Long Covid Cognitive Behavioural Therapist

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| Job title: | Long Covid Cognitive Behavioural Therapist |
| Department: | Bristol, North Somerset and South Gloucestershire IAPT service |
| Location: | Bristol, North Somerset and South Gloucestershire |
| Reporting to: | Long Term Conditions Lead |
| Direct reports: | None |
| Accountable to:  | Long Term Conditions Lead in BNSSG |
| Job purpose: | Vita Minds BNSSG is expanding the Long Term Conditions Pathway to meet the needs of Long Covid within the local area. We work in partnership with local health care providers on providing care for Long Covid and seeing the need for treatment of depression, anxiety, and trauma sensitive approach for this cohort. We are looking for experienced Cognitive Behavioural Therapists, EMDR Therapists and/or registered Psychologists to join an exciting new area within Long Term Conditions.This role is to provide specialist therapeutic interventions within the IAPT service for those identifying with Long Covid. There will be the opportunity to liaise with physical health services to assist with appropriate referrals and psychological guidance. |
| Role and Responsibilities: | The post holder will be expected to:* provide specialist psychological assessment and interventions to clients
* work autonomously within professional guidelines and the overall framework of the Vita Minds policies and procedures
* provide NICE compliant treatment for PTSD
* liaise with other services, charities and organisations for clinical work and training
* work with the Long Term Conditions Lead and clinical lead to develop the Long Term Condition pathway for long covid patients
* ensure a culture of reflective practice within the team to develop quality improvements
* evidence continued professional development ensuring statutory and mandatory training is completed in line with contractual obligations
* participate in personal and professional development in line with requirements for CPD.

**Operational:*** to ensure that all processes are effective and high standards are maintained across our provision
* have a comprehensive understanding of the Vulnerable Adult/Adult Protection procedures, demonstrating an awareness of the referral process
* demonstrate an awareness of the Mental Capacity Act
* to help the Long Term Conditions Lead to develop the Long Term Condition Pathway for those with Long Covid
* to help evaluate and contribute to changes within the Long Term Condition Pathway.

**Communication:*** develops and maintains effective communications within Vita Minds
* to be professionally and managerially accountable to the Long Term Conditions Lead and Clinical lead
* to develop good working relationships and communicate effectively with colleagues in physical health teams and colleagues in IAPT services
* to communicate verbally and in writing highly complex and sensitive information. Sharing formulations that are clear, understandable, and appropriate to a range of settings and audiences
* to be able to contain and work with organisational stress and hold the stress of others
* to communicate therapeutically with patients with particular difficulties (e.g. memory/concentration difficulties, speech and hearing impairments etc).
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| Clinical Governance:(where applicable) |  |
| Training and supervision: |  |
| Additional information: |  |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Post-graduate Diploma in CBT.
* Or Post-graduate Diploma and top up LTC training
* Doctoral level training in clinical or health psychology accredited by the BPS.
* Registered with Health professions Council as an Applied/registered Psychologist
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| **Experience** | * Experience of patient groups /mental health groups/IAPT services
* Experience of specialist psychological assessment, formulation, and intervention with working age patients.
* Experience of working with distress linked to chronic physical conditions. Experience of liaising with staff from different professional backgrounds (OT & Physiotherapy).
* Experience of working with those with Long Covid.
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| **Skills/knowledge** | * High Intensity Therapist: Post-graduate Diploma in CBT and IAPT LTC training. Accreditation with BABCP.

* Registered Psychologist: Doctorate in Health/Clinical Psychology, HPC membership and BPS membership
* Ability to formulate presenting problems using range of evidence based psychological models (NICE guideline compliant/Roth and Pilling competencies)
* Knowledge of health psychology models and their application with clients suffering from long term physical conditions.
* Development and delivery of psychological input within services
* Knowledge of applying CBT/EMDR to PSTD presentations
 | * EMDR training
* Acceptance and Commitment Therapy (ACT) training.
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| **Personal competencies and qualities** | * Ability to identify and employ, as appropriate, clinical governance mechanisms for the support and maintenance of clinical practice in the face of challenging settings.
* A commitment and passion to develop expertise in the service area.
* IT skills including email, word processing and basic excel databases.
* Evidence of continuing professional development as recommended by the BPS.
* Opportunity to access a vehicle for work purposes.
* Skills in providing consultation to other professional and non-professional groups.
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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 |
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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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