

## **Person Specification**

*POST: Cognitive Behavioural Therapist Band 7*

*DEPARTMENT: NHS Blackpool Talking Therapies*

| Job Requirements                    | Essential   | Desirable  |
|-------------------------------------|---|--|
| <b>EDUCATION AND QUALIFICATIONS</b> | <p>Qualification from High Intensity Talking Therapies Course (Post Graduate Diploma)</p> <p>OR</p> <p>Post Graduate Diploma in CBT from a BABCP recognised and accredited course.</p> <p>NHSE approved Talking Therapies (Long Term Condition) training course.</p> <p>BABCP clinician accreditation or equivalent.</p>  | <p>Trained in provision of supervision for CBT.</p>  |
| <b>EXPERIENCE AND KNOWLEDGE</b>     | <p>Significant experience working as a psychological therapy practitioner within an IAPT service.</p> <p>Demonstrable experience of working in mental health services.</p> <p>Experience with routine outcome monitoring.</p> <p>Experience of teaching and liaising with other professional groups.</p> <p>Experience in establishing diagnosis and psychological formulation.</p> <p>Good record of Continuing Professional Development and willingness to continue this.</p> | <p>Experience of working with diverse communities and within a multicultural setting.</p> <p>Completed clinical audits within a service.</p> <p>Worked in a service where agreed targets are in place demonstrating clinical outcomes.</p> |
| <b>SKILLS AND ABILITY</b>           | <p>Full range of skills and competencies as laid out in the competence framework for CBT (Roth and Pilling 2007).</p>   |  |

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|  | <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>Ability to meet agreed/specified service targets.</p> <p>Ability to manage own caseload and time.</p> <p>Demonstrates high standards in written communication and able to write clear reports and letters to referrers and maintain a high standard of clinical record keeping.</p> <p>Has received training (either formal or through experience) and carried out risk assessments within scope of practice.</p> <p>Able to develop good therapeutic relationships with clients.</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 benefits &amp; employment systems.</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> |  |
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|  | <p>Knowledge of child protection issues and other relevant legislation.</p> <p>High level of enthusiasm and motivation.</p> <p>Is computer literate and experienced at using Email, Outlook, Word, Internet.</p> <p>Ability to work within a team and foster good working relationships.</p> <p>Ability to use clinical supervision and personal development positively and effectively.</p> <p>Ability to work under pressure.</p> <p>Regard for others and respect for individual rights of autonomy and confidentiality.</p> <p>Ability to be self-reflective whilst working with service users, &amp; in own personal and professional development and in supervision.</p> <p>The ability and skills to act as an advocate for the service, to engage and foster good professional relationships with all health professionals in promoting the good integration of this service with the wider health care system.</p> <p>Car driver and/or ability and willingness to travel to locations throughout the organisation (public transport is not available to all destinations).</p> |  |
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