Psychological Wellbeing Practitioner

## Job details

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| Job title: | Psychological Wellbeing Practitioner |
| Department: | IAPT Primary Care Mental Health |
| Location: | Basildon & Brentwood |
| Reporting to:  (job title only) | Senior PWP |
| Direct reports:  (job title only) | None |
| Accountable to:  (where applicable) |  |
| Responsible to:  (where applicable) |  |
| Job purpose: | * The successful candidate is responsible for providing low intensity CBT interventions to clients with Common Mental Health Disorders. They must be able to conduct telephone triage assessments, one to one sessions via phone and face to face, groups and use of computerised CBT (CCBT) * VHG have a highly successful service and our staff are offered regular clinical skills and case management supervision to support the PWP to achieve the best results possible for your clients |
| Role and Responsibilities: | * + Attend clinical/managerial supervision on a regular basis as agreed with line manager and in line with IAPT requirements   + Receive supervision from an appropriate and more experienced clinician in relation to low intensity interventions to meet the required standards.   + Participate actively in regular group clinical skills supervision.   + Attend all team meetings and external events as required.   + Ensure the maintenance of standards of practice according to the employer and any regulating bodies 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).   + Ensure that client confidentiality is protected at all times.   + Participate in individual performance review and respond to agreed objectives   + Contribute to the development of best practice within the service.   + Maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.   + Undertake patient centred interviews which identify areas where the person wishes to see change and/or recovery and makes an accurate assessment of risk to self and others.   + Make decisions on the suitability of new referrals, adhering to the service’s referral protocols, and refer unsuitable clients on to the relevant service or back to the referral agent as necessary or steps-up the person’s treatment to high intensity.   + Adhere to an agreed activity contract carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.   + Keep up to date and concise electronic records of all clinical activity in line with service protocols   + Work closely with other members of the team with a stepped care approach.   + Support the implementation of a socially inclusive model of mental health care   + Assess and integrate issues surrounding work and employment into the overall therapy process   Any other reasonable request as required.  **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 |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: |  |
| 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** | * PGDip/Cert in Low Intensity Cognitive Behavioural Interventions | * Psychology or other health related undergraduate degree |
| **Experience** | * Evidence of working with people who have experienced a mental health problem and experience within IAPT * Demonstrates robust risk management processes * Worked in a service where agreed targets in place demonstrating clinical outcomes * Ability to manage own caseload and time | * Evidence of working in the local community * Experience of facilitating Webinar/Groups * Experience of using Computerised CBT (CCBT) * Experience of using patient record systems |
| **Skills/knowledge** | * Excellent interpersonal communication skills, including telephone skills * Demonstrates high standards in written communication, including report and letter writing. * IT literate – intermediate level minimum * Able to demonstrate clinical outcomes and meeting agreed performance targets * Ability to evaluate and put in place the effect of training * Ability to assess common mental health problems * Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post |  |
| **Specialist training** | n/a |  |
| **Personal competencies and qualities** | * High level of enthusiasm and motivation * Ability to work individually and within a team and foster good working relationships * Ability to work under pressure * Excellent time management skills | * Car driver and/or ability and willingness to travel to locations throughout the organisation |

# 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 | 30/09/22 | Roles/Responsibilities and Person Specification updated |