



For better
mental health

Person Specification

IAPT Volunteer Student Counsellor/Cognitive Behavioural Psychotherapist

QUALIFICATIONS/ EDUCATION

- *Studying for a relevant Diploma/degree in Counselling/Cognitive Behavioural Therapy
 - *Member of the BACP/BABCP or other relevant professional body
- Evidence of continuous professional development

KNOWLEDGE

- *Knowledge of mental health issues
 - *Knowledge of a range of counselling and/or cognitive behavioural therapy skills, procedures and techniques
- Knowledge of the IAPT agenda and the stepped care model of service delivery
Knowledge and understanding of the roles of the various stakeholders in IAPT including primary care and third sector organisations.
Understanding of evidence based practice

EXPERIENCE

- *Experience of working with adult clients

SKILLS & ABILITIES

- *A committed and professional approach to work
 - *Ability to develop good therapeutic relationships
- Skills in psychological assessment
- *Highly effective communication skills, verbal and written including the ability to relate well to service users, other professionals and Management staff at all levels
- Ability to prioritise
- *Computer/ Information Technology skills
- Ability to be a team player within a multi disciplinary team

OTHER

- * Willingness to undertake training in risk and safeguarding procedures
- * Willingness to abide by the principles, policies and procedures.

Items marked with an asterisk (*) on the Person Specification are the short listing criteria. In order to be short listed for this position, you must provide, on your application letter/form, details of how you meet each criterion.