CYP Therapist

## Job details

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| Job title: | CYP CBT Therapist (Corporate)  |
| Department: | Psychological Therapy Services (Corporate)  |
| Location: | Remote  |
| Reporting to: (job title only) | Senior Cognitive Behavioural Therapist  |
| Direct reports: (job title only) | None |
| Accountable to: (where applicable) | PTS Service Lead  |
| Responsible to:(where applicable) | PTS Clinical Lead |
| Job purpose: | * + To support with the expansion of the CYP provision in PTS.
	+ To support the PTS Clinical Lead and PTS Service Manager with service development and innovation.
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| Role and Responsibilities: | * + To provide psychological assessment and treatment to children and young people ages 11-16. Assessment and therapy will be informed by
	+ NICE guidance for Anxiety, Depression and other mental health problems. Therapy model will be Cognitive behaviour therapy (CBT) plus other approaches as appropriate.
	+ To develop the capacity of the PTS team to work with common mental health difficulties in the context of emerging adulthood.
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| Clinical Governance:(where applicable) |  |
| Training and supervision: | * + Ensure the maintenance of standards of practice according to the employer and any regulating, professional and accrediting bodies (e.g. BPS, UKCP, BABCP,), and keep up-to-date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence).
	+ Be aware of, and keep up to date with advances in psychological therapies.
	+ Ensure clear professional objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development.
	+ Attend clinical/managerial supervision on a regular basis as agreed with Manager.
	+ Participate in individual performance review and respond to agreed objectives.
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| Additional information: | Some travel including occasional overnight stays may be required, so a full clean driving licence is desired. |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Post graduate training in CBT or equivalent
* BABCP accreditation or eligibility for BABCP accreditation
* CYP IAPT qualification
 | * HCPC registered
* CYP supervision qualification
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| **Experience** | * Demonstrable post-qualification experience of working in a CAMHS/Tier 3 setting delivering CBT to children and young people
* Experience of treating common mental health conditions
* Demonstrable experience of working in psychological therapy/mental health services
* Experience of acute MH/psychological assessment
* Experience of risk assessment and routine clinical outcome monitoring
* Experience of liaising with other professional groups
* Experience in establishing diagnosis and providing evidence based psychological therapies including CBT
 | * + Experience of delivering EMDR, IPT, DIT, CAT
	+ Experience of working with families
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| **Skills/knowledge** | * Proficiency in IT skills including the use of Microsoft Office packages, databases and electronic record systems is required.
* Demonstrates high standards in written communication, able to write clear reports and letters to referrers
* A sound understanding of the principles of CBT and application across a broad range of mental health disorders
* For home-based positions you will be required to have a minimum of 5mb download internet speed at the home address
	+ IT literate – intermediate level minimum
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| **Specialist training** |  |  |
| **Personal competencies and qualities** | * Evidence of values that are consistent with the NHS constitution.
* Interpersonal skills to engage and develop working alliances with colleagues and patients.
* Evidence of an openness to learning new knowledge and skills.
* Excellent verbal and written communication skills
* High level of enthusiasm and motivation
* Ability to work under pressure
* An awareness of and commitment to supporting and facilitating diversity and inclusion
* 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) |
| V1.2 | 06/08/20 | Updated to include diversity and inclusion statement |
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