Psychological Wellbeing Practitioner

## Job details

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| Job title: | Psychological Wellbeing Practitioner |
| Department: | IAPT Primary Care Mental Health |
| Location: | West Essex |
| Reporting to:  (job title only) | Step 2 Team Leader |
| Accountable to:  (where applicable) | Service Lead |
| Job purpose: | Vita Health Group celebrates life. Improving lives physically and mentally drives everything we do. As part of this, you will provide high-quality, evidence-based psychological interventions to clients with common mental health disorders. |
| Role and Responsibilities: | * + Conduct telephone triage assessments, one to one sessions via phone and face to face, groups and use of computerised CBT (CCBT).   + Assess the suitability of new referrals, adhering to the service’ referral protocols.   + Process onward referrals and/or step ups for unsuitable clients as required.   + Work closely with other members of the team, with a stepped care approach.   + Undertake patient centred interviews to identify areas where the client wishes to see change and/or recovery and makes an accurate assessment of risk to self and others.   + 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.   + Adhere to an agreed activity contract carried out per week, to minimise waiting times and ensure treatment delivery remains accessible and convenient.   + Participate in individual performance reviews and respond to agreed objectives.   + Maintain standards of practice according to VHG and any regulating bodies.   + Keep up to date on new recommendations/guidelines set by the Department of Health (e.g., NHS Plan, National Service Framework, NICE, etc.)   + Maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.   + Ensure that client confidentiality is protected at all times.   + Keep up to date and concise electronic records of all clinical activity, in line with service protocols.   + Attend clinical/managerial supervision on a regular basis, as agreed with line manager and in line with IAPT requirements.   + Receive supervision from an appropriate clinician in relation to low intensity interventions, to meet the required standards.   + Actively participate in regular group clinical skills supervision.   + Attend all team meetings and external events as required.   + Contribute to the development of best practice within the service.   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. |
| Training and supervision | 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. |
| Additional information: | * VHG support conversations about flexible working. Full Time and Part Time hours are available for this role. * 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/PGCert in Low Intensity Cognitive Behavioural Interventions * BABCP or BPS registration (or submitted, awaiting confirmation) | * Psychology or other health related undergraduate/ postgraduate degree |
| **Experience** | * Evidence of working with people who have experienced a mental health problem. * Experience of working within IAPT * Demonstrates robust risk management processes | * Experience of working in the local community * Experience of facilitating Groups * Experience of using Computerised CBT (CCBT) * Experience of using patient record systems |
| **Skills/knowledge** | * Excellent interpersonal communication skills, including telephone skills * High standards in written communication, including report and letter writing. * Able to demonstrate clinical outcomes and meet 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 |  |
| **Personal competencies and qualities** | * Shares VHG values of Leadership, People Centred, Customer Focused, Quality and Integrity * High level of enthusiasm and motivation * Ability to work individually or within a team and foster good working relationships * Ability to work under pressure * Excellent time management skills * Openness to learning new knowledge and skills. * An awareness of and commitment to supporting and facilitating diversity and inclusion | * 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 |
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