

Hi!

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

We have included below some further information on the process which you may find useful.

**Our Service Areas and Universities**

We have included below some further information on Vita Health Group and the trainee recruitment process which you may find useful.

**Our Practice Areas and Universities**

Our practice areas are in the following locations:

* Kent and Medway
* West Essex
* Basildon and Brentwood
* Derby
* Bristol, North Somerset, South Gloucestershire
* Newcastle upon Tyne
* Leicester, Leicestershire and Rutland
* Calderdale
* Nottinghamshire

In the past we have worked with different universities to deliver the PG qualification. These include:

* Coventry University
* The University of Nottingham
* The University of Sheffield
* Teesside University
* Newcastle University
* University of Exeter
* University of Lincoln
* Canterbury Christ Church University
* University of Hertfordshire

University Courses are typically for one-year full-time with two teaching days per week at the University and three days per week in service. This can be a mixture of remote and face-to-face working so you must be able to attend both the University and service area.

**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 involve panel representatives from both Vita Health Group and the University of Hertfordshire. The interview will involve a role play activity and a series of questions. It will be conducted remotely using Microsoft Teams.

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

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| **w/c 28th July and 4th August** | Interviews (held remotely via Microsoft Teams) |
| **29th September****6th October** | Induction with Vita Health Group University training begins |

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.

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

The University of Hertfordshire has a rich and vibrant history of higher education excellence. In 2022-23 we are celebrating our 70th anniversary of powering the potential of the many students, graduates, businesses and staff who have passed through our doors.

The University of Hertfordshire has stayed true to our roots, sustaining our focus on ensuring the employability of our students, providing over 550 career-focused courses aligned with the needs of industry and the public sector. As Hertfordshire’s only University, we remain committed to the regional skills agenda, just as we have done throughout each of our 70 years.

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

**The Course: PgDip Cognitive Behavioural Therapy**

The Postgraduate Diploma in Cognitive Behaviour Therapy (IAPT) course is an exciting and innovative course, delivered by an enthusiastic team of Cognitive Behaviour Psychotherapists and lecturers. The course structure is designed to give you a postgraduate diploma (PgDip) in CBT (full-time over one year with provisional BABCP accreditation).

The PgDip in Cognitive Behavioural Therapy is delivered over one academic year to facilitate the development of knowledge and application of CBT in stages. You will exit with eligibility for provisional accreditation. All students on this pathway will utilise their employment in an IAPT site to achieve the required 200 hours. 8-10 client sessions are advised per week.

For further information about the course please visit: <https://www.herts.ac.uk/courses/postgraduate-masters/pgdip-cognitive-behavioural-therapy>

**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!**