

## **JOB DESCRIPTION**

<b>JOB TITLE:</b>	Psychological Wellbeing Practitioner
<b>BAND:</b>	5 (Subject to Agenda for Change)
<b>BASE:</b>	Various Community Bases, (e.g., Whitegate Health Centre, South Shore Primary Care Centre)
<b>RESPONSIBLE TO:</b>	Senior Psychological Wellbeing Practitioner
<b>ACCOUNTABLE TO:</b>	NHS Blackpool Talking Therapies Team Manager
<b>DBS:</b>	This post is subject to an Enhanced DBS Check

### **JOB SUMMARY:**

The post-holder will work within the Talking Therapies service providing high volume low intensity interventions which will be a range of cognitive behavioural therapy (CBT) based self-management interventions to clients with mild to moderate anxiety and depression.

The post holder will work with people with different cultural backgrounds and ages, using interpreters when necessary and should be committed to equal opportunities

### **DUTIES AND RESPONSIBILITIES**

#### **1. CLINICAL**

- 1.1. Accept referrals via agreed protocols within the service and develop programmes of care packages.
- 1.2. Assess and supports people with a common mental health problem in the self-management of their recovery.
- 1.3. Undertakes patient-centred interviews which identifies areas where the person wishes to see change and or recovery and makes an accurate assessment of risk to self and others.
- 1.4. Make decisions on suitability of new referrals, adhering to the department's referral protocols, refers unsuitable clients on to the relevant service or steps-

up the person's treatment to high intensity psychological therapy.

- 1.5. 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.
- 1.6. To participate in the planning and facilitation of groups as and when required by the service.
- 1.7. Educate and involve family members and others in treatment as necessary.
- 1.8. 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.
- 1.9. Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
- 1.10. Complete all requirements relating to data collection within the service.
- 1.11. Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision making.
- 1.12. 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.
- 1.13. Assess and integrate issues surrounding work and employment into the overall therapy process.
- 1.14. Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity.
- 1.15. Prepare and present clinical information for all patients on their caseload to clinical case management supervisors 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 are delivered.
- 1.16. Respond to and implement supervision suggestions by supervisors in clinical practice.

- 1.17. Engage in and respond to personal development supervision to improve competences and clinical practice.
- 1.18. To offer 10% of clinical working hours before 9am/after 5pm to ensure flexibility in appointments offered to service users.

## 2. **PROFESSIONAL**

- 2.1. Ensure the maintenance of standards of practice according to the employer and any regulating 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). This includes maintaining PWP registration with BABCP.
- 2.2. Ensure that client confidentiality is protected at all times.
- 2.3. Be aware of and keep up to date with advances in the spheres of treatment for common mental health problems.
- 2.4. Ensure clear objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development.
- 2.5. Participate in individual performance review and respond to agreed objectives.
- 2.6. Keep up to date all records in relation to Continuing Professional Development and ensure personal development plan maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
- 2.7. Attend relevant conferences / workshops in line with identified professional objectives.
- 2.8. To contribute to the development of best practice within the service.
- 2.9. To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.

### **Additional information**

*BTH is part of the Lancashire & South Cumbria NHS Collaborative, therefore all roles will be required to support system wide working across the Lancashire & South Cumbria regions.*

## **GENERAL REQUIREMENTS**

### **1. Quality**

Each member of staff is required to ensure that:

- a) The patient and customer are always put first;
- b) That in all issues, the patient/customer requirements are met and all staff contribute fully to achieving the Trust's corporate goals and objectives;
- c) That all staff hold themselves personally responsible for the quality of their work and therefore seek to attain the highest standards achievable within their knowledge, skills and resources available to them in furtherance of the Trust's Vision and in embedding the organisation's Values.

### **2. Confidentiality**

Each member of the Trust's staff is responsible for ensuring the confidentiality of any information relating to patients and for complying with all the requirements of the Data Protection Act whilst carrying out the duties of the post. Any breaches in confidentiality will be dealt with by the Trust Disciplinary Procedure and may result in dismissal.

### **3. Data Protection/Freedom of Information Acts**

Carry out any requirements within the duties applicable to the Data Protection Act, 1998 and the Freedom of Information Act 2000.

### **4. Health and Safety**

Each member of the Trust's staff is responsible for ensuring that they carry out the duties of their post in accordance with all appropriate Health and Safety legislation (Health & Safety At Work Act 1974), guidance and procedures and they do not, by any act or omission on their part, create a threat to the Health and Safety of any other person.

### **5. Equality & Diversity**

It is the responsibility of all employees to support the Trust's vision of promoting a positive approach to diversity and equality of opportunity, to eliminate discrimination and disadvantage in service delivery and employment, and to manage, support or comply through the implementation of the Trust's Equality and Diversity Strategies and Policies.

### **6. Working Time Directive**

You are required to comply with the regulations governing working time and to any locally agreed associated arrangements.

## **7. Harassment & Bullying**

The Trust condemns all forms of harassment and bullying and is actively seeking to promote a work place where employees are treated with dignity, respect and without bias.

## **8. External Interests**

Each member of the Trust's staff is responsible for ensuring that any external interest they have does not conflict with the duties of their posts and they must disclose the external interest if this is likely to occur, or if they are in any doubt about a possible conflict of interest

## **9. Mandatory Training**

Each member of the Trust's staff has a statutory obligation to attend mandatory training. It is the responsibility of each member of staff to ensure that they comply with this legal requirement.

## **10. Flexibility**

This job description is intended to act as a flexible guide to the duties of the post and therefore will require revision in consultation with the post holder to reflect the changing requirements of the post, to enable the Trust to achieve its corporate goals and objectives.

## **11. Smoke-free Policy**

In line with the Department of Health guidelines, the Trust operates a strict smoke-free policy.

## **12. Safeguarding**

The Trust are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expect all staff and volunteers to share its commitment.

Rigorous recruitment checks are carried out on successful applicants who may be required to undertake Enhanced Disclosure via the DBS.

## **Sustainability / Net Zero Carbon**

Blackpool Teaching Hospitals are committed to sustainable development, social value and achieving the NHS Net Zero Carbon reduction targets. All employees must play their part and adhere to the principles in the Green Plan, this will ensure our services are efficient, sustainable and carbon emissions are reduced. As an employee you will be expected to conserve energy and water, minimise waste in all

formats, actively promote biodiversity and use sustainable transport whenever possible.

- **Energy:** Switch off non-essential electrical equipment / lighting when not in use. Report heating issues, building too hot / too cold to the Estates Team.
- **Water:** Do not leave taps running and report all drips, leaks, and condensation issues to the Estates Team.
- **Waste:** Follow the Trust waste policy – Reduce – Reuse – Recycle do not overorder equipment / medicines. Healthcare waste must be disposed of in line with the Trust's waste management policy.
- **Biodiversity:** Enhancing biodiversity has a wealth of positive outcomes for our colleagues, services users and the environment. Think of your site, can an area be improved to have a quality green space, specific planting for habitat improvement or the installation of a couple of bird boxes? Contact the estate team for further details
- **Transport & Travel:** Where possible lift share, cycle, walk or use public transport

### Active Travel

Blackpool Teaching Hospitals encourages employees to participate in active travel methods to and from their place of work, where possible. All main Trust sites are on local bus routes, have access to good cycle storage facilities and have safe paths for walking. Please note, car parking is limited at main Trust sites and therefore other modes of transport may be a more suitable, healthy, and sustainable choice.