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) | Team Lead |
| Direct reports:  (job title only) | None |
| Accountable to:  (where applicable) | Service Lead |
| 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) * To hold a full caseload and provide a 70/30 split between clinical and non-clinical time. To hold a full caseload and provide a 70/30 split between clinical and non-clinical time * 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   **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 |
| Role and Responsibilities: | Any other reasonable request as required |
| 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 in Low Intensity Interventions | * Psychology or other health related undergraduate degree * Psychology or other health related postgraduate degree |
| **Experience** | * Evidence of working with people who have experienced a mental health problem and experience within IAPT * Demonstrates robust risk management processes * Demonstrates high standards in written communication * 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 Groups * Experience of using Computerised CBT (CCBT) * Experience of using patient record systems |
| **Skills/knowledge** | * IT literate – intermediate level minimum * Able to demonstrate clinical outcomes and meeting agreed performance targets * Demonstrates high standards in written communication. * Ability to manage own caseload and time. * Able to write clear reports and letters |  |
| **Specialist training** |  |  |
| **Personal competencies and qualities** | * Excellent verbal and written communication skills * 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 | * 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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