

## **JOB DESCRIPTION**

<b>Job Title:</b>	Clinical Psychologist – Weight Management
<b>Accountable to:</b>	Clinical Lead for Specialist Weight Management Service
<b>Responsible for:</b>	Attached assistant clinical and/or graduate psychologists when appropriate
<b>Grade:</b>	Clinical Psychologist – Band 8A
<b>Base:</b>	Specialist Weight Management Service Colville Health Centre 51 Kensington Park Rd, London W11 1PA
<b>Liases with: -</b>	Other SWMS team members, including, Dietitian, Physiotherapist and medical consultant. As well as wider nutrition and dietetics team and hospital bariatric teams. Eating disorder services Community mental health services such as community living well

## **JOB SUMMARY**

To provide a qualified specialist clinical psychology service to clients of clinical health psychology, across all sectors of care; providing specialist psychological assessment and therapy at the same time as offering advice and consultation on clients' psychological care to non-psychologist colleagues and to other, non professional carers, working autonomously within professional guidelines and the overall framework of the team's policies and procedures. To provide support and training to other HCP's.

## **WORKING ENVIRONMENT**

An exciting opportunity has arisen for a 1.0wte suitably qualified clinical psychologist to join the Specialist Weight Management Service. The successful post-holder will work within a multidisciplinary team which has input from dietitians, physiotherapy and a physician. The psychologist will be responsible for the provision and further development of individual and group psychological interventions for clients who have severe and complex obesity.

The service is community-based and will involve working in a number of different health centres across the Royal Borough of Kensington & Chelsea. You will form an integral part of the team and to ensure the needs of the service user are met. You may be required to deliver group interventions or clinics in the evening with the rest of the team. We are looking for a flexible, independent individual who is interested in service development.

The postholder will be based within the Specialist Weight Management Service but clinical supervision will be provided by an experienced psychologist to ensure professional support and development is provided. We are keen to hear from applicants who have worked in health psychology, weight management or eating disorder services. The postholder will need to demonstrate knowledge of behaviour change models in addition to expertise in delivering evidence based treatments, in particular cognitive behavioural therapy and motivational interviewing.

## **KEY DUTIES**

### **Clinical:**

1. To provide specialist psychological assessments of clients referred to clinical health psychology based upon the appropriate use, interpretation and integration of complex data from a variety of sources including psychological and neuropsychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients, family members and others involved in the client's care.
2. To formulate and implement plans for the formal psychological treatment and/or management of a client's mental health problems and psychological aspects of physical morbidity, based upon an appropriate conceptual framework of the client's problems, and employing methods based upon evidence of efficacy, across the full range of care settings.
3. To be responsible for implementing a range of psychological interventions for individuals, carers, families and groups, within and across teams employed individually and in synthesis, adjusting and refining psychological formulations drawing upon different explanatory models and maintaining a number of provisional hypotheses.
4. To evaluate and make decisions about treatment options taking into account both theoretical and therapeutic models and highly complex factors concerning historical and developmental processes that have shaped the individual, family or group.
5. To exercise autonomous professional responsibility for the assessment, treatment and discharge of clients whose problems are managed by psychologically based standard care plans.
6. To provide specialist psychological advice, guidance and consultation to other professionals contributing directly to clients' formulation, diagnosis and treatment plan.
7. To contribute directly and indirectly to a psychologically based framework of understanding and care to the benefit of all clients of the service, across all settings and agencies serving the client group.
8. To undertake risk assessment and risk management for individual clients and to provide advice to other professions on psychological aspects of risk assessment and risk management.
9. To act as care coordinator, where appropriate, taking responsibility for initiating planning and review of care plans under enhanced CPA including clients, their carers, referring agents and others involved the network of care.
10. To communicate in a skilled and sensitive manner, information concerning the assessment, formulation and treatment plans of clients under their care and to monitor progress during the course of both uni- and multi-disciplinary care.

### **Teaching, training, and supervision**

1. To receive regular clinical professional supervision from a senior clinical psychologist and, where appropriate, other senior professional colleagues.
2. To continue to gain wider post-qualification experience of clinical psychology over and above that provided within the principal service area where the postholder is employed, the amount and nature of such experience to be agreed with the head of specialty.

3. To continue to develop further research skills and research knowledge necessary to the conduct, supervision and delivery of high quality research of publishable quality.
4. To develop skills in the area of professional post-graduate teaching, training and supervision and to provide supervision to other MDT staff's psychological work, as appropriate.
5. To provide professional, research and clinical supervision of assistant/graduate psychologists and, as appropriate, to contribute to the supervision of individual cases for trainee clinical psychologists.
6. To contribute to the pre- and post-qualification teaching of clinical and/or counselling psychology, as required by the head of specialty.
7. To provide advice, consultation and training to staff working with the client group across a range of agencies and settings, where appropriate.

#### **Research and service evaluation**

1. To initiate high quality research projects including carrying out literature searches, preparing scientific reviews of key areas, designing research studies, preparing and submitting grant applications to potential external funders, preparing, submitting and managing ethics committee submissions and preparing and submitting project registration documents. The area and nature of projects to be applied for to be agreed with the Chief Psychologist.
2. To manage on a day-to-day basis specific research projects including supervising the work of assistant psychologists and other research assistants, ensuring the appropriate standards and quality of the work carried out, preparing data for analysis and carrying out appropriate statistical analyses
3. To present the results of research studies to appropriate audiences within the Trust and externally including national and international conferences and meetings as required by the Chief Psychologist.
4. To utilise theory, evidence-based literature and research to support evidence based practice in individual work and work with other team members.
5. To provide research advice to other staff undertaking research.
6. To undertake project management, including complex audit and service evaluation, with colleagues within the service as necessary, to help develop service provision.
7. To familiarise themselves with, and to comply with, the Trust's requirements on research governance.

#### **Information Technology responsibilities**

1. To maintain personal records including clinical observations, test and research results and work records in computerised and manual forms.
2. To enter data into spreadsheets including statistical programmes and to carry out high level statistical processing of data.
3. To develop, prepare and maintain appropriate research databases.
4. To prepare web-based research data collection systems and to prepare and publish internet sites providing information about current research projects as a mechanism to inform patients and other scientists.

**General**

5. 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 postholder's professional and service manager(s).
6. To contribute to the development and articulation of best practice in psychology across the service, by continuing to develop the skills of a reflexive and reflective scientist practitioner, taking part in regular professional supervision and appraisal and maintaining an active engagement with current developments in the field of clinical psychology and related disciplines.
7. To maintain the highest standards of clinical record keeping including electronic data entry and recording, report writing and the responsible exercise of professional self-governance in accordance with professional codes of practice of the British Psychological Society and Trust policies and procedures.
8. 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 be noted:***

- **This is not an exhaustive list of duties and responsibilities, and the postholder may be required to undertake other duties which fall within the grade of the job, in discussion with the manager.**
- **This job description will be reviewed regularly in the light of changing service requirements and any such changes will be discussed with the post holder.**
- **The post holder is expected to comply with all relevant Trust policies, procedures and guidelines, including those relating to Equal Opportunities, Health and Safety and Confidentiality of Information and clinical governance including research governance.**

**PERSON SPECIFICATION****Job title: - Specialist Clinical Psychologist**

	<b>ESSENTIAL</b>	<b>DESIRABLE</b>	<b>HOW TESTED</b>
<b>TRAINING &amp; QUALIFICATIONS</b>	<p>Doctoral level training in clinical psychology, including specifically models of psychopathology, clinical psychometrics and neuropsychology, two or more distinct psychological therapies and lifespan developmental psychology as accredited by the BPS. Specific research qualification in research methodology, over and above clinical qualification, at a minimum of masters level.</p>	<p>Pre-qualification training and qualifications in research methodology, staff training and/or other fields of applied psychology.</p>	
<b>EXPERIENCE</b>	<p>Experience of specialist psychological assessment and treatment of clients across the full range of care settings, including outpatient, community, primary care and in patient settings.</p> <p>Experience of working with a wide variety of client groups, across the whole life course presenting problems that reflect the full range of clinical severity including maintaining a high degree of professionalism in the face of highly emotive and distressing problems, verbal abuse and the threat of physical abuse.</p>	<p>Experience of teaching, training and/or supervision.</p> <p>Experience of the application of clinical psychology in different cultural contexts.</p> <p>Experience of working in weight management or eating disorders</p> <p>At least 2 years experience of working in health psychology, weight management or eating disorders.</p>	
<b>KNOWLEDGE AND SKILLS</b>	<p>Skills in the use of complex methods of psychological assessment, intervention and management frequently requiring sustained and intense concentration.</p> <p>Well developed skills in the ability to communicate effectively, orally and in writing, complex, highly technical and/or clinically sensitive information to clients, their families, carers and other professional colleagues both within and outside the NHS.</p> <p>Skills in providing consultation to other professional and non-professional groups.</p>	<p>Knowledge of the theory and practice of specialised psychological therapies in specific difficult to treat groups (e.g. personality disorder, dual diagnoses, people with additional disabilities etc).</p> <p>High level knowledge of the theory and practice of at least two specialised psychological therapies.</p> <p>Experience of providing CBT treatments on an</p>	

	<p>Doctoral level knowledge of research methodology, research design and complex, multivariate data analysis as practiced within the clinical fields of psychology.</p>	<p>individual and group basis.  Familiarity with the psychological issues that obese individuals may experience</p>	
<p><b>OTHER</b></p>	<p>Ability to teach and train others, using a variety of complex multi-media materials suitable for presentations within public, professional and academic settings.</p> <p>Ability to identify and employ mechanisms of clinical governance as appropriate, to support and maintain clinical practice in the face of regular exposure to highly emotive material and challenging behaviour.</p>	<p>Experience of working within a multicultural framework.</p>	