

Hi!

Thank you for considering our Trainee Psychological Wellbeing Practitioner recruitment programme in Basildon and Brentwood.

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 Psychological Wellbeing Practitioner. Successful candidates will be trained to deliver Low Intensity Psychological Interventions, which are the cornerstone of NHS Talking Therapies Services (formally known as IAPT).

**Basildon & Brentwood Talking Therapies**

In partnership with the NHS, we offer a range of short-term psychological therapies to adults 16-years and over, who are registered with a Basildon, Brentwood, Billericay & Wickford GP.

Training to become a PWP will involve spending three days per week in our Basildon and Brentwood service. This will be a mixture of remote working and face to face in our clinics. University teaching will be two days per week and will be a combination of face to face and remote learning.

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

We’re a university where curiosity prevails, and where exploring new ways of thinking and pushing boundaries, isn’t just encouraged, it’s expected.

We are determined to do things differently and put student success at the centre of everything we do.

We're committed to two things: excellence in teaching and excellence in research. We put student success at the heart of our mission, supporting every student from every background to achieve outstanding outcomes; preparing our students to thrive in their future lives.

Our determination to make a difference in society means we’re ranked 76th in the global [Times Higher Education Impact Rankings](https://www.essex.ac.uk/news/2022/04/27/university-of-essex-celebrates-being-in-top-100-in-the-impact-rankings), which ranked more than 1,400 universities around the world.

Home to 15,000 students from more than 130 countries, our Colchester Campus is the largest of our three sites, making us one of the most internationally diverse campuses on the planet - we like to think of ourselves as the world in one place.

For further information visit the University website: <https://www.essex.ac.uk/>

**Postgraduate Certificate Psychological Wellbeing Practice**

This certificate will enable you to work with people who experience common mental health problems. You will learn to use a range of protocols derived from the best evidence based practice methodologies available. The protocols are drawn from cognitive behavioural theory and utilise self-help processes to empower patients to take control of their own well-being needs.

For further course information visit the website:

<https://www1.essex.ac.uk/programmespecs/Details.aspx?prog=10948>

**The Recruitment Process**

At Vita Health Group, we recruit for Trainee PWPs twice per year and adverts usually go out May/June time for Autumn cohorts and November/December time for Spring cohorts.

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

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| **1st – 5th July** | Interviews which will include representatives from the University and Vita Health Group. There will be a series of competence based questions and a roleplay which will be given in the interview. |
| **24th September** | Induction with Vita Health Group  |
|  |  |
| **30th September** | Induction with the University of Essex |

If you are successful at interview you will 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 Psychological Wellbeing Practitioner?**

Should you have any specific questions about how to become a PWP you can have a look at the BPS and NHS websites here:

<https://www.bps.org.uk/psychological-wellbeing-practitioner-job-profile>

<https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychological-wellbeing-practitioner>

<https://www.ppn.nhs.uk/resources/careers-map/career/psychological-wellbeing-practitioner>

There is also a video here which gives further information about becoming a PWP and working at Vita Health Group

<https://healthcareers.live/national-health-careers-conference-2022-ahp-live-stage/>

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