

Job Description **CYP-IAPT Trainee (CBT Strand)**

**Pay scale NHS Band 5** (2 days week £11,450 pa inclusive of pension and HCA)

**Job Purpose**

This is a training role within the Child and Young Persons Improving Access to Psychological Therapies Programme (CYP-IAPT). The post-holder will work within the Voluntary Sector providing interventions under supervision of the Child and Adolescent Mental Health Service whilst undertaking a programme of training for this role. The training post will equip the post-holder to provide interventions for children, young people or families using the core principles of CYP-IAPT practice along with an evidence based intervention consistent with the course they are attending. The post- holder will attend all taught and self-study days required by the education provider, as specified within the CYP-IAPT curriculum and work in the service for the remaining days of the week using their newly developed skills.

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

**Main Duties and Responsibilities**

**CLINICAL**

1.1. Accept referrals via agreed protocols within the service.

1.2. Assess and support children and young people with a common mental health problem in the self-management of their recovery.

1.3. 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.

1.5. Provide a range of interventions using core principles of CYP-IAPT practice along with an evidence based intervention consistent with the training course they are doing. information and support for evidence based

1.6. Involve family members and others in treatment as necessary.

1.7. Adhere to an agreed activity contract relating to the overall number of client contacts offered, and clinical sessions carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.

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

1.9. Complete all requirements relating to data collection within the service.

1.10. Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision making.

1.11. 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.

1.12. Assess and integrate issues surrounding education into the overall therapy process

1.13. Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity.

**TRAINING AND SUPERVISION**

1.1. Attend and fulfil all the requirements of the training element of the post including practical, academic and practice based assessments.

1.2. Apply learning from the training programme in practice

1.3. Receive supervision from educational providers in relation to course work to meet the required standards.

1.4. Prepare and present clinical information for all patients on their caseload to clinical case management supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the clinical governance obligations of the worker, supervisor and service are delivered.

1.5. Respond to and implement supervision suggestions by supervisors in clinical practice.

1.6. Engage in and respond to personal development supervision to improve competences and clinical practice.

1.7 Engage in all requirements to use feedback and clinical outcomes tools

1.8. Engage in service user participation as appropriate

**PROFESSIONAL**

1.1. Ensure the maintenance of standards of practice according to the employer and any regulating bodies, 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).

1.2. Ensure that client confidentiality is protected at all times.

1.3. Be aware of, and keep up to date with advances in the spheres of treatment for common mental health problems.

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

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

1.6. Keep up to date all records in relation to Continuous Professional Development and ensure personal development plan maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.

1.7. Attend relevant conferences / workshops in line with identified professional objectives.

**GENERAL**

1.1. To contribute to the development of best practice within the service.

1.2. To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.

1.3. All employees have a duty and responsibility for their own health and safety and the health of safety of colleagues, patients and the general public.

1.4. All employees have a responsibility and a legal obligation to ensure that information processed for both patients and staff is kept accurate, confidential, secure and in line with the Data Protection Act (1998) and Security and Confidentiality Policies.

1.5. It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties.

1.6. 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.

Appendix 2: Person Specification

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|  | Essential | Desirable | Assessed by |
| Qualification | Evidence of working with people who have mental health problems  Evidence of ability to study successfully at undergraduate year 1 level or the equivalent | Training in nursing, social work, occupational therapy, counselling or within a psychological therapy.  Psychology or other health related undergraduate degree.  Psychology or other health related postgraduate degree | Application form |
| Experience | Evidence of working with people who have experienced mental health difficulties  Demonstrates high standards in written communication  Able to write clear reports and letters. | Personal experience of mental health difficulties (self, family or friends)  Experience of working with CAMHS  Ability to manage own caseload and time | Application form  application  Interview Question  Interview Question  Application form / interview |
| Skills & Competencies | Ability to evaluate and put in place the effect of training  Computer literate  Excellent verbal and written communication skills, including telephone skills  Able to develop good therapeutic relationships with clients | Received training (either formal of through experience) and carried out risk assessments within scope of practice | Interview question  Application and Interview question  Interview / application  Interview question  reference |
| Knowledge | Demonstrates an understanding of mental health difficulties in children and young people and how these may present | Demonstrates a knowledge school and the impact it can have on mental health  Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post  Demonstrates understanding of the need for good service user participation  Demonstrates understanding of the need to monitor and use clinical outcomes | Interview question  Interview question  Interview question  Interview  Interview |
| Training | Able to attend a two day per week course plus necessary clinical work to complete the training  Able to complete academic components of the course  Able to integrate training into practice |  | Interview and application |
| Other requirements | Enhanced DBS  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  Ability to work under pressure  Regard for others and respect for individual rights of autonomy and confidentiality  Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision | Car driver and/or ability and willingness to travel to locations throughout the organisation | To be completed  Interview  Interview  Interview  Application form/ interview  Interview  Interview question  Interview question  Application / interview |