

CARDIFF & VALE UNIVERSITY HEALTH BOARD
PERSON SPECIFICATION

Job Title: Trainee Psychological Therapy Practitioner
Department: Service
Band: 4
Directorate: Psychology & Psychological Therapies
Clinical Board: Mental Health Services
Base: To be confirmed

	ESSENTIAL	DESIRABLE	METHOD OF ASSESSMENT
QUALIFICATIONS	<p>Eligibility for Graduate Membership of BPS</p> <p><u>or</u></p> <p>Relevant degree/diploma e.g. social science, counselling, teaching or training.</p> <p><u>or</u></p> <p>Extensive experience of working with people who have suffered with a mental health problem and providing psychological interventions (including peer support work) and completed appropriate level recognised training as designated in Matrics Cymru in delivering low-intensity therapies</p>	<p>In process of completing training in delivering low intensity psychological therapies.</p>	<p>Application Form</p> <p>Evidence of examination results</p> <p>Certificate Check</p>
EXPERIENCE	<p>Demonstrates high standard in written communication.</p> <p>Able to write clear reports and letters.</p> <p>Ability to manage own caseload and time.</p> <p>Experience of working with therapeutic groups.</p>	<p>Experience of working with people who have a mental health problem and/or dementia.</p> <p>Experience of care work.</p> <p>Experience of working in Primary Care Services.</p>	<p>Application Form</p> <p>Interview</p> <p>References</p>

SKILLS	<p>Able to develop good therapeutic relationships with clients.</p> <p>Ability to communicate sensitive information to clients, carers, and colleagues in a way that addresses psychological resistance</p> <p>Excellent IT skills.</p> <p>Excellent verbal and written communication skills, including telephone skills.</p> <p>Ability to manage own caseload and time.</p> <p>Competent in risk assessment.</p> <p>An ability to communicate and work in settings in which the atmosphere may be highly emotive.</p>	<p>Ability to implement <i>Matrics Cymru</i> guidance for low intensity interventions for mental health problems with structured supervision</p>	<p>Application Form</p> <p>Interview</p> <p>References</p>
SPECIAL KNOWLEDGE	<p>Demonstrates an understanding of mental health conditions and / or dementia and when low intensity interventions may be appropriately applied.</p> <p>Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post.</p> <p>Good understanding of the <i>Mental Health Act, Matrics Cymru and the Psychological Therapies Plan</i>.</p>	<p>Knowledge of, and a willingness to work guided by, the principles of prudent healthcare (as defined by the Welsh Government).</p> <p>Demonstrates knowledge of the main psychological therapy models.</p>	<p>Application Form</p> <p>Interview</p> <p>References</p>
PERSONAL QUALITIES (Demonstrable)	<p>Flexible approach to work.</p> <p>Ability to work under pressure.</p> <p>Ability to use own initiative.</p> <p>Personable & amiable.</p>	<p>Strong resolve to meet targets in adverse situations.</p>	<p>Application Form</p> <p>Interview</p> <p>References</p>
OTHER (Please Specify)	<p>High level of enthusiasm and motivation.</p> <p>Capable of independent travel to locations throughout the organisation.</p> <p>Advanced communication skills.</p> <p>Ability to work within a team and foster good working relationships.</p> <p>Ability to use clinical supervision and</p>	<p>Ability to speak Welsh/other non-English languages, and a willingness to use this ability, where relevant, in the work context.</p>	<p>Interview</p> <p>Document</p> <p>Check*</p>

	<p>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, in own personal and professional development and in supervision.</p>		
--	--	--	--

Date Prepared: July 2018

Prepared By: Dr Jane Boyd

Date Reviewed: March 2020

Reviewed By: Dr Ian Hughes