



JOB DESCRIPTION

Accredited Cognitive Behavioural Therapist

Responsible for:	Delivering high quality Cognitive Behavioural Therapy interventions to clients of DRCS and TMHD, as part of the organisations delivery of IAPT to the population of Derbyshire.
Responsible to:	Clinical Lead
Reporting to:	CBT Team Lead
Hours of work:	TBA
Location:	Designated office premises within Derbyshire

Key Areas of Focus:

The post holder will deliver Cognitive Behavioural Therapy interventions to clients of DRCS and TMHD, as part of its delivery of IAPT to the population of Derbyshire. In addition, you may be asked to provide Clinical Supervision in relation to Cognitive Behavioural Therapy to IAPT trainees and qualified Cognitive Behavioural Therapists.

Main Duties

- Provide high quality specialist Cognitive Behavioural Therapy to individuals and groups within a wide range of settings (including GP surgeries, community settings and therapy centres, etc).
- Provide screening of clients to ascertain the suitability of the service and ability to offer appropriate therapy refer them to the appropriate Psychological Therapy Modality within TMHD or to outside agencies as appropriate, using a Stepped Care approach
- Manage an allocated clinical caseload in collaboration with your Line Manager.
- Deliver evidence based Cognitive Behavioural Therapy for clients with mild to severe mental health problems.
- Conduct problem focused assessment and work focused assessment of clients of TMHD and DRCS.
- Provide Clinical Supervision, as required, in relation to Cognitive Behavioural Therapy to IAPT trainees and qualified Cognitive Behavioural Therapists.



Maintaining Standards of Practice

- Conduct Mental Health Assessments and Risk Assessments for users and formulate and implement Risk Management plans using Risk Assessment & Risk Management policies and procedures.
- Provide information and education to clients about choice and access of psychological therapies available within TMHD and DRCS, to enable them to make informed decisions as to the most appropriate services to be accessed.
- Implement a Stepped Care approach to clinical practice and provide both High Intensity clinical interventions as well as work focused interventions, as required.
- Electronically record data regarding individual client contact activity, Diary Events and Service Activity using IAPTUS.
- Maintain up to date accurate electronic clinical records relating to individual clients, in accordance with DRCS policies and procedures.
- Implement national outcome monitoring systems (Minimum Data Set).
- Collate and electronically record minimum data set and treatment outcomes and patient experience outcome data for national benchmarking in accordance with the requirements stipulated by the Commissioners and NHS England
- Proactively develop robust professional relationships with General Practice staff supporting the active integration of CBT provision into primary care.
- Develop and maintain good professional relationships with mental health workers in primary and secondary care.
- Exercise personal responsibility for the systematic clinical governance of professional practice in your own practice and of your supervisees.
- Be aware of and comply with the policies, procedures and standards of service, in particular the service's clinical operations procedures.

Adherence to Operating Principles

Together with the Clinical Lead and Operations Manager, recognise and promote adherence to the principles that'

- a) Client confidentiality is protected at all times
- b) All practitioners have a responsibility to ensure that accurate, confidential, secure records are kept, in-line with the General Data Protection Regulations 2018, and DRCS Security and Confidentiality Policies.
- c) It is the responsibility of all practitioners that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their work for DRCS.



Personal Practice and Development

- Receive regular Case Management Supervision from the Line Manager
- Receive regular individual and/or group Clinical Supervision from an accredited Cognitive Behavioural Psychotherapist.
- Be committed to developing and maintaining your own CPD in relation to Cognitive Behavioural Therapy in line with BABCP and DRCS requirements.
- Fulfil the BABCP code of conduct and follow BABCP ethical guidelines in your professional work.

Clinical Governance

The post holder will be expected to:

- Maintain and develop clinical knowledge and clinical expertise.
- Actively participate in regular clinical and managerial supervision.
- Maintain accurate electronic records of clinical work so as to allow the effective monitoring, review, audit and evaluation of the service provided.
- Collate and electronically record assessment and outcome measures and patient satisfaction data for service audit and national benchmarking.
- Participate in the effective monitoring, review and evaluation of the service provided.
- Participate in audit and research as required.

Additional Responsibilities

Health and Safety	All staff hold responsibility for their health, safety and welfare whilst at work. The post holder must therefore highlight areas of concern to their line manager within a reasonable timeframe.
DRCS Values	It is expected that all staff recognise and uphold the organisation's values at all times.