

LANCASHIRE WOMEN *are hiring*



JOB DESCRIPTION

Job Title:	Psychological Wellbeing Practitioner X 2
Hours/Salary:	37 hours per week / £21, 704 per annum. (job evaluation in progress)
Location:	East Lancs – Accrington, Burnley and outreach venues.
Workstream:	Mental Health & Wellbeing.

1. Overview

Lancashire Women is an established local provider of IAPT services. We are now able to recruit for 2 Psychological Wellbeing Practitioners to work 37 hours across East Lancashire to help meet the needs of this service and the new contract.

2. Job Summary

The post-holder will work within the service providing Psychological Well Being Practitioner interventions. These interventions will include a range of cognitive behavioural therapy (CBT) based self-management interventions to clients with mild to moderate anxiety and depression, linking this to and promoting support for Long Term Conditions. The Post Holder will also be expected to complete some group work interventions.

The post holder will work flexibly and in accordance with service demands and to the agreed number of clinical contacts per week as set by their Line Manager. The post holder will work with people with different cultural backgrounds and ages, using interpreters when necessary and should be committed to equal opportunities. There is provision of a range of Step 2 and Step 3 therapeutic interventions within the Stepped Care Pathway ensuring increased patient choice and access to services.

3. Communication and Working Relationships

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

LANCASHIRE WOMEN *are hiring*



- b. Provide a range of information and support for evidence based high volume low-intensity psychological treatments.
- c. This work may be face to face, telephone or via other media, working with individuals or small groups.
- d. Promote and develop MH awareness and psychological mindedness through contact with the general public and other clinical staff, and through training and events/conference
- e. Educate and involve family members and others in treatment as necessary.
- f. Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
- g. Attend team meetings as required

4. Key Responsibilities

- a. Accept referrals via agreed protocols within the service.
- b. Undertake client-centred interviews which identify areas where the person wishes to see change and or recovery and makes an accurate assessment of risk to self and others.
- c. Make decisions on suitability of new referrals, adhering to Lancashire Women's referral protocols, refer unsuitable clients onto the relevant service or back to the referral agent as necessary or step up the person's treatment to Step 4 or 5 providers.
- d. Provide a range of information and support for evidence based high-volume low-intensity psychological treatments. This may include guided self help computerised CBT, information about pharmacological treatments. This work may be face to face, telephone or via other media.
- e. 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.
- f. Complete all requirements relating to data collection within the service.
- g. Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision making.
- h. 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.

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- i. Assess and integrate issues surrounding work and employment into the overall therapy process.
- j. Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity.

5. Supervision

- a. Prepare and present clinical information for all patients on their caseload to clinical case management supervisor 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 delivered.
- b. Respond to and implement supervision suggestions by supervisors in clinical practice.
- c. Engage in and respond to personal development supervision to improve competences and clinical practice.

6. Professional

- a. 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).
- b. Ensure that client confidentiality is protected at all times.
- c. Be aware of, and keep up to date with advances in the spheres of treatment for common mental health problems.
- d. Ensure clear objectives are identified, discussed and reviewed with line manager on a regular basis as part of continuing professional development.
- e. Participate in individual performance review and respond to agreed objectives.
- f. Keep up to date all records in relation to Views and ensure accuracy of input and reporting.
- g. Attend relevant conferences / workshops in line with identified professional objectives.

7. General

- a. To contribute to the development of best practice within the service.

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- b. To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.
- c. All employees have a duty and responsibility for their own health and safety and the health of safety of colleagues, clients and the general public.
- d. 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.
- e. It is the responsibility of everyone in the service 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.
- f. 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.

Person Specification

<u>CRITERIA</u>	<u>ESSENTIAL/ DESIRABLE</u>	<u>ASSESSMENT METHOD</u>
Qualification Qualification from PWP Training Course (Post Graduate Certificate or Level 3 undergraduate course)	E	A

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<p>Experience</p> <p>Evidence of working with people who have experienced a mental health problem</p> <p>Experience of working in Primary Care Services</p> <p>Experience of delivering groups</p> <p>Worked in a service where agreed targets in place demonstrating clinical outcomes</p> <p>Ability to manage own caseload and time</p> <p>Able to write clear reports and letters.</p>	<p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p> <p>E</p>	<p>A/I</p> <p>A/I</p> <p>A/I</p> <p>A</p> <p>A/I</p> <p>A</p>
<p>Skills & Competencies</p> <p>Excellent verbal and written communication skills, including telephone skills</p> <p>Computer literate, good IT and admin skills.</p> <p>Able to develop good therapeutic relationships with clients</p> <p>Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision.</p>	<p>E</p> <p>E</p> <p>E</p> <p>E</p>	<p>A/I</p> <p>A/I</p> <p>A/I</p> <p>A/I</p>

LANCASHIRE WOMEN

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<p>Knowledge</p> <p>Demonstrates an understanding of anxiety and depression and how it may present in Primary Care</p> <p>Demonstrates a knowledge of the issues surrounding work and the impact it can have on mental health</p> <p>Knowledge of medication used in anxiety and depression and other common mental health problems</p> <p>Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post.</p>	<p>E</p> <p>E</p> <p>D</p> <p>D</p>	<p>A/I</p> <p>A/I</p> <p>A/I</p> <p>A/I</p>
<p>Other Requirements</p> <p>High level of enthusiasm and motivation</p> <p>Ability to work within a team and foster good working relationships</p> <p>Car driver and/or ability and willingness to travel to locations throughout the organisation.</p>	<p>E</p> <p>E</p> <p>E</p>	<p>A/I</p> <p>A/I</p> <p>A</p>
<p>Assessment will take place with reference to the following information</p> <p>A=Application form I=Interview T=Test C=Certificate</p>		