CBT Therapist

## Job details

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| Job title: | CBT Therapist (Corporate)  |
| Department: | Psychological Therapy Services (Corporate)  |
| Location: | Remote  |
| Reporting to: (job title only) | Senior Cognitive Behavioural Therapist  |
| Direct reports: (job title only) | Mental Health Clinical Team Manager  |
| Accountable to: (where applicable) | PTS Service Lead  |
| Responsible to:(where applicable) | The main function of the CBT therapist within VHG is to provide telephone-based case management of referrals to the Psychological Therapy Service (PTS).  |
| Job purpose: | This includes an assessment of problem, triage to the appropriate level of the service and monitoring a case from beginning to end, in order to facilitate a patient to maintain or return to their maximum level of functioning. To offer a range of CBT interventions via telephone or Video Link where appropriate.  |
| Role and Responsibilities: |  |
| 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** | * Post graduate training in CBT or equivalent
* BABCP accreditation or eligibility for BABCP accreditation
 | * Other recognisable therapy qualifications i.e. EMDR etc
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| **Experience** | * 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
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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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