

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 Nottingham (taken from their website)**

The University of Nottingham's position as a world-class university is confirmed by its ranking in the global [league tables](https://www.nottingham.ac.uk/about/facts/league-tables.aspx). We are proud of our award-winning campuses, both at home and abroad, and continually invest in the University's grounds, buildings and facilities.

Developing and managing the University's environment is at the heart of our values, ensuring that the student experience and environmental sustainability remain firmly on the University's agenda.

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

**PGDip Cognitive Behavioural Therapy**

On this course, you’ll learn how to support individuals and make a real difference to their mental health and wellbeing. You'll develop your knowledge and practice of Cognitive Behavioural Therapy (CBT) and develop the skills you’ll need to work as a CBT (high-intensity) practitioner. The course gives you the opportunity to put the therapeutic skills you've learned into practice during your weekly clinical supervision sessions. You'll receive dedicated support and expert teaching from a team of accredited Cognitive Behavioural Therapists with a wide range of experience across primary and secondary care.

For further information about the course visit:
<https://www.nottingham.ac.uk/pgstudy/course/taught/cognitive-behavioural-therapy-msc#overview>

**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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| **w/c 1st July** | Interviews (held remotely via Microsoft Teams) |
| **8th July** | Offers and onboarding to begin |
| **September 2024** | Induction with Vita Health Group/Everyturn followed by University induction (exact date to be confirmed) |

The recruitment process will involve panel representatives from either Vita Health Group or 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 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!**