

# Role Profile: PSI (Psycho-social Interventions) Lead (CBT Therapist)

...Leading on facilitation of cognitive-behavioural interventions within a trauma-informed framework



## WHAT I AM ACCOUNTABLE FOR:

- Overseeing the delivery of high quality, targeted individual and group psycho-social interventions with the people we support
- Adhering to compliance and governance for internal and external regulatory frameworks
- Adhering and contributing to development of organisational policies and procedures
- Ensuring that outcome measure collation and analysis is used to improve psycho-social treatment provision
- Offering cognitive-behavioural perspectives on client treatment during case consultation and team meetings
- Supervising other staff in the delivery of CBT interventions
- Overseeing client and family member feedback mechanisms and aiding service to act on these
- Helping to identify treatment gaps and working with national psychology team to develop interventions to address these
- Being a part of the senior clinical team in the service, contributing to making the service more psychologically-informed

## HOW I OPERATE:

### Values Led Leadership

#### I lead a team:

- I create an inclusive and positive environment to enable my team to thrive;
- I support and coach my team to support their development;
- I provide constructive and balanced feedback, confidently challenging where appropriate;
- I am an advocate for change and support my teams through change;
- I listen to and support my team and am person centred in my approach to colleagues and people we support;
- I support my team to deliver positive outcomes, creating space for new ideas and thinking

## WHAT I NEED:

### Skills \ Knowledge

- Passion, energy, enthusiasm
- Excellent communication skills
- Experience of offering CBT in the Health & Social Care sector
- Masters Level qualification in Cognitive-Behavioural Therapy
- Current accreditation with BABCP (or accreditable and working towards accreditation)
- Foster an effective, cross organisational and collaborative way of working
- Knowledge of IT systems

# PSI Lead (CBT Therapist)

## Role expectations



### PEOPLE:

- Offering CBT-based assessment and formulation to clients experiencing substance misuse and/or mental health difficulties
- Offering CBT-based therapy to a small caseload of clients
- Leading on developing pathways with primary mental health partner agencies
- Working in a person centred way that contributes to the quality of life and advocating for the people we support and their rights as equal citizens
- Ensuring a safe working environment for self and colleagues
- Offering a cognitive-behavioural perspective within multi-disciplinary team meetings
- Consulting with colleagues on psychological aspects of treatment
- Line managing Advanced Practitioners and/or Group Leads
- Providing clinical supervision for Masters CBT trainees
- Providing practice supervision to staff offering psycho-social interventions
- Ensuring an environment free from discrimination;
- Prioritising safeguarding of children and vulnerable adults and escalating any concerns.

### PROCESS:

- Ensuring the high quality provision of psycho-social and psychological interventions
- Establishing a suite of group-based interventions in conjunction with the Group Lead
- Overseeing implementation and evaluation of outcome measures for psycho-social interventions
- Leading on management of databases, audit and evaluation related to psycho-social and psychological provision
- Participating in local psycho-social service development in response to needs analysis
- Supporting development and governance of psycho-social interventions
- Bringing a cognitive-behavioural perspective to multi-agency working
- Leading a selected national psychology team work stream
- Training and coaching in cognitive-behavioural models for local Turning Point staff and external agencies