Trainee High Intensity Therapist (HIT)

## Job details

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| Job title: | Trainee High Intensity Therapist  |
| Department: | VitaMinds West Essex  |
| Location: | West Essex  |
| Reporting to: (job title only) | Senior Step 3 Practitioner |
| Accountable to: (where applicable) | Service manager, Clinical Lead |
| Responsible to:(where applicable) | Service manager, Clinical Lead, Step 3 senior |
| Job purpose: | We have the opportunity to recruit eight enthusiastic and committed Trainee High Intensity Therapists (Trainee HITs) to join our West Essex Improving Access to Psychological Therapies (IAPT) Service. |
| Role and Responsibilities: | In this role, you will provide Low Intensity interventions whilst undertaking the PG Certificate delivered by the University of Hertfordshire which commences in September 2021. You will be required to attend teaching and placement days as part of the training. This training post will equip you to provide Step 3 level Interventions to clients with a range of common mental health problems such as anxiety and depression in primary care, for which CBT interventions are demonstrated to be clinically effective.You will be joining a motivated workforce and will be supported in the completion of both your academic study and the clinical delivery by skilled and experienced supervisors.On successful completion of your training you will transition into the role of a qualified HIT.  |
| Training and supervision: | Provided by the University of Herfordshire and workplace, respectively.  |
| Additional information: | As restrictions ease some travel including occasional overnight stays may be required, so a full clean driving licence is desired.During the week you will be required to attend structured teaching days facilitated by the University teaching staff and will be on placement within the Vita Minds Service on the other days. Due to the current situation with Covid-19 there is a mixture of remote and face to face clinics being offered to clients. The service will continue to operate in this manner until further guidance and recommendations are made by the Government. It is anticipated that as restrictions continue to ease the service will increase its provision of face-to-face appointments for clients who require it. In relation to structured teaching days the University will issue guidance on how it intends to deliver these sessions nearer the time which will also be influenced by Government guidelines.  |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** |  * A registered core profession as required by the BABCP (<http://www.babcp.com/Accreditation> Applicants who do not have a BABCP recognised core profession can enter via the KSA route, demonstrating that they have the knowledge, skills and attitudes required. Further information can be found on the BABCP website

 OR Qualified psychological Wellbeing Practitioners with a minimum of 2 years post qualification experience by the time the course starts  | * Training in nursing, social work, occupational therapy, counselling or within a psychological therapy
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| **Experience** | * Evidence of working with people who have suffered with a mental health problem
* Demonstrable experience of working in mental health services
* Experience of delivery of short term focused interventions
* Full range of skills and competencies as laid out in the competence framework for CBT (Roth & Pilling 2007)
* Ability to study successfully at undergraduate level or the equivalent
 | * Experience of delivering models of stepped care
* Experience of working in primary care
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| **Skills/knowledge** | * IT literate – intermediate level minimum
* Flexible and able to provide out of hours clinics as required by service needs
* Willingness to travel
 | * Training in nursing, social work, occupational therapy, art therapy or within a psychological therapy, psychology or other health related undergraduate / post graduate degree.
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| **Specialist training** |  | * Training in CBT
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| **Personal competencies and qualities** | * Excellent verbal and written communication skills
* High level of enthusiasm and motivation
* Ability to work individually or within a team and foster good working relationships
* Ability to work under pressure
* Excellent time management skills
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## 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) |
| v.1.2 | 02.07.20 | Information added in regarding covid-19  |
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