‘Eyes Open' Evening: What it takes to become a PWP

UCL PWP Course Team

WELCOME TO THE FUTURE
Aim of Open Evening

• Join the biggest revolution in mental health
• To inform you – about the course and recruitment process
• To inspire you – hear stories from the frontline
• To help you – decide if this is for you and how to put in the best application
• To answer your questions – at the end

• No recording, photos etc please during the event
• Slides will be available on PWP course website
Mind the terminology!

- IAPT – Improving Access to Psychological Therapies
- PWP – Psychological Well-being Practitioner
- LI – Low intensity interventions
- GSH – Guided self help
- CBT – Cognitive Behaviour Therapy
IAPT: Biggest revolution in NHS mental healthcare

• Government initiative launched in 2008: Lord Layard & Professor David Clark
• Implement NICE guidance evidence based treatment for anxiety and depression
• Increase access (15%), achieve recovery rates (50%), support people to get into/back to work, reduce waiting times
• Increase workforce of trained therapists – **paid training in a paid role** – could this be you?
PWP: new role

- PWP paid at Band 4 (Agenda for Change approx £19k) with funded training course Band 5 on qualification (£21k) plus London weighting

- **So you get paid to train on the job**

- Brief, supported CBT based self help treatments e.g. up to 6 30 minute sessions, telephone, face to face sessions, computerised treatment packages, psycho educational courses

- PWP as a “coach”

- **Evidence based and good success rates**
Marketing campaign overview

• PWP is a new role – who knows about it..
• Majority of UCL PWP recruits are under 35 years
• IAPT services work with adults of all ages
• Marketing initiative to publicise role and attract a wider pool of applicants to the PWP profession
• Guardian advert, email marketing, word of mouth driving interest to attend UCL open evenings tailored to 35 plus
• Marketing initiative in addition to usual recruitment process – open to all meeting job specification
TO INSPIRE YOU:

PWPS TELL IT LIKE IT IS ON THE GROUND
GETTING INTO SENIOR ROLES: WHAT’S DIFFERENT ABOUT THE SENIOR ROLE/TEAM LEADER ROLE
Senior PWP: what do we do?

- Management & leadership role e.g. coordinating group programme, chairing team meeting
- Supervisory role: PWPs and groups
- Working across management and PWP team and present voice for PWPs/step 2 provision
- Devising and updating new protocols and policies e.g. telephone triage protocols
- Developing staff: staff induction, in service training, encouraging team e.g. lead areas and how to develop area of interest
HOW DOES THE COURSE RUN?
Structure of course

- Full time training over a year - applied learning on the job with a caseload
- **Paid: course and role**
- Certificate qualification – awarded for passing clinical practice outcomes and university assignment
- 45 days university curriculum : 25 taught/ 20 university directed practice based learning
- Minimum of 80 clinical hours and 40 supervision hours
Structure of course

- 4 days in service and 1 day university

- Intensive clinical skills teaching at start of course alongside induction to service

- 10-5pm UCL based

- 5 days in service as trainee for remainder of training contract
Assignments

- 3 modules – all compulsory
- Assignments are
  - reflective assignments on a clinical session, case reports, exam, assessment and treatment session with actor and patient
  - practice competences
- Need to pass all
- UCL Exam Board leads to qualification
Training experience: on the ground

• I've never been on such an applied course - there is nothing on the course that you won’t use

• Its challenging but worthwhile – you really change lives

• The support you receive is invaluable - the course team are inspiring, they really care about what they do
RECRUITMENT: APPLY TO JOIN THIS EXCITING MENTAL HEALTH CARE REVOLUTION
What we are looking for: people who…

• Want a role that is challenging and rewarding

• Are interested in mental health and the NHS

• Have life and work experience

• Have people skills

• Have the ability to study at postgraduate level and want to pursue practitioner training
Academic requirements

• Ability to study at postgraduate level

• Related degree or academic equivalence e.g. professional training course, Diploma

• Substantial relevant work experience will be taken into account
Experience: employed or formal volunteer role/ psychological, interpersonal or social problems

- MH charities/helplines e.g. Samaritans, MIND, Childline
- Support worker role e.g. health, welfare, social care settings
- Befriending, carers and advocacy
- Employment worker / HR
- Advisory roles: e.g. debt, smoking cessation
- Teaching/Education/College advisors
- Prison/probation work
- Honorary work in IAPT, MH, Psychology services
Broader relevant experience in roles where you have:

• helped people work towards goals and monitored their progress and outcome
• used interpersonal skills to help engage and build a relationship with people
• worked in a time-limited way with people
• helped to facilitate group learning
• managed a caseload or worked in an environment where there are service targets
Top tips on writing your application form

• Read the recruitment pack and person specification **before** submitting!
• Tailor your application to why you want this role – esp if career change
  – Demonstrate how your **experience** makes you a suitable candidate
  – Outline the **skills** you have that make you a suitable candidate
• Be succinct and write clearly
• Choose referees who can attest to ability for this role
Shortlisting and interview process

• Applications are received to UCL, sorted by site preference and screened
• Batches of applications are sent to services to shortlist for interview
• UCL invites and hosts interviews (intensive week)
• Joint interviewing process with service and UCL – service appoints as employer and UCL registers – all subject to pre employment checks
• Trainees start in service just before course starts
QUESTIONS