

**If you are interested in working with us,
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Adult Community Physical Health Services

Join our team of psychological therapists

Improving lives

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Oxleas Adult Community Physical Health Services provide a wide range of physical health services to adults across the boroughs of Bexley and Greenwich including district nursing, musculoskeletal conditions, podiatry, long-term conditions and other specialist services.

The Adult Community Physical Health Services (ACPHS) Psychological Therapies Team provide a broad range of evidence based psychological interventions to people under the care of our services in the boroughs of Greenwich and Bexley. The psychologists are embedded within specific services including: Diabetes, COPD, Cardiac services, Pain management and Community Neuro-rehabilitation.

Our psychological therapists work as part of well-established, friendly multi-disciplinary teams, which comprise professionals from medicine, nursing, and allied health professions including occupational therapy, physiotherapy, speech and language therapy and dietetics.

We provide a comprehensive evidence-based assessment and therapy service, including individual, and group interventions. Specialist neuropsychological assessment is offered within the Community Neuro-rehabilitation team.

We contribute to the therapeutic functions of the Adult Community Physical Health teams, including training, supervision, consultation and psychological formulation. Services are delivered in clinics, outpatient settings and occasionally in client's

own homes.

Our Psychological Therapists include Clinical Psychologists, Counselling psychologists, trainee clinical and counselling psychologists.

The Adult Community Physical Health Services Psychological Therapies Team is strongly committed to providing outcome focused, evidence-based interventions to clients, their families and their support network at the time they need it. We have strong links with our Greenwich IAPT Long Term Conditions team. We also work with colleagues in Adult Mental Health, Learning Disabilities and Primary care.

The input from psychological therapists is highly valued and respected within the Adult Community Physical Health Directorate and across the Trust, and we undertake important roles, not only in clinical work, but also in management, service development and clinical governance. We welcome and encourage research and audit interests, including co-producing research with our service users through our strong, co-led, Research-Net group.

Our Psychological therapists are encouraged to consolidate and further develop their skills and expertise in a friendly and supportive multi-professional and multi-agency context. Time for **CPD** is written into our individualised job plan. Newly qualified Psychological Therapists are supported to join the Oxleas bespoke **Newly Qualified Programme**.

Our Psychological Therapists are professionally accountable to the Adult Community Physical Health Services

Lead for Psychological Therapy. Supervision is provided within the ACPHS service. We are also supported by the team managers who co-ordinate and manage the teams within the directorate.

The Psychological Therapists within Oxleas boasts a variety of therapeutic skills including group analysis, psychotherapy, MBT, CBT, DBT, EMDR, CAT, MBCT, family therapy, art therapy and neuropsychology. This provides the opportunity to access **expert supervision** in a range of therapeutic approaches, in addition to being able to access a network of **specialist supervision groups** across the trust.

Continual Professional Development is prioritised within Psychological Therapies, and we offer a range of support to staff across their career. Our Trust has a bespoke **Psychological Therapy CPD Programme** and an **Annual Therapies Conference**. In addition, there are **local CPD events** for borough-based teams. The Trust also provides access to Leadership Development Resources which aim to support staff in developing leadership skills throughout their career. **Supervision** is a Trust priority and as a result there are **strong supervision structures and support**. The Trust has an active **Research and Development** team which results in regular Quality Improvement projects and research opportunities. The Psychological therapies team welcomes students across professions to ensure continual learning and supporting the next generation of clinical staff.

Oxleas has a large, well-established

and supportive psychological therapy department which is part of the Therapies Directorate within the Trust. This provides strong leadership and professional management and supports staff by prioritising supervision and continuing professional development. The strength of Oxleas Therapies Directorate is that it contains a range of specialisms that work across physical and mental health, and Oxleas places integration of physical and mental care high on the agenda.

We have strong links with the Institute of Psychiatry, South Thames (Salomons) Clinical Psychology Training Scheme and Surrey Clinical Psychology Training course. There are good working relationships with both managers and other senior clinicians, and psychological therapy is well represented at senior managerial and clinical levels.

Equality and Diversity is a high priority for us, for all staff and service users. We have a dedicated Human Rights Advisor, offer a BME Coaching and Mentoring Programme, and have a number of staff networks: Black, Asian, Minority Extra (BAMEx) Network, Disability Network, Lesbian, Gay, Bisexual and transgender (LBGTQ+) network, the Straight Allies programme Mental Health Staff Network and the Women's Network

We welcome applications from Qualified Psychological Therapists/ Clinical psychologists or Trainee Clinical Psychologists/ Psychological Therapists.