

# MY JOB: Psychological Wellbeing Practitioner



## KEY RESPONSIBILITIES:

Psychological Wellbeing Practitioners (PWPs) work within the IAPT service providing high volume low intensity interventions which will be a range of cognitive behavioural therapy (CBT) based self-management interventions to service to clients with mild to moderate anxiety and depression.

- To assess and treat people with a common mental health problem in the self management of their recovery.
- Undertakes patient-centred interviews which identifies areas where the person wishes to see change and or recovery and makes an accurate assessment of risk to self and others.
- Offer a variety of evidence-based, high-volume, low-intensity psychological treatments, which may involve guided self-help sessions, computerised CBT, psychoeducational groups, and workshops (in-person, video, or telephone formats).
- Signposting unsuitable clients on to the relevant service or back to the referral agent
- Ability to manage own caseload and time. Adhering to expected clinical hours offered, to minimise waiting times and ensure treatment delivery remains accessible and convenient.
- Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
- Work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.
- Prepare and present clinical information at appropriate intervals for all clients in the caseload to uphold safe practice and fulfil the clinical governance responsibilities of the worker, supervisor, and service.

This is not an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.

## HOW I OPERATE:

- High level of enthusiasm and motivation.
- Advanced communication skills
- Ability to work within a team and foster good working relationships
- Ability to use clinical supervision and personal development positively and effectively and to be to be self reflective
- Ability to work under pressure
- Regard for others and respect for individual rights of autonomy and confidentiality
- Car driver and ability and willingness to travel to locations throughout the organisation
- Keep coherent records of all patient activity in line with service protocols and use these records and clinical outcome data in decision making, ensure regular updating of the IAPTus database
- Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity

## WHAT I NEED:

- Evidence of working with people who have experienced a mental health problem and have an understanding of anxiety and depression and how it presents in Primary Care
- Post / Under Graduate Certificate in Low Intensity Psychological Interventions from a BPS accredited course and has a registration as a Psychological Wellbeing Practitioner with either BABCP or BPS.
- Excellent verbal and written communication skills, including telephone skills and able to write clear reports and letters.
- Able to develop good therapeutic relationships with clients
- Ensure the maintenance of standards of practice and keep up to date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence).



## WHAT'S IN IT FOR ME:

- Comprehensive learning and development opportunities so we can invest in your future – we're proud to have a silver accreditation from *Investors in People*. Choose from our range of courses to gain recognised qualifications
- 28 days' paid holiday a year, increasing with each year of service up to 30 days. Plus the option to buy or sell additional holidays and spread the cost
- An exclusive discounts hub for TP colleagues, to help make your money go further – including high street shopping, pubs and restaurants, mobile phones, gym memberships, and much more. You'll also have access to the Blue Light Card, for even more discounts and savings!
- Flexible working solutions to support your work-life balance
- Life Assurance of up to 3x annual salary and a competitive Pension Scheme to support your savings and security
- Access to our Rightsteps Therapy service – free, confidential telephone based counselling sessions, access to an online wellbeing platform, and a Financial Education hub to support your total wellbeing
- A 24/7 Employee Assistance Programme including a Digital GP, legal advice and more – all free to you and your immediate family
- Recognition awards to recognise colleagues' inspirational work and dedication, as well as Long Service bonuses to celebrate your commitment to us
- Flexible benefit options including a Cycle to Work scheme and interest-free Season Ticket Loans
- A £300 bonus if you successfully refer a friend as a new colleague through our Refer a Friend scheme, as a thanks from us!

## PROCESS :

- Ensure the maintenance of standards of practice according to the employer and any regulating, and keep up to date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence).
- Ensure that client confidentiality is protected at all times. Be aware of, and keep up to date with advances in the spheres of treatment for common mental health problems.
- Ensure clear objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development.
- Participate in individual performance review and respond to agreed objectives.
- Keep up to date all records in relation to Continuing Professional Development and ensure personal development plan maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
- Attend relevant conferences / workshops in line with identified professional objectives.