Long Term Conditions Cognitive Behavioural Therapist

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| Job title: | Long Term Conditions Cognitive Behavioural Therapist - IAPT |
| Department: | Bristol, North Somerset and South Gloucestershire IAPT service |
| Location: | Bristol, North Somerset and South Gloucestershire |
| Reporting to:  (job title only) | Long Term Conditions Lead |
| Direct reports:  (job title only) |  |
| Accountable to:  (where applicable) | Long Term Conditions Lead in BNSSG |
| Responsible to:  (where applicable) |  |
| Job purpose: | IAPT (Improving Access to Psychological Therapies) is expecting two thirds of its uplift in patient referrals to come from Long Term Conditions (LTC) cohorts.  This role is to provide qualified psychology service to patients with Long Term Conditions (LTC’s) within IAPT Talking Therapy service. To liaise with physical health services to assist with appropriate referrals and psychological guidance. |
| Role and Responsibilities: | The post holder will be expected to:   * To provide highly specialist psychological assessment and interventions to clients * Working autonomously within professional guidelines and the overall framework of the Vita Minds policies and procedures. * To be responsible for assistant psychologists within the service * To liaise with other services, charities and organisations for clinical work and training * To work with the Long-Term Condition Lead and clinical lead to develop the Long-Term Condition pathway * Ensure a culture of reflective practice within the team to develop quality improvements * Continued professional development evidenced ensuring statutory and mandatory training is completed in line with contractual obligations * To participate in personal and professional development in line with requirements for CPD   **Operational:**   * To ensure that all processes are effective and high standards are maintained across our provision * Have a comprehensive understanding of the Vulnerable Adult/Adult Protection procedures, demonstrating an awareness of the referral process * Demonstrate an awareness of the Mental Capacity Act * To help the Long-Term Condition Lead, to develop the Long Term Condition Pathway within a NICE compliant service * To help evaluate and contribute to changes within the Long-Term Condition Pathway to ensure a NICE compliant service.   **Communication**   * Develops and maintains effective communications within Vita Minds * To be professionally and managerially accountable to Long Term Condition Lead and Clinical lead. * To develop good working relationships and communicate effectively with colleagues in physical health teams and colleagues in IAPT services. * To communicate verbally and in writing highly complex and sensitive information. Sharing formulations that is clear, understandable, and appropriate to a range of settings and audiences. * To be able to contain and work with organisational stress and hold the stress of others. * To communicate therapeutically with patients with particular difficulties (e.g. memory/concentration difficulties, speech and hearing impairments etc).   **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 |
| Clinical Governance:  (where applicable) |  |
| Training and supervision: |  |
| Additional information: |  |

## Person specification

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|  | **Essential** | **Desirable** |
| **Qualifications** | * Post-graduate Diploma in CBT. | * EMDR qualification * Other therapy modality (IPT, couples therapy and MBCT) * Top up training in IAPT LTC |
| **Experience** | * Ability to formulate presenting problems using range of evidence based psychological models (compliant to NICE guideline Roth and Pilling competencies) * Knowledge of health psychology models and their application with clients suffering from long term physical conditions. * Development and delivery of psychological input within services * Have a grounding in CBT and/or other modalities |  |
| **Skills/knowledge** | * Experience of patient groups /mental health groups/IAPT services * Experience of specialist psychological assessment, formulation, and intervention * Experience of working with distress linked to chronic physical conditions. Experience of liaising with staff from different professional backgrounds (OT & Physiotherapy). * Experience of using CBT to treat patient |  |
| **Specialist training** |  | * PTSD additional training or EMDR training * IAPT-LTC 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 * Skills in providing consultation to other professional and non-professional groups. * Evidence of continuing professional development as recommended by the BPS. |  |

# Version Control

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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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