

JOB DESCRIPTION

South West Family Values CBT Therapist (in training)

Post Title: Trainee CBT Practitioner (Depression and Anxiety)

Salary: (24k p.a plus training bursary for travel expenses of £500)

Responsible to: Line Manager, South West Family Values

Accountable to: Clinical Supervisor South West Family Values

Key Relationships: Exeter University, South West Family Values, Schools

CYP IAPT

The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme delivered by Health Education England and partners that aims to improve existing children and young people's mental health Services (CYP MHS) working in the community. CBT Practitioners for Children and Young People in training will benefit from being integrated fully within a CYP MHS and linked to the South West CYP IAPT collaborative, which brings a valuable organisational infrastructure.

Job Purpose

This is a training role within the Children and Young People' Improving Access to Psychological Therapies programme (CYP IAPT). The course is taught and accredited by Exeter University and the trainee will be working towards a PG Diploma in Cognitive Behaviour Therapy (high Intensity). The post-holder will work within a CYP MHS as part of a multi-disciplinary team delivering, under supervision, high-quality; outcome – informed, focused, evidence-based interventions for children and young people experiencing, moderate anxiety, low mood, and behavioural difficulties

The training and service experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively in an inclusive, value driven service.

The post holder will attend Exeter university based taught and self-study days required by the education provider, as specified within the agreed national curriculum and work in the service for the remaining days of the week using their newly developed skills.

Main Duties and Responsibilities

1. Therapeutic skills

- 1.1. Assess and deliver, under supervision outcome focused, evidence-based interventions to children and young people experiencing mild to moderate mental health difficulties.
- 1.2. Working in partnership, support children, young people experiencing moderate mental health difficulties and their families in the self-management of presenting difficulties.
- 1.3. Work in partnership with children, young people and families in the development of plans for the intervention and agreed outcomes.
- 1.4. Support and empower children, young people and families to make informed choices about the intervention.
- 1.5. Operate at all times from an inclusive values base, which recognises and respects diversity.
- 1.6. Accept referrals within agreed national and local protocols.
- 1.7. Undertakes accurate assessment of risk to self and others.
- 1.8. Adhere to the service referral protocols. Under supervision signpost unsuitable referrals to the relevant service as necessary.
- 1.9. Through close case management and supervision, escalate cases where the level of need becomes beyond scope, or more severe ensuring adherence to other relevant elements of service delivery.
- 1.10. Provide a range of information and support for evidence based psychological treatments. This may include guided self-help. This work may be face-to-face, by telephone or via other media.
- 1.11. Adhere to an agreed activity contract relating to the overall number of children and young people contacts offered, and sessions carried out per week in order to improve timely access and minimise waiting times.
- 1.12. Attend multi-disciplinary meetings relating to referrals or CYP in treatment, where appropriate.
- 1.13. Keep coherent records of all activity in line with service protocols and use these records and outcome data to inform decision making. Complete all requirements relating to data collection.
- 1.14. Assess and integrate issues relating to transitions, education and training/employment into the overall therapeutic process.
- 1.15. Work within a collaborative approach involving a range of relevant others when indicated.

- 1.16. Work in collaboration with children, young people and communities to enhance and widen access.

2. **TRAINING AND SUPERVISION**

- 2.1. Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
- 2.2. Apply learning from the training programme to practice.
- 2.3. Receive supervision from educational providers in relation to course work to meet the required standards.
- 2.4. Prepare and present case load information to supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the governance obligations of the trainee, supervisor and service are delivered.
- 2.5. Respond to and implement supervision suggestions by supervisors in practice.
- 2.6. Engage in and respond to personal development supervision to improve competences and practice.

3. **PROFESSIONAL**

- 3.1. Ensure the maintenance of standards of practice according to the employer and any regulating bodies, and keep up-to-date on new recommendations/guidelines set by the relevant departments.
- 3.2. Ensure that confidentiality is protected at all times.
- 3.3. Ensure clear objectives are identified, discussed and reviewed with supervisor and senior colleagues on a regular basis as part of continuing professional development.
- 3.4. Participate in individual performance review and respond to agreed objectives.
- 3.5. Keep all records up to date in relation to Continuous Professional Development and ensure personal development plans maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
- 3.6. Attend relevant conferences/workshops in line with identified professional objectives.

4. **GENERAL**

- 4.1. Contribute to the development of best practice within the service.
- 4.2. Ensure a comprehensive understanding of the relevant safeguarding legislation, guidance and best practice.
- 4.3. Maintain up-to date knowledge of legislation, national and local policies and procedures in relation to children and young people's mental health
- 4.4. All employees have a responsibility and a legal obligation to ensure that information processed is kept accurate, confidential, secure and in line with the Data Protection Act (1998) and Security and Confidentiality Policies.
- 4.5. It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties.
- 4.6. This Job Description does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.

Personal Specification	Essential	Desirable	Assessment Method
Qualifications	<p>Evidence of ability to study successfully at undergraduate level or the equivalent (ideally a level 6 qualification)</p> <p>Evidence of numeracy</p> <p>Psychology or other health /social care/youth related undergraduate degree</p> <p>Other relevant postgraduate degree</p>		<p>Application Form</p> <p>Numeracy Test</p> <p>Application Form</p> <p>Application Form</p>

<p>Experience</p>	<p>Experience of working with children and/or young people. (A core profession in therapy, nursing, social; work etc) <i>For those without a recognised core profession there is a KSA route to completing a knowledge and skills report)</i></p> <p>Evidence of working with children and young people with mental health difficulties</p> <p>Experience of working in mental health or related services Worked in a service where agreed targets in place to demonstrating outcomes</p>	<p>Working within a school environment</p>	<p>Application/Interview</p> <p>Interview</p>
<p>Skills & Competencies</p>	<p>Ability to evaluate and put in place the effect of training</p> <p>Computer literate</p> <p>Excellent verbal and written communication skills, including telephone skills and use of internet mediated communication</p> <p>Able to develop good therapeutic relationships with clients</p> <p>Able to develop good professional relationships with colleagues inside and beyond child and adolescent mental health services</p> <p>Responsive to and willing to ask for feedback and supervision</p>	<p>Received training (either formal or through experience) and carried out risk assessments within scope of practice</p> <p>Ability to speak and communicate in a foreign language</p>	<p>Interview</p> <p>Application/Interview</p> <p>Application/Interview /Portfolio /Test</p> <p>Interview</p> <p>Reference</p> <p>Interview</p>

<p>Knowledge</p>	<p>Knowledge of child and adolescent development and the role of the family in supporting children and young people's emotional well-being</p> <p>Understanding of systems and contexts in which children and young people are likely to live</p> <p>Demonstrates an understanding of common mental health problems experienced by children and young people</p> <p>Understands Able to identify common mental health problems in children and young people</p> <p>Why it is essential to use evidence-based interventions when possible</p> <p>Understands why collecting feedback from children, young people and parents is important</p>	<p>Interview</p> <p>Interview</p> <p>Interview</p> <p>Interview</p> <p>Interview</p> <p>Interview</p>
<p>Training</p>	<p>Able to attend the formal training as required</p> <p>Able to complete academic components of the course</p> <p>Able to integrate training into practice</p>	<p>Application/Interview</p> <p>Application/Interview</p> <p>Application/Interview</p>