



Job Description: Qualified Psychological Wellbeing Practitioner

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| Responsible to | Clinical Locality Manager/Team Leader |
| Salary | NHS B5 + 2yrs (fixed point) |
| Hours | 37.5 |
| Job Family and Level | Mental Health Case Worker Level 2 |
| Annual Leave | 25 (rising to 30 days after 5 years) |
| Based | TBC |

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| Main Aims of the Post | |
| <p>Responsibilities are to provide disorder specific assessments and evidence-based low intensity interventions for people with anxiety disorders and/or depression. Offer a wide range of treatments, including telephone and online treatment. You will:</p> <ul style="list-style-type: none"> • Manage a case load of clients. • Provide assessment and Low intensity interventions to clients drawing from CBT theories and techniques. This work may be face to face, telephone, group, or via other media. • Deliver a range of evidence based one-to-one or group interventions. • Support events within the community. • Promote the service, and where necessary to generate referrals. | |

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| Main duties | |
| 1 | To use a range of evidence-based tools and techniques for assessments, goals and motivating clients. |
| 2 | To manage a varied caseload of clients. |
| 3 | To work with groups of clients to help them achieve their goals. |

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| 4 | To collate and analyse performance data as necessary. |
| 5 | To refer and liaise with other service providers by working in a place-based way. You will achieve this through developing effective relationships with a range of internal and external services and agencies. |
| 6 | To promote the service to communities and agencies as appropriate. |
| 7 | To keep accurate and up to date client records and regularly monitor outcomes and progress. |
| 8 | To ensure quality standards are adhered to and met and that audits are passed. |
| 9 | To ensure all statutory responsibilities are followed and reported as required. |
| 10 | Ensure the maintenance of standards of practice according to SHS and any relevant regulation (e.g. BABCP Code of Ethics) 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). |

| General Work-Related Expectations | |
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| 1 | To work within The Big Life group's values, ethos and vision. |
| 2 | To contribute to the development of The Big Life group |
| 3 | To work in accordance with all policies and procedures of The Big Life group |
| 4 | To identify and attend training as required |
| 5 | To work in accordance with all relevant legislation |
| 6 | To undergo regular one to one meetings and an annual review |
| 7 | To undertake any other duties as required, appropriate to the post |

Person Specification: Qualified Psychological Wellbeing Practitioner

The successful candidate will be able to demonstrate that they meet all the following points.

| | | Method of Assessment |
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| Employment experience | | |
| 1.1 | Experience of working with people facing a range of barriers and social issues | A/I/P |
| 1.2 | Experience of managing a caseload of clients and keeping up to date records using a database | A/I |
| 1.3 | Experience of working with individuals (1-2-1) and groups of people in different settings to help them achieve their goals | A/I |
| 1.4 | Experience of working with a range of agencies and organisations to develop effective working relationships | A/I |
| 1.5 | Experience in one or more of the following fields: mental health, family support, physical health, smoking cessation, diet and exercise, employment, social inclusion or debt management | A/I |
| 1.6 | Experience of providing clinical interventions for common mental health problems | A/I |
| Educational Background/Training | | |
| 2.1 | Qualified Psychological Wellbeing Practitioner (or nearing Qualification) | A/I |
| Knowledge | | |
| 3.1 | Knowledge of the barriers and issues facing our client group | A/I |
| 3.2 | Knowledge of the local area your service is based in (community groups, services available as well as local demographics) | A/I |
| Skills | | |
| 4.1 | Ability to use a database/ability to learn how to use a database | A/I/T |
| 4.2 | Ability to assist clients to help them define and achieve their goals and aspirations | A/I |
| 4.3 | Ability to manage a varied and complex workload effectively | A/I |

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| 4.4 | Ability to work well across a range of different subject areas such as housing, mental health, education and debt management for example | A/I |
| 4.5 | Ability to work with staff from a range of agencies and organisations to better integrate services for clients | A/I |
| Personal | | |
| 5.1 | Positive outlook and a 'can do' attitude | A/I |
| 5.2 | Personal resilience and flexible attitude in the face of difficulties | A/I |
| 5.3 | Commitment to working towards the Big Life group's ethos and values, including having a non-judgemental approach | A/I |
| 5.4 | Commitment to personal development and willingness to regularly update skills and experience | A/I |

Key: A = Application Form, Interview = I, T = Test, P = Presentation