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. |
| 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. |
| 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.   **Equality Diversity & Inclusion (EDI)**  We are proud to be an equal opportunities employer and are fully committed to EDI best practice in all we do. We believe it is the responsibility of everyone to ensure their actions support this with all internal and external stakeholders.   * Be aware of the impact of your behaviour on others * Ensure that others are treated with fairness, dignity and respect * Maintain and develop your knowledge about what EDI is and why it is important * Be prepared to challenge bias, discrimination and prejudice if possible to do so and raise with your manager and EDI team * Encourage and support others to feel confident in speaking up if they have been subjected to or witnessed bias, discrimination or prejudice * Be prepared to speak up for others if you witness bias, discrimination or prejudice |
| 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 |
| **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 |
| **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 |  |
| **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 * Excellent time management skills |  |

# 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 |
| V1.3 | 19/11/2021 | Updated to include NEW diversity and inclusion statement in roles and ressponsibilities |