



## JOB DESCRIPTION

Section 1	
<b>JOB TITLE:</b>	<b>Psychological Wellbeing Practitioner</b>
<b>PAY BAND:</b>	<b>BAND 5</b>
Section 2	
<b>AREA OF WORK:</b>	WESTERN CHESHIRE PRIMARY CARE MENTAL HEALTH TEAM
<b>ACCOUNTABLE TO:</b>	SERVICE MANAGER
<b>REPORTS TO:</b>	TEAM MANAGER
<b>RESPONSIBLE FOR:</b>	No line management responsibility
<b>JOB SUMMARY:</b>	To provide high volume low intensity psychological interventions to people with mild to moderate mental health problems at Step 2 of the Western Cheshire Stepped Care Model.
<b>LIAISES WITH:</b>	Colleagues, service users, GP surgeries, primary and secondary care services and other agencies.
Section 3	
<b><u>KEY RESPONSIBILITIES:</u></b>	
<p>The post-holder will work within the Western Cheshire Primary Care Mental Health Team and IAPT providing high volume low intensity evidence based interventions which will be a range of cognitive behavioural therapy (CBT) based interventions to clients with mild to moderate anxiety and depression.</p>	
<b><u>CLINICAL</u></b>	
<p>Accept referrals via agreed pathways within the service and develop plan of care and risk management.</p>	
<p>Assess and supports people with a common mental health problem in the self management of their recovery.</p>	
<p>Provide a range of information and support for evidence based high-volume low-intensity psychological treatments. This work may be face to face, telephone or via other media.</p>	
<p>Educate and involve family members and others in treatment as necessary.</p>	
<p>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.</p>	
<p>Attend multi-disciplinary meetings.</p>	
<p>Complete all requirements relating to minimum data set collection within the service.</p>	
<p>Keep records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision making.</p>	

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.

Assess and integrate issues surrounding work and employment into the overall therapy process.

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.

Respond to and implement supervision suggestions by supervisors in clinical practice.

Engage in and respond to personal development supervision to improve competences and clinical practice.

## Section 4

### 1. HEALTH AND SAFETY

All staff have a general duty to take reasonable care for the health and safety of themselves and other persons who may be affected by their acts or omissions. All safety rules, regulations and codes of practice relating to the work area should be observed.

### 2. INFECTION PREVENTION AND CONTROL

Infection Prevention and Control (IPC) is everybody's responsibility. All staff, both clinical and non clinical, are required to adhere to the Trusts' Infection Prevention and Control Policies and make every effort to maintain high standards of infection prevention and control at all times, thereby reducing the burden of Healthcare Associated Infections including MRSA and Clostridium Difficile in accordance with the Hygiene Code - Code of Practice for the Prevention and Control of Healthcare Associated Infections (DH 2008).

All staff employed by Cheshire and Wirral Partnership NHS Foundation Trust have the following key responsibilities:

- Staff must wash their hands or use alcohol gel on entry and exit from all clinical areas, between each service user contact and after any clinical or cleaning task.
- Staff members must attend mandatory infection prevention and control training provided for them by the Trust.
- Staff members who develop an infection (other than common colds and illness) that may be transmittable to others have a duty to contact the IPCT and Occupational Health.

### 3. EQUALITY AND DIVERSITY

To value diversity and promote equality of opportunity ensuring that individuals are treated fairly and respected for their contribution in terms of experience, knowledge and skills.

### 4. COMPETENCY OF HEALTH PROFESSIONALS

To maintain professional registration (as appropriate) and to act in accordance with professional codes of practice and guidelines. To follow Trust policies and procedures and maintain up to date skills and knowledge through participation in Continuing Professional Development.

### 5. STAFF INVOLVEMENT - INDIVIDUAL RIGHTS & RESPONSIBILITIES

To work in partnership to achieve service objectives and promote a culture of working together through good communications, openness and honesty.

### 6. SAFEGUARDING

Everyone within CWP has a responsibility for, and is committed to, safeguarding and promoting the welfare of children, young people and vulnerable adults and for ensuring that they are protected from harm. Every adult has a responsibility to protect children and as employees of the Trust we are duty bound always to act in the best interest of a child about whom we may have concerns.



## **7. KSF**

The post holder will be expected to meet the requirements of the NHS Knowledge and Skills Framework (KSF) appropriate outline for the post.

## **8. SUPERVISION**

To take responsibility for personal development by accessing appropriate supervision and personal development as per CWP supervision policy.

## Section 5

### PERSON SPECIFICATION

	<i>Essential</i>	<i>Desirable</i>	<i>Method of Assessment</i>
<b>Qualifications</b>	IAPT Post graduate PWP Certificate in Evidence Based Psychological Interventions.	Psychology or other health related degree	<ul style="list-style-type: none"> <li>• Interview</li> <li>• Application form</li> </ul>
<b>Knowledge and Expertise</b>	<p>Evidence of working with people who have experienced a common mental health problem</p> <p>Worked in a service where agreed targets are in place demonstrating clinical outcomes</p> <p>Ability to manage own caseload and time</p> <p>Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post</p>	<p>Personal development within current role</p> <p>Evidence of working in the local community</p> <p>Demonstrates a knowledge of the issues surrounding work and the impact it can have on mental health</p>	<ul style="list-style-type: none"> <li>• Interview</li> <li>• Application form</li> </ul>
<b>Experience</b>	<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 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</p>	<p>Knowledge of dealing with GP practices and primary and secondary services</p> <p>Primary Care mental health team experience</p>	<ul style="list-style-type: none"> <li>• Interview</li> <li>• Application form</li> </ul>

## Section 5

### PERSON SPECIFICATION

	<i>Essential</i>	<i>Desirable</i>	<i>Method of Assessment</i>
<b>Analytical and judgemental skills</b>	<p>Able to work independently</p> <p>Good communication skills both written and verbal</p>		<ul style="list-style-type: none"> <li>Interview</li> </ul>
<b>Personal skills</b>	<p>Enthusiastic and motivated.</p> <p>Ability to work well in a pressurised and often noisy working environment.</p> <p>Excellent time management skills.</p> <p>Willingness to participate with personal development planning as per Trust policies.</p> <p>Excellent attendance record</p> <p>Ability to work effectively within a team</p> <p>Ability to travel for work purposes</p>		<ul style="list-style-type: none"> <li>Interview</li> </ul>

### To be completed by HR

Job Number:		Version No:		Issue Date:	
KSF Number:		Version No:		Issue Date:	
Jurisdiction of JD:					



## LOCALISED DIFFERENCES SHEET

This section is to be completed where 'local' areas have minor differences to those indicated in the generic job description in **sections 2 and 3 only** - **there can be no difference to job title or banding.**

**N.B.** Where there are no localised differences, delete this section/sheet.

Section 6		
Section 6a	New applicable information	Not applicable information
	Insert text	Insert text
Section 6b	New applicable information	Not applicable information
	Insert text	Insert text

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