Job Description – High Intensity CBT Therapist - IAPT

Details of the post:

Title of post: High Intensity CBT Therapist

Responsible for: Delivery of CBT and associated activities.

Salary scale: £31,383-£41,373 (Band 7 on NHS Agenda for Change scale, pay award pending; pro rata for part-time hours); starting salary dependent on experience.

Pension: Up to 5% employer’s contribution is paid, subject to scheme requirements.

Responsible to: Northpoint's Board of Trustees through the Director.

Reporting to: Toby Chelms, CBT Service Manager, Northpoint Wellbeing.

Hours of work: 21-28 hours. Exact hours and days worked negotiable on appointment, one evening until 6 p.m. is required.

Location: Based at Leeds Bridge House in Leeds city centre. The post-holder may be required to travel to service venues across Leeds, for which travel expenses will be paid.

DBS check: This post will be subject to an enhanced DBS check. Northpoint Wellbeing’s policy on the recruitment of ex-offenders is available on request, and a past criminal conviction will not necessarily be a bar to employment.

Purpose of the post:

The post holder will be part of an Improving Access to Psychological Therapies (IAPT) service and will provide high intensity cognitive behavioural therapy (CBT) interventions. The post holder will work with clients who have a range of complex Anxiety and Depression related problems for which CBT is demonstrated to be clinically effective.

The post holder will work with people with different cultural backgrounds and ages, using interpreters when necessary and should be committed to equal opportunities.

Overview of Responsibilities:

Clinical:

- Accept referrals via agreed protocols within the service
- Assess clients for suitability for an IAPT treatment and for CBT
- Make decisions on suitability of new referrals and those waiting for treatment; adhering to referral protocols, and referring unsuitable clients on to the relevant service or back to the referral agent as necessary.
• Formulate, implement and evaluate therapy programs for clients.

• Educate and involve family members and others in treatment as necessary, conveying CBT and other psychological formulations with sensitivity in easily understood language.

• Adhere to an agreed activity contract relating to the number of client contacts offered, and clinical sessions carried out per week. Contribute to the development of ways of working that minimize long waiting lists for patients.

• Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.

• Complete all requirements relating to data collection within the service. Keep coherent records of all clinical activity in line with service protocols

• 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.

• Assess and integrate issues surrounding work and employment into the overall therapy process

• Liaise with other health and social care staff from a range of agencies in the care provided clients.

**Professional:**

• Ensure the maintenance of standards of practice and any regulating, professional and accrediting bodies (e.g. BABCP), 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 CBT and other psychological therapies.

• Ensure clear professional objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development (CPD).

• Attend clinical/managerial supervision on a regular basis as agreed with Manager.

• Participate in individual performance review and respond to agreed objectives.

• Keep up to date all records in relation to CPD 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.

• Participate in service improvement by highlighting issues and implementing changes in practice.
Advisory / Liaison:

- Promote and maintain links with Secondary Care Staff to help co-ordinate the provision of an effective Psychological Therapies Service.

General:

- Contribute to the development of best practice within the service.
- Maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.
- Work across the city as required to meet service demand.

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