

JOB DESCRIPTION

JOB TITLE:	Accredited Cognitive Behavioural Psychotherapist
BASIC QUALIFICATION:	Post graduate Qualification in CBT, BABCP accreditation or accreditable qualification and an undertaking to register within the first year of employment.
REPORTS TO:	Clinical Lead
ACCOUNTABLE TO:	Service Manager

Mission Statement

Trent Psychological Therapy Services (Trent PTS) is focused on a single aim: providing life-enhancing and meaningful psychological interventions, which improve the emotional, mental and social wellbeing of all clients who choose our services. Respect, expertise and integrity are the basis of our approach to delivering our healthcare services, with our clients at the centre of the decisions we make together.

Job Summary

The post holder will be an Accredited Cognitive Behavioural Psychotherapist or hold accreditable qualifications. You will deliver evidence based CBT and work focused interventions to clients with mild to moderate mental health problems, both on an individual and group basis as part of Trent PTS Ltd delivery of IAPT.

You will provide screening of client's suitability for Psychological Therapies and refer them to the appropriate Psychological Therapies service within Trent PTS or to outside agencies as appropriate; conduct Mental Health Assessment and Risk assessment of service users; provide education, teaching and training in relation to CBT and will provide liaison and consultation with Clinicians of Trent PTS Service, GP's and referring agents to facilitate user choice and access to appropriate psychological therapies.

Key Responsibilities

- Provide high quality specialist Cognitive Behavioural Therapy to individuals, couples and groups within a wide range of settings (including GP surgeries, community settings and therapy centres, etc).
- Provide screening of user's suitability for Psychological Therapies and refer them to the appropriate Psychological Therapies service within Trent PTS or to outside agencies as appropriate, using a Stepped Care approach.
- Manage an allocated clinical caseload in collaboration with the Line Manager.

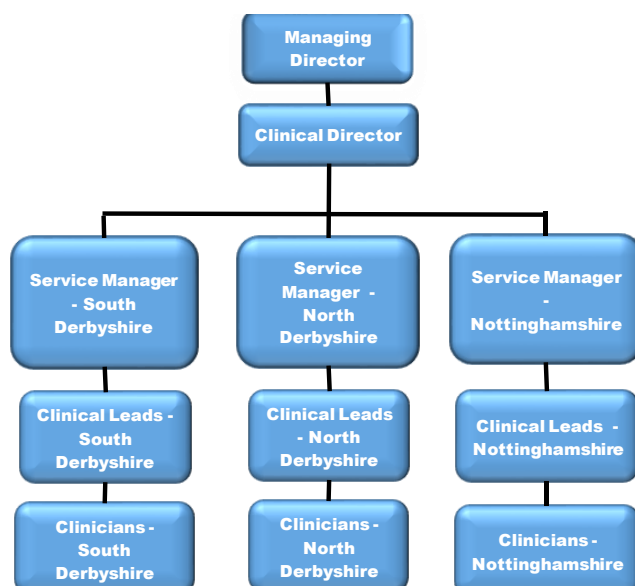
- Deliver evidence based Cognitive Behavioural Therapy for users with mild to moderate mental health problems.
- Deliver interactive psycho-education within a CBT framework to individual users and groups of service users.
- Provide Medication Review and symptom monitoring of users of Trent PTS.
- Conduct problem focused assessment and work focused assessment of users of Trent PTS.
- Conduct Mental Health Assessments and Risk Assessments for users and formulate and implement Risk Management plans using Trent PTS Risk Assessment & Risk Management policies and procedures.
- Ensure that other personnel involved in the treatment and care of service users are aware of all relevant issues in the clinical management of a users care, including user's history of violence to self or others and current or potential risk of violence to self or others.
- Provide information and education to users about choice and access of psychological therapies available within Trent PTS to enable them to make informed decisions as to the most appropriate services to be accessed.
- Implement a Stepped Care approach to clinical practice and provide both High Intensity and Low Intensity clinical interventions as well as work-focused interventions, as required.
- Electronically record data regarding individual service user contact activity, Diary Events and Service Activity using Trent PTS Patient Management Systems.
- Maintain up to date accurate electronic clinical records relating to individual service users, in accordance with Trent PTS policies and procedures.
- Implement national outcomes monitoring systems adopted by Trent PTS (which includes session-by-session symptom measures).
- Collate and electronically record assessment and treatment outcomes and patient satisfaction data for national benchmarking in accordance with Trent PTS individual contract requirements.
- Actively participate in regular liaison and consultation with Trent PTS Clinical Team, and other Specialist Teams as required, in order to facilitate seamless access to Primary and Secondary Care Mental Health Services.
- Proactively develop robust professional relationships with General Practice staff supporting the active integration of CBT provision into primary care.
- Develop and maintain good professional relationships with mental health workers in primary and secondary care.
- Provide consultation to and communicate as appropriate with external agencies (including housing, police, local authority, Jobcentre Plus and employers, etc).

- Exercise personal responsibility for the systematic clinical governance of professional practice in your own practice.
- Receive regular individual and/or group Clinical Supervision from an Accredited Cognitive Behavioural Psychotherapist.
- Be committed to developing and maintaining your own CPD in relation to Cognitive Behavioural Therapy.
- Fulfil the BABCP code of conduct and follow BABCP ethical guidelines in your professional work.
- Receive and act upon regular Case Management Supervision from the Line Manager and/or Directors.
- Be aware of and comply with the policies, procedures and standards of service, in particular the service's clinical operations procedures.

Clinical Governance

The post holder will be expected to:

- Maintain and develop clinical knowledge and clinical expertise.
- Actively participate in regular clinical and managerial supervision.
- Maintain accurate electronic records of clinical work to allow the effective monitoring, review, audit and evaluation of the service provided.
- Collate and electronically record assessment and outcome measures and patient satisfaction data for service audit and national benchmarking.
- Participate in the effective monitoring, review and evaluation of the service provided.
- Participate in audit and research as required.



PERSON SPECIFICATION

	Essential The qualities without which a post holder could not be appointed	Desirable Extra qualities which can be used to choose between candidates who meet all the essential criteria
Qualifications	<ul style="list-style-type: none"> • Post graduate Qualification in CBT, BABCP accreditation or an undertaking to register within the first year of employment • Evidence of ongoing Professional Development in CBT • Full driving licence • Car owner/driver 	<ul style="list-style-type: none"> • MSc in CBT • RMN • Post registration qualification in clinical practice • Post registration clinical experience in CBT
Experience & Knowledge	<ul style="list-style-type: none"> • Experience of treating a wide range of psychological disorders using CBT • Experience of working autonomously • Experience of conducting mental health assessments and risk assessments • Experience of implementing Stepped Care • Experience of collating and recording clinical outcomes • Engagement in an ongoing CPD CBT programme (including recent attendance at CBT conferences or training) • Evidence of receiving regular & recent post registration Clinical Supervision in CBT 	<ul style="list-style-type: none"> • Post registration clinical experience within the community • Clinical experience of working within a Multidisciplinary Team • Experience of treating complex conditions and or Axis 2 disorders • A basic understanding of other Psychological treatment modalities • In depth knowledge of at least one area of CBT practice • Knowledge of UK benefits and employment systems
Communication Skills	<ul style="list-style-type: none"> • Good communication skills with colleagues, customers of the service (including clients) and outside agents, both face to face and via the telephone • Good team working skills and co-operative team working with staff of Trent PTS 	

<p>Administration Skills</p>	<ul style="list-style-type: none"> • Excellent administration and organisational skills • Able to maintain accurate admin records and/or in-house administration systems • Maintain a high standard in the content and presentation of their administration 	
<p>Organisational Skills</p>	<ul style="list-style-type: none"> • Demonstrates excellent time keeping • Ability to plan, prioritise and organise own workload and work to tight time scales 	
<p>Personal Attributes</p>	<ul style="list-style-type: none"> • Ability to plan, prioritise and organise own workload and work to tight time scales • Punctual • Flexible across hours of work when required • Empathetic and understanding towards people and their needs • Non-judgemental • Ability to work independently and demonstrate initiative • Demonstrate a positive attitude towards change in a proactive and constructive approach • Good previous attendance record • Able to exercise discretion and be diplomatic • Ability to work as part of a team • Ability to work autonomously to achieve work goals • Tact and discretion 	