

**Job Description**

**High Intensity CBT Therapist**

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| Responsible to | Manager/Senior Manager/Team Leader |
| Salary | £40,588 fixed Band 6 + 5 years (pro rata) |
| Hours per week | 30 hours (0.8 FTE)  The service operates from 8am to 8pm Monday to Friday and there is an expectation to work one evening per week |
| Annual Leave per annum | 25 pro rata (rising to 30 days after 5 years) |
| Main base | Macclesfield but to work from various venues across East Cheshire. This can include some homeworking. |
| Contract | Permanent |
| Level of DBS check | Enhanced |

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| Main aims of the post |
| To carry out assessment with clients presenting with common mental health difficulties.  To manage a case load of clients.  To deliver a range of evidence based IAPT one-to-one or group interventions.  To promote the service, and where necessary to generate referrals.  To support events within the community. |

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| Main duties of the post |
| 1. To use a range of evidence based tools and techniques for assessments, goals and interventions. |
| 1. To manage a varied caseload of clients |
| 1. To work with groups of clients to help them achieve their goals |
| 1. To collate and analyse performance data as necessary |
| 1. To develop effective relationships with a range of external organisations and agencies |
| 1. To promote the service to communities and agencies as appropriate |
| 1. To keep accurate and up to date records of clients records |
| 1. To ensure quality standards are adhered to and met and that audits are passed |
| 1. To ensure all statutory responsibilities are followed and reported as required |

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| General work related expectations |
| 1. To work within the Big Life group’s values ethos and vision |
| 1. To contribute to the development of the Big Life group |
| 1. To work in accordance with all policies and procedures of the Big Life group, particularly (but not exclusively) Health and Safety; Information Governance and Safeguarding |
| 1. To commit to own personal development and attend training or development activities as required |
| 1. To work in accordance with all relevant legislation |
| 1. To undergo regular supervision and at least an annual appraisal |
| 1. To undertake any other duties as required, and as appropriate to the post |



**Person Specification**

**CBT Therapist**

The successful candidate must be able to demonstrate that they meet all of the following points below.

Key – Method of Assessment; A = Application form; I = Interview; T= Test; P= Presentation

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| Area | Method of assessment |
| **1.Experience** |  |
| 1. Experience of working with people facing a range of barriers and social issues | A/I/P |
| 1. Experience of managing a caseload of clients and keeping up to date records using an electronic database | A/I |
| 1. Experience of working with individuals (1-2-1) and groups of people in different settings to help them achieve their goals | A/I |
| 1. Experience of working with a range of agencies and organisations to develop effective working relationships | A/I |
| 1. Experience in one or more of the following fields: mental health, family support, physical health, smoking cessation, diet and exercise, employment, social inclusion 2. Experience of delivering NHS Talking Therapies (IAPT) protocol driven CBT to clients experiencing mild to moderate mental health problems. 3. Experience of working within an IAPT service | A/I  A/I  A/I |
| **2.Skills** |  |
| 1. Ability to use a database/ability to learn how to use a database | A/I/T |
| 1. Ability to assist clients to help them define and achieve their goals and aspirations | A/I |
| 1. Ability to manage a varied and complex work load effectively | A/I |
| 1. Ability to work well across a range of different subject areas such as housing, mental health, education and debt management for example | A/I |
| 1. Ability to work with staff from a range of agencies and organisations to better integrate services for clients | A/I |
| **3.Knowledge** |  |
| 1. Knowledge of the barriers and issues facing our client group | A/I |
| 1. Knowledge of the local area your service is based in (community groups, services available as well as local demographics) | A/I |
| 1. Knowledge of NHS Talking Therapies (IAPT) recommended protocols for treatment of presentations at Step 3 CBT | A/I |
| **4. Education – qualifications required for this post** |  |
| 1. Qualification from NHS Talking Therapies (IAPT) HIT course or Post Grad Diploma in CBT or above from an accredited training organisation. | A/I |
| **5. Personal** |  |
| 1. Positive and outlook and a ‘can do’ attitude | A/I |
| 1. Personal resilience and flexible attitude in the face of difficulties | A/I |
| 1. Commitment to working towards the Big Life group’s ethos and values, including having a non-judgemental approach | A/I |
| 1. Commitment to personal development and willingness to regularly update skills and experience | A/I |