

Job Description

Job Title:	Cognitive Behavioural Psychotherapist
Department:	Psychological Therapies
Salary:	NHS Band 7 £46,148 - £52,809 (pro rata)
Hours:	Part Time: Between 21 to 28 hours per week (days/hours of work to be agreed with successful candidate)
Reports to:	Psychological Therapies Manager
Location:	Maryfield Complex, 100 Belfast Road, Holywood

MAIN PURPOSE

To provide specialist assessment and formulation of treatment plans and robust risk management for clients with complex mental health issues including trauma.

To be responsible for a caseload of adults experiencing problems in their mental health and well-being.

To work autonomously within professional guidelines and the overall framework of policies and procedures, contributing to the delivery and achievement of a high-quality Psychological Therapies service.

Key Responsibilities	
Clinical	
1.	Carry out complex psychological assessments using clinical interview, psychometrics and other assessment methods sensitively and independently with clients presenting with a broad range of complex mental health issues including trauma.
2.	To undertake risk assessment and formulate risk management plans for relevant individual clients.
3.	To formulate, devise and provide psychological treatment using Cognitive Behavioural Therapy and other evidence-based short-term models as appropriate.
4.	To manage own caseload as allocated by the Clinical Lead and liaise with Clinical Lead, Psychological Therapies Manager and other team members concerning clinical matters as required.
5.	To work as an autonomous professional within the BABCP guidelines and policies and procedures for the service, taking full responsibility for own work and treatment and discharge decisions.
6.	To maintain up to date clinical records consistent with team and PRRT policies and procedures. To ensure high standards of professional practice.
7.	To provide high quality, evidenced based one to one and group interventions (if required) and monitor outcomes.
Research, Audit and Service Evaluation	
8.	Utilise theory, current literature and research to support evidence-based practice in direct one to one clinical work, group settings and with multidisciplinary work.

9.	To cooperate fully with all research and audit activity and liaise with other professionals as required.
10.	To compile accurate statistical information as required and maintain records of activity.
11.	To contribute to the development of the service through service evaluation and audit.
Information Systems	
12.	Maintain appropriate records of own work ensuring the highest standards of record keeping and comply with policies on confidentiality, accuracy and GDPR.
13.	Maintain relevant administrative systems of own work in line with the relevant professional body as well as PRRT Policies and Procedures.
14.	To use information technology as appropriate, within direct clinical work, research and treatment interventions.
Training and Supervision	
15.	To receive regular clinical and professional supervision according to Departmental guidelines.
16.	To contribute to the knowledge and skills base within the team by maintaining an active awareness of current developments in psychology and by implementing the knowledge and skills acquired.
General Responsibilities	
17.	Maintain professional development through attendance at CPD courses.
18.	Comply with organisational and departmental policies and procedures.
19.	Promote and demonstrate appropriate behaviours in line with PRRT values.
20.	To promote and develop positive and productive/effective working relationships with other multidisciplinary members of PRRT.
21.	Undertake any other duties which may be assigned to meet organizational need and which are reasonably regarded as within the nature of the duties, responsibilities and grade of the post as defined.

The principal responsibilities listed above are an indicator of the main aspects of the role as opposed to representing a definitive list.

Person Specification

CRITERIA	Essential	Method of assessment
Qualifications & Professional Development		
	<ul style="list-style-type: none"> Degree / PgDip / MSc / Doctorate in Psychology / Psychotherapy or relevant discipline Current accreditation with the British Association of Behavioural and Cognitive Psychotherapies (BABCP) as a CBT Therapist 	Application Form
Experience		
	<ul style="list-style-type: none"> Post qualification experience working as a clinical practitioner to include assessing and managing risk 	Application Form / Interview
Key Skills and Abilities		
	<ul style="list-style-type: none"> Ability to communicate effectively, at both written and oral levels, clinically sensitive information to clients and other professionals Skills in the use of complex methods of psychological assessment, intervention and management Ability to identify and employ, as appropriate, clinical governance mechanisms for the support and maintenance of clinical practice Ability to initiate and implement service developments Ability to form good therapeutic relationships with clients IT literate specifically in the use of the Microsoft Office suite (including Word, PowerPoint, Excel and Outlook) 	Interview
Special Knowledge		
	<ul style="list-style-type: none"> Can demonstrate an understanding for the need to use evidence based psychological therapies and how it relates to the post Evidence of continuing professional development as recommended by the appropriate accrediting body 	Interview
Other		
	<ul style="list-style-type: none"> Possess a full, current UK driving licence or have access to a form of transport which enables the full requirements of the post to be fulfilled 	Application Form