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 |
| **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 |  |
| **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 * An awareness of and commitment to supporting and facilitating diversity and inclusion * 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 |
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