

**Reports To:** Senior Psychological Wellbeing Practitioner

**Direct Reports:** None

**Location:** Either Gosport, Eastleigh, or Basingstoke combined with home working

**Hours:** 37 hours per week (including part time university course)

**Salary Range:** £26,530 pro rata per annum (equivalent to NHS Band 4)

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### **Purpose:**

Provide assessments and a range of evidence-based treatments to a caseload of Step 2 patients with mild to moderate symptoms such as worry and low mood.

Attend the Low Intensity Cognitive Behavioural Therapy with IAPT PWP Status course at University of Southampton:

<https://www.southampton.ac.uk/courses/low-intensity-cognitive-behavioural-therapy-with-iapt-pwp-status-pgcert>

If you'd like to learn more about the role and have questions for us or the university, please sign up to our webinar via the link below. We will be recording this session and taking questions in advance. Registering to attend will give you access to the recording even if you aren't available at the time we are running the session.

<https://events.teams.microsoft.com/event/896c8676-f4ac-4bee-a99b-3310ed1a099a@f84bd3fc-086f-47bf-b326-3f9c6d815769>

### **Key tasks:**

Attend university and meet the requirements to qualify as a PWP.

Once qualified, work towards accreditation with either British Psychological Society (BPS) or the British Association of Cognitive and Behavioural Psychologists (BABCP). The cost of this registration is met by the individual staff member and will be required as part of maintaining their contract of employment.

Maintaining a caseload of patients.

Agreeing and upholding confidentiality agreement with patients.

Assess and monitor risk to and from the patient and take safeguarding actions when needed.

Carry out assessments.

Deliver low intensity treatments in accordance with NICE guidelines.

Supporting patients accessing computerised Cognitive Behavioural Therapy (CBT) through written reviews and phone calls.

Providing resources to patients considering their accessibility needs.

Using our patient database for data collection and recording all activity in a timely manner.

Gathering patient feedback through patient experience questionnaire (PEQs).

Carry out review calls with patients after their treatment has ended.

Explore appropriate support for people not suitable for low intensity CBT interventions.

Writing and sending referrals to specialist services.

Work with Step 3 colleagues to make suitable arrangements when patients move within the Stepped Care Model.

Presenting webinars online with a colleague and completing group admin.

Facilitating groups in person with a colleague.

Discuss patient care with external services through meetings, emails and phone calls.

Signposting patients to resources and services when appropriate.

Keep up to date with service changes.

Managing your diary to maintain your wellbeing and meet service needs.

Prepare for and attend group and one-to-one supervision meetings.

Attend team meetings, service meetings, wellbeing groups, training sessions, and workshops.

**General:**

Adhere to the aims, values, policies and procedures of Solent Mind, particularly safeguarding and health & safety.

**This list is non exhaustive and other duties may be required to meet the needs of Solent Mind**

What we are looking for	Requirement
<p><b>Qualifications/Education/Training:</b>            2:2 degree in a clinical, health or science subject            OR            Level 4 qualification alongside relevant professional experience            Safeguarding training</p>	<p>Essential  Essential  Desirable</p>
<p><b>Experience:</b>            Supporting people with symptoms such as low mood or anxiety (professional or voluntary)            Delivering webinars, presenting, and/or facilitating groups            Managing risk and taking safeguarding actions            Communicating with multiple teams to achieve a shared goal            Experience of using patient databases            Personal experience of mental health conditions, such as anxiety or depression</p>	<p>Essential Desirable Desirable Desirable Desirable Desirable</p>
<p><b>Knowledge/Skills/Competencies:</b>            Understanding of anxiety and depression and how it may present itself            Understanding of NHS Talking Therapies and the stepped care model            Ability to build trust and work effectively with patients to achieve lasting recovery            Effective written and verbal communication skills            Able to work on own initiative            Able to work as an effective team member and form good working relationships            Self-reflective and responsive to feedback to develop skills            Resilient and capable of maintaining boundaries to manage own personal stress            Adaptable to change            Computer skills, including the use of Microsoft Office programs and zoom            Able to organise time and prioritise tasks effectively            Knowing when to seek guidance and support</p>	<p>Essential Essential Essential Essential Essential Essential Essential Essential Essential Desirable Desirable</p>
<p><b>Other:</b>            Commitment Solent Mind's values and policies            Willingness to undergo an enhanced DBS check with adult and child barred lists            Flexibility to work at least one late shift a week (usually from noon until 8pm)            Fluent in community languages other than English, including British Sign Language</p>	<p>Essential Essential Essential Desirable</p>

Date job originated: June 2011  
 Date job reviewed: March 2025  
 Reviewing Manager: Sarah Richardson