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: | **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.
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| 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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