruitment programme in Nottinghamshire.

If you are a highly organised and motivated individual with a commitment to the NHS and patient care then we would welcome your application to study for the professional role of High Intensity Therapist. Successful candidates will be trained to deliver High Intensity Psychological Interventions, which are the cornerstone of NHS Talking Therapies Services (formally known as IAPT).

**Nottinghamshire Talking Therapies**

A free and confidential NHS service designed to support the residents of Nottinghamshire tackle mental health problems such as stress, anxiety and depression.

For further information please visit <https://notts-talk.co.uk/>

Training to become a High Intensity Therapist will involve spending 3 days per week in our Nottinghamshire service. This will be a combination of remote working and face to face patient time based in our clinics in Nottinghamshire. University teaching will involve some remote learning but will mostly include face to face teaching.

**The University of Lincoln (taken from their website)**

We are delighted that you are considering joining our friendly academic community here at the University of Lincoln. We truly believe in the transformative power of higher education to help people achieve their full potential and at Lincoln we aim to provide an experience that is academically rigorous, creative, and engaging. We are proud of our reputation for providing a high-quality student experience underpinned by inspirational teaching.

Situated in the heart of a beautiful and historic city, we aim to give you the strongest possible foundation for your future career and our excellent partnerships with employers and our research-engaged teaching encourage you to maximise your potential and achieve your ambitions.

For further information about the University please visit: <https://www.lincoln.ac.uk/>

**The Course - PG Dip High Intensity Psychological Interventions (HIPI)**

This programme aims to provide students with an opportunity to complete post-qualification training in evidence-based cognitive behavioural therapy for adults with depression and/or any of the anxiety disorders for high intensity workers within Improving Access to Psychological Therapies (IAPT) services.

Trainees will work in IAPT services providing the high intensity, cognitive behavioural therapy component. The National Institute for Health and Care Excellence recommends a stepped care approach to the management of many cases of depression and to some, but not all, anxiety disorders. IAPT services will be organised around these principles, and the programme will work bring a close liaison with service providers through a range of methods including integrated plans for supervision, and placement visits by academic staff members.

For further information about this course please visit: <https://www.lincoln.ac.uk/course/hipintpd/>

**The Recruitment Process**

We recruit for Trainee HITs twice per year and adverts usually go out May/June time for Autumn cohorts and November/December time for Spring cohorts. We advertise directly on our website, Indeed and also on NHS jobs. Because of the extremely high application rate the advert is only open for a short time when we advertise for Trainee HITs so we encourage you to get your application in quickly. Adverts are sometimes closed early due to the number of applications we receive.

The recruitment process for this trainee role will consist of the following:

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| **17th, 18th, 19th December** | Interviews (held remotely via Microsoft Teams) |
| **24th February 2025** | Induction with Vita Health Group/Everyturn  |
| **5th March 2025** | Induction at the University of Lincoln |
| **12th March 2025** | Training begins at the University of Lincoln |

The recruitment process will involve panel representatives from Vita Health Group, Everyturn and the University.Interviews will be conducted remotely using Microsoft Teams. The interview includes a role play which you will be given on the day, and a series of competence based questions. If you are applying via the KSA route then this should be ready for interview. The university will be offering a free KSA workshop for any KSA applicants that wish to attend - details to follow.

If you are successful at interview you will then begin our onboarding process which involves a DBS (Disclosure and Barring Service) check, right to work in the UK check, references, proof of qualifications, and an internet broadband speed check. After successfully onboarding, we will provide you with all the essential equipment you need for your new role.

**How to become a High Intensity Therapist?**

Should you have any specific questions about how to become a High Intensity Therapist you can have a look at the BABCP and NHS websites here:

<https://babcp.com/Careers/Training-in-CBT>

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/high-intensity-therapist>

For more information about Core Professions:

<https://www.babcp.com/Core-Professions>

For more information about the KSA requirements:

<https://www.babcp.com/Knowledge-Skills-Attitudes>

**We hope this is helpful – if there is anything else you need just let us know!**