

ADULT COMMUNITY SERVICES

PSYCHOLOGICAL THERAPIES TEAM

COGNITIVE BEHAVIOURAL THERAPIST

BAND 7

JOB DESCRIPTION

JOB SUMMARY:

To provide a high quality specialist assessment and therapeutic service to the adult residents of the Bailiwick of Guernsey, using cognitive behavioural therapy as the main modality of intervention.

The post holder will be part of a multidisciplinary team responsible for providing psychotherapeutic assessment and treatment to adults with moderate to severe mental health problems, within a wider adult secondary care mental health service.

As part of this team, the postholder will carry out generic and specialist mental health and psychotherapeutic assessments, as well as delivering specialist psychotherapeutic interventions to individuals and groups. This will involve providing inpatient, outpatient or community based appointments.

RELATIONSHIPS:

ACCOUNTABLE TO:	Team Manager – Psychological Therapies Team
RESPONSIBLE TO:	Head of Mental Health and Adult Disability, Adult Community Services
LOCATION:	Secondary Care Adult Mental Health Service, Oberlands

MAIN DUTIES AND RESPONSIBILITIES:

CLINICAL

- To provide generic mental health assessments to clients referred to the Psychological Therapies Team (PTT).

- To provide specialist psychotherapeutic assessments of clients referred to the PTT including assessing for suitability for psychological interventions, for individual or group interventions, and for cognitive behavioural therapy.
- To formulate and implement plans for the formal psychotherapeutic treatment and/or management of a client's mental health problems, based upon an appropriate conceptual framework of the client's problems, ensuring that service user involvement is promoted in the planning, delivery and evaluation of care and that their wishes, beliefs and dignity are respected at all times.
- Use highly developed communication skills in working with people to understand their personal and often very sensitive difficulties.
- 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 a minimum of 4 client contacts per day in order 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.
- 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.
- To undertake risk assessments and risk management for individual clients and to provide advice to other professions on psychotherapeutic aspects of risk assessment and risk management.
- To act as the named professional coordinating care, where appropriate, taking responsibility for initiating planning and review of care plans that include clients, their carers, referring agents and others involved the network of care.

TRAINING AND EDUCATION

- To receive regular clinical professional and case load supervision from the PTT Manager/Team Leader or other senior clinician as nominated by the PTT Manager/Team Leader.
- To complete post-qualification training in at least one other NICE recommended modality as indicated by service need.
- To continue to gain wider, relevant, post-qualification experience of psychological therapy.
- To develop skills in the area of professional post-graduate teaching, training and supervision and to provide supervision to other colleagues facilitating therapeutic work as appropriate.

- To provide professional and clinical supervision of junior colleagues and trainees/students, as appropriate.
- To provide advice, consultation and training to staff working with the client group across a range of agencies and settings, where appropriate.
- Provide specialist advice and consultation to other professionals, individuals, and groups regarding service matters related to the practice and delivery of specific agreed therapeutic modalities and service provision.
- To maintain standards of practice in accordance with BABCP as required.

MANAGEMENT, POLICY AND SERVICE DEVELOPMENT

- To contribute to the development, evaluation and monitoring of the team's operational policies and services, through the deployment of professional skills in research, service evaluation and audit.
- To advise both service and professional management on those aspects of the service where psychotherapeutic and/or organisational matters need addressing.
- As negotiated and within time constraints, the post holder will be expected to attend relevant clinical meetings within and outside PTT.
- Engage in the appraisal process.

AUDIT/INFORMATION TECHNOLOGY/RESEARCH ACTIVITY

- The post holder will input and maintain appropriate computer and paper-based clinical records and statistical data and provide this to the line manager as required.
- The post holder will engage in relevant computer and IT training as required.
- To utilise theory, evidence-based literature and research to support evidence based practice in individual work and work with other team members.
- To undertake appropriate audit and research and provide research advice to other staff undertaking research.
- To undertake project management, including complex audit and service evaluation, with colleagues within Adult Mental Health Services to help develop service provision.
- To familiarise themselves with, and to comply with, HSC's requirements on research governance and data protection.

GENERAL

- To contribute to the development and maintenance of the highest professional standards of practice, through active participation in internal and external CPD training and development programmes, in consultation with the PTT Team Manager/Leader.

- To maintain up to date knowledge of legislation, national and local policies and issues in relation to both the specific client group and mental health.
- To comply with the principles contained in the Data Protection (Bailiwick of Guernsey) Law 2017, concerning improper disclosure, misuse or breach of confidentiality in respect of information held on computer systems or otherwise
- To maintain the welfare and safety of self and others by complying with the Health and Safety at Work (General Ordinance) Guernsey 1987, to ensure that agreed safety procedures are carried out to maintain a safe environment for employees and visitors.

KEY CRITERIA:

MINIMUM QUALIFICATIONS

1. Post Graduate Diploma in cognitive therapy or equivalent
2. Professional Registration with BABCP as a Cognitive Behavioural Therapist.
3. Demonstrable experience of working in mental health services
4. High standard of written communication
5. Experience of teaching and liaising with other professional groups
6. Good record of Continuing Professional Development and willingness to continue this
7. Ability to use clinical supervision and approach personal development positively and effectively

DESIRABLE

8. Relevant experience in Secondary Care treating a range of mental health problems.
9. Trained in provision of supervision for CBT
10. Completed clinical audits within a service