

Job Description

Job Title:	Mental Health Practitioner
Department:	Psychological Therapies
Salary:	NHS Band 6 (£35,392 - £42,618)
Hours:	Full-time: 35 per week (Monday to Friday 9.00am – 5.00pm)
Reports to:	Head of Psychological Therapies and Clinical Lead
Location:	Maryfield Complex, 100 Belfast Road, Holywood

MAIN PURPOSE

To provide a comprehensive assessment to clients who have a range of mental health issues. To provide formulation and evidence based one to one treatment and robust risk management for clients who have been assessed as appropriate for low to medium intensity psychological treatment.

To deliver skills-based workshops (both in person and online) in the area of mental health, psychological well-being and resilience including stabilisation, psychoeducation and relapse prevention.

To assist in the development of new health and wellbeing initiatives to meet our client's needs wherever they may be in their journey of rehabilitation and recovery.

To link with stakeholders, other departments and external agencies in the development of a holistic and multidisciplinary approach to improve the overall mental health and well-being of our clients.

Key Responsibilities:

Clinical

- To work autonomously, taking responsibility for care, quality and clinical activity for a designated caseload.
- Carry out psychological assessments using clinical interview, psychometrics and other assessment methods sensitively and independently with clients presenting with a broad range of mental health issues including trauma.
- Be responsible for devising, evaluating and maintaining therapeutic and measurable care plans, risk assessments within recorded time frames in collaboration with clients as per PRRT policy and standards.
- To work under close case management and clinical skills supervision from a suitably qualified professional to provide specified psychologically informed well being focused interventions including Cognitive Behavioral Therapy and other evidence-based models as appropriate.
- To attend regular clinical supervision meetings with the clinical supervisor and managerial supervision as required.

- To liaise with other team members concerning clinical matters as required.
- To work within a multi-disciplinary team to ensure effective care plans and treatments are in place for clients.
- To work as an autonomous professional within the ethical guidelines and policies and procedures of PRRT, taking responsibility for own work and treatment and discharge decisions.
- To maintain fully accurate and up to date paper and electronic clinical records for each client in accordance with PRRT policies and procedures.
- To maintain a high standard of professionalism and to establish good, effective working practice in accordance with the relevant code of professional conduct.
- To provide high quality, evidenced based one to one and group interventions and monitor outcomes.
- To assist in coordinating health and well-being resources accessible to clients.

Training Provision

- To facilitate and deliver skills-based workshops in the area of mental health, psychological well-being and psychological resilience.
- To ensure the workshop material is delivered in an engaging, dynamic and flexible way as to meet participant need.
- Facilitate practical exercises as part of workshop delivery to engage all participants and increase competence and confidence in the skills delivered.
- Ensure material is delivered in a way that is in keeping with the current clinical evidence base.
- To collect feedback data regarding courses delivered.
- To liaise with host organization representatives during the delivery of workshops.

Research, Audit and Service Evaluation

- Utilise theory, current literature and research to support evidence-based practice in direct one to one clinical work, group settings and with multidisciplinary work.
- Contribute to the collection of clinical and service data that will contribute to the planning, development, evaluation and audit of the service as well as clinical returns.
- To compile accurate statistical information as required and maintain records of activity.
- Undertake clerical functions requiring familiarity with applied psychology, including literature searches, development and maintaining information leaflets, inputting data and others tasks necessary for the efficient running of the service and / or training needs.

Information Systems

- Maintain appropriate records of own work ensuring the highest standards of record keeping and comply with policies on confidentiality, accuracy and GDPR.
- To use information technology as appropriate, within direct clinical work, research and treatment interventions.
- Maintain relevant administrative systems of own work in line with the relevant professional body as well as Trust Policies and Procedures.

Continued Professional Development and Supervision

- To receive regular clinical and professional supervision according to Departmental guidelines.
- To contribute to the knowledge and skills base within the team by maintaining an active awareness of current developments in psychology and by implementing the knowledge and skills acquired.
- Assist in the maintenance and dissemination of the highest professional standards of practice through active participation in personal CPD.

General Responsibilities

- To promote and develop positive and productive/effective working relationships with other multidisciplinary members of PRRT.
- Comply with organisational and departmental policies and procedures.
- Promote and demonstrate appropriate behaviours in line with PRRT values.
- Comply with legal duties and responsibilities under Health and Safety legislation, plus a general duty to work safely and not to put others at risk i.e. colleagues, clients, visitors as a result of any activity or omission at work.
- Undertake any other duties which may be assigned to meet organisational need and which are reasonably regarded as within the nature of the duties, responsibilities and grade of the post as defined.

The principal responsibilities listed above are an indicator of the main aspects of the role as opposed to representing a definitive list.

Person Specification

CRITERIA	Essential	Desirable	Method of assessment
Qualifications & Professional Development			
	<ul style="list-style-type: none"> Honours Degree in a relevant discipline e.g. Nursing, Social Work, Occupational Therapist, Psychology/Psychotherapy A Post Graduate Diploma in Counselling / Cognitive Behavioural Therapy or relevant Mental Health discipline Have current registration with a relevant professional body 		Application Form
Experience			
	<ul style="list-style-type: none"> A minimum of 1 years' experience (can include placements) assessing and providing Cognitive Behavioural / Psychological Interventions to adults with a wide range of mental health problems Experience of assessing and managing clinical risk Experience in facilitating practical skills-based workshops 	<ul style="list-style-type: none"> A minimum of 2 years' experience (can include placements) assessing and providing Cognitive Behavioural / Psychological Interventions to adults with a wide range of mental health problems 	Application Form / Assessment / Interview
Key Skills and Abilities			
	<ul style="list-style-type: none"> Effective communication skills (both orally and in written format) and strong organisational skills Effective presentation and facilitation skills Ability to form good therapeutic relationships with clients Ability to manage own workload and caseload Ability to communicate complex, technical and clinically sensitive information Excellent teamwork and interpersonal skills, including the ability to develop and maintain constructive working relationships with colleagues and all levels of staff 		Assessment / Interview

Special Knowledge		
	<ul style="list-style-type: none"> Can demonstrate an understanding for the need to use evidence based psychological therapies and how it relates to the post 	Interview
Other		
	<ul style="list-style-type: none"> Possess a full, current UK driving licence which is valid for use in the UK and have access to a car on appointment <p><i>'Where disability prohibits driving, this criteria will be waived if the applicant is able to organise suitable alternative arrangements'</i></p>	Application Form