

Post Title: Bromley Y Wellbeing Practitioner CYP-PT: Therapy Trainee IPT-A

NHS Band: 6, Bromley Y Band 4

Job Purpose

An NHSE funded training post as part of the CYP Psychological Trainings which involves some time working as a Practitioner in Bromley Y and some time studying with Anna Freud/University College London undertaking a programme of training in Interpersonal Psychotherapy for Adolescents (IPT-A).

This intensive training post will equip the post-holder to provide interventions for children, young people or families using the core principles of the CYP Psychological Training Programme and consistent with the evidence base in the area of IPT-A. The post-holder will work in the service, for at least 2.5 days of the week using the newly developed skills whilst attending the training programme or undertaking self-study days for the remaining days, as required by the education provider.

The post holder will hold an appropriate training case load and complete the necessary assignments to meet the course requirements.

Main Duties and Responsibilities	
Clinical	• With the assistance of their clinical supervisor accept appropriate referrals; • Assess clients for suitability for the treatment for which modality specific training is provided; • Make decisions on suitability of new referrals, adhering to the department's referral protocols, and refer unsuitable clients on to the relevant service or back to the referral agent as necessary; • Formulate, implement and evaluate therapeutic intervention for clients in line with their training modality and experience; • Involve the system around the child in treatment as appropriate, e.g. parent/carer, school, conveying therapy formulations with sensitivity in easily understood language; • 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.
Training & Supervision	• Fulfilling the requirements of and completing a PG diploma at University College London including practical, academic, and practice-based assessments, alongside private study; • Apply learning from the training programme in practice; • Prepare and present clinical information for all patients on their caseload to clinical and 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.
Professional	• Ensure the maintenance of standards of practice according to the employer and any regulating, professional and accrediting bodies (e.g., BACP, BPS, HCPC, BABCP, AFT), and keep up to date on new recommendations/guidelines set by the department of health; • Ensure that client confidentiality is protected at all times and comply with data management systems and processes including submissions to the training provider; • Be aware of, and keep up to date with advances in the spheres of care pathway; • Ensure clear professional objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development; • 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 Continuous Professional Development 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.
General	• To have a excellent local knowledge, understanding and experience of local needs and issues in Bromley for children and young people and their parents and carers. • To contribute to the development of best practice within the service; • To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to children's mental health and social care needs; • All employees have a duty and responsibility for their own health and safety and the health and safety of colleagues, patients and the general public; • 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 GDPR and Security and Confidentiality Policies; • 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.

This job description is an outline of the key tasks and responsibilities of the post, and the post holder may be required to undertake additional duties appropriate to the pay band. The post may change over time to reflect the developing needs of the Trust and its services, as well as the personal development of the post holder.

Suggested Person Specification Items for CYP-PT CBT Roles

Qualifications	
<i>Essential</i>	<i>Desirable</i>
Qualifications that demonstrate a capacity to complete academic work at postgraduate diploma level. Minimum second-class Bachelor's Degree from a UK University or an overseas qualification of an equivalent standard in a relevant subject (e.g. psychology, social work etc). OR a training in a mental health profession eg psychotherapy, MH nursing, counselling) AND A registered/ accredited professional qualification in a MH profession and at least two years experience delivering supervised psychological therapy – this is a pre requisite for future registration with IPT UK	
Knowledge	
<i>Essential</i>	<i>Desirable</i>
Knowledge and understanding of issues relating to safeguarding children and young people. Basic knowledge of IPT-A principles	Knowledge of local services, needs and issues for children and young people in Bromley.
Experience	
<i>Essential</i>	<i>Desirable</i>
A minimum of two years experience of working therapeutically with young people and their families in a mental health setting Experience of multi agency working and liaising across internal & external agencies. Experience of working with, and addressing issues of, diversity.	
Skills & Ability	
<i>Essential</i>	<i>Desirable</i>
Ability to communicate effectively and sensitively with children, young people, and their families and adapt communication styles according to their varying needs;	Understanding of evidence based practice and the ability to demonstrate how this influences clinical practice

Ability to maintain a reflective stance in emotive/challenging interactions with children and their families Ability to personally manage sensitive and potentially emotionally distressing clinical material; Ability to reflect on own practice (in clinical supervision and practice tutor groups with course peers); Ability to use supervision to reflect on practice Ability to organise own time and diary, to manage competing demands and a high case load. Ability to follow policy and clinical governance procedures and make proposals for change; Understand evidence-based practice and the ability to demonstrate how evidence-based practice influences clinical practice. Ability to maintain accurate records Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D) Good time management and organisational skills Able to accommodate travel demands associated with the role	
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