



JOB DESCRIPTION

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| JOB TITLE: | Psychological Wellbeing Practitioner (Low Intensity Therapist) |
| Pay: | NHS Band 5 |
| BASIC QUALIFICATION: | Qualified IAPT PWP (Low Intensity Therapist) |
| Hours: | 37.5 hours per week (applications for part-time hours will also be considered) |
| Holidays: | 35 days per annum, including public holidays |
| Responsible to: | Team Lead |
| Accountable to: | Clinical Lead |
| Location: | Mind in Bexley office at 2a Devonshire Rd, Bexleyheath DA6 8DS (flexible remote working negotiable) |
| DBS | Check required (level of disclosure): Enhanced |

About Mind in Bexley

We believe no one should have to face a mental health problem alone. We work to reduce the stigma associated with mental health, support people in their recovery and champion better services for all. We believe that with the right support and resources everybody can create a life that feels meaningful irrespective of the presence of symptoms. Mind in Bexley is a local Mind mental health charity offering an extensive range of support, advice, and information to communities in Bexley and East Kent. The purpose and objects of the charity is 'to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder'. We promote well-being and work to reduce poor mental health and the stigma associated with it. We support people in their recovery and champion better services for everyone. We seek to meet these purposes by undertaking a wide range of therapeutic and non-clinical mental health activities within Bexley and East Kent, including direct therapeutic support of individuals, advice, advocacy, recovery and employment services, and campaigning to reduce the stigma of mental health and to raise awareness of mental health issues.

Mind in Bexley Psychological Therapy Services (IAPT) 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

You will be a qualified IAPT Low Intensity Therapist (PWP). You will be actively committed to developing your skills in cognitive behavioural therapy in a primary care mental health setting. You will provide a Primary Care Psychological Therapies Service to customers of Mind in Bexley IAPT with common mental health problems such as anxiety and depression, mainly of a mild to moderate severity and impact, primarily Steps 1 and 2 (Stepped Care).

You will deliver high quality, high volume, evidence-based low intensity therapy which will be short term and primarily cognitive behavioural and self-management interventions. These interventions will be delivered primarily by the telephone, CBT and in a group format.

Key Responsibilities

Manage an allocated clinical caseload in collaboration with the Line Manager.

Deliver low intensity, evidence based cognitive behavioural interventions for service users with mild to moderate mental health problems, including:

- Guided Self Help
- Behavioural Activation
- Problem Solving
- Psycho-education
- Group Treatments – modular CBT workshops
- Computerised Cognitive Behavioural Therapy (cCBT)
- Prescribing of CBT Self Help books ('Books on Prescription')
- Signposting to appropriate agencies

- Provide symptom monitoring, medication advice and behavioural guidance to service users prescribed antidepressant medication.
- Conduct mental health assessments, psychological assessments and Risk Assessments. Formulate and implement Risk Management plans following Mind in Bexley's Risk Assessment & Risk Management policies and procedures.
- Coordinate signposting to alternative support or advisory services as appropriate and monitor the effectiveness of this intervention by follow up.
- Refer service users to Clinical Team Leaders if they are presenting with severe or complex conditions or risk, require complex medication advice, or who may need to be referred to Secondary Care Services.
- Ensure that other clinical personnel involved in the treatment and care of service users are aware of all relevant issues in the clinical management of their care, including a history of violence to self or others and current or potential risk of violence to self or others.

Administration

- Electronically record data regarding individual patient contact activity and service activity using Mind in Bexley Patient Management Systems.
- Maintain up to date and accurate electronic patient records in accordance with Mind in Bexley's policies and procedures.
- Implement the IAPT national outcomes monitoring system, implementing IAPT session-by-session symptom measures.
- Collate and electronically record IAPT assessment and treatment outcomes and IAPT patient satisfaction data for national benchmarking in accordance with Mind in Bexley's IAPT contract requirements.

Liaison & Consultation

- Actively participate in regular liaison and consultation with Mind in Bexley IAPT Team
- Clinical Team, and other Specialist Teams as required, in order to facilitate seamless access to Primary and Secondary Care Mental Health Services.

Clinical Supervision & Case Management

- Actively participate in regular Clinical Supervision and clinical skills training in relation to Psychological Therapies from a qualified and experienced Psychological Therapist.
- Receive regular Clinical Supervision from an experienced Psychological Wellbeing Practitioner in relation to the delivery of Cognitive Behavioural interventions by all delivery methods.
- Receive regular Case Management Supervision from the Line Manager.

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 so as 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 | DESIRABLE |
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| | The qualities without which a post holder could not be appointed | Extra qualities which can be used to choose between candidates who meet all the essential criteria |
| Qualifications | <ul style="list-style-type: none"> • IAPT Qualified Low Intensity Therapist – (PG Certificate) • Computer literate | <ul style="list-style-type: none"> • RMN or UKCP/BACP Registered Counsellor • Full driving licence • Car owner/driver |
| Experience and Knowledge | <ul style="list-style-type: none"> • IAPT Qualified Low Intensity Therapist • Minimum of six months clinical experience within Primary Care Mental Health (pre Low Intensity Training) • Experience of delivering a wide range of evidence based low intensity interventions for anxiety and depression • Experience of conducting mental health assessments and risk assessments • A good understanding of the Cognitive Behavioural Therapy Model • Experience of collating and recording clinical outcomes • Evidence of receiving regular Clinical Supervision in relation to Low Intensity interventions • Good knowledge and understanding of Mental Health issues particularly anxiety and depression • Good knowledge and understanding of the IAPT agenda | <ul style="list-style-type: none"> • Post registration clinical experience as a qualified Low Intensity Therapist • Experience of delivering group based clinical interventions • Experience of working within multi disciplinary and multi-cultural settings. • Experience of working within social care or the welfare benefits system |

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| 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 | |
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| Staff of Mind in Bexley IAPT | | |
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| Administration Skills | <input type="checkbox"/> Excellent administration and organisational skills <input type="checkbox"/> Able to maintain accurate admin records and/or in-house administration systems <input type="checkbox"/> Maintain a high standard in the content and presentation of their administration | |
| Organisational Skills | <input type="checkbox"/> Demonstrates excellent time keeping. <input type="checkbox"/> Ability to plan, prioritise and organise own workload and work to tight time scales <input type="checkbox"/> | |
| Personal Attributes | <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 <p style="text-align: center;">Tact and discretion</p> | |