

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.

There will be an initial two-week teaching block at Coventry University and then two days per week at University which is likely to be Thursdays and Fridays. Each term will begin with a teaching block. Please note that remote teaching is not available so candidates must be willing and able to travel to Coventry University every week.

**Coventry University (taken from their website)**

We are a forward-looking, modern university with a proud tradition as a provider of high quality education and a focus on applied research.

Our students benefit from state-of-the-art equipment and facilities in all academic disciplines including health, design and engineering laboratories, performing arts studios and computing centres. We have been chosen to host three national Centres of Excellence in Teaching and Learning which has enabled us to invest substantial sums of money in health, design and mathematics.

Our city-centre campus is continually developing and evolving, and we have plans for further investment in it over the next few years. We are a major presence in Coventry, which contributes to the city's friendly and vibrant atmosphere and also enables us to foster successful business partnerships.

**PGDip Cognitive Behavioural Therapy (taken from Coventry University website)**

Cognitive Behavioural Therapy (CBT) is a current form of evidence-based psychological therapy recommended by NICE (National Institute for Health and Care Excellence) as a first-line intervention for many psychological disorders.

This PGDip in Cognitive Behavioural Therapy aims to provide practical, intensive and detailed skills training to facilitate skills development to a defined standard of competence while increasing your knowledge base of theory and research in CBT.

For further information please visit

<https://www.coventry.ac.uk/course-structure/pg/shc/cognitive-behavioural-therapy-pgdipmsc/>

**The Recruitment Process**

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

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| **24th September 2025****1st or 6th October 2025** | Screening Test for shortlisted applicants at Coventry UniversityInterviews (held remotely via Microsoft Teams) if successful at screening |
| **12th January 2026****19th January 2026** | Induction with Vita Health Group University induction  |

The recruitment process will involve panel representatives from Vita Health Group and the University.Interviews will be conducted remotely using Microsoft Teams. Shortlisted applicants be offered an interview if successful at the screening test set by the university. The interview includes a role play which you will be given on the day, and a series of competence based questions.

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!**