Improving Access to Psychological Therapies, London Recruitment 2020:

Information for Applicants

Post Graduate Certificate in Low Intensity Cognitive Behaviour Interventions

Psychological Wellbeing Practitioners (PWPs)

It is essential that applicants read this information along with the job description and person specification in order to make a successful application.

This is the IAPT Training Information Pack for applicants wishing to apply for Psychological Wellbeing Practitioner (PWP), training places and jobs. PWPs are also known as Low Intensity (LI) workers and/or Step 2 workers. The information accompanies the job description and person specification.
**Background**

University College London (UCL) is recruiting PWPs on behalf of services who are looking for trainees to work in their area. Vacancies are advertised and recruitment is undertaken on behalf of services across London.

PWPs will attend university one day a week and work in services the remaining four days. For further information about the IAPT programme, please see the NHS England website: [https://www.england.nhs.uk/mental-health/adults/iapt/](https://www.england.nhs.uk/mental-health/adults/iapt/)

Each training place involves being on a full time training contract within a London NHS Improving Access to Psychological Therapies (IAPT) Service for the duration of the one year training.

**Training course fees on this programme are fully funded by the NHS.** In addition, trainees will receive a salary from the London IAPT service where they undertake their 4-day a week placement over the year of the programme. This is likely to be a full time NHS band 4 or equivalent salary, as in previous years. Shortlisted candidates will be informed of the agreed salary on offer of interview.

**Candidates are asked to indicate on their application form, at the top of the personal statement, two preferences for the service/employer they wish to work for.** There is no guarantee that successful candidates will get their preference. Candidates who do not indicate a preference will simply be allocated to a site at random. There is further information set out below about the correct way to indicate your preference.

Please note that services and employers participating in IAPT recruitment in London may change without notice. Please also note that London reserves the right to adjust the location of trainee positions based on the needs of the programme. Terms and Conditions will vary dependent on which organisation is your employer. A list of the participating employers/services can be found in appendix 4.

Interviews unfortunately cannot be rearranged if candidates are unavailable. Interviews are expected to occur **in the first half of July 2020.**

These intakes will start in October 2020. Applicants are not able to choose when their cohort starts and successful candidates must be available to start the course at the allocated time.

**Training and Jobs**

Higher Education Institutes (HEI) have been selected to provide the training. These HEI’s have been selected based on their ability to demonstrate the capacity, knowledge and expertise to deliver the curriculum that has been developed for each training course. UCL will offer training courses for PWPs.

We believe a diverse workforce is essential for meeting the needs of London’s communities. We actively promote a culture of inclusion and seek applicants from across communities and age groups.
Those without a valid work permit to work in the UK are **not** eligible to apply.

**Who Should Apply?**
Applicants are required to show:

- Evidence of ability to study successfully at postgraduate level. This can be demonstrated by a good degree at undergraduate level, or by an equivalent academic qualification (for example a Diploma). Substantial work experience and achievements at work can also be taken into account.
- Evidence of experience in an employed or formal volunteer helping role with people with psychological, interpersonal or social problems
- Evidence that they have a broad understanding of mental health issues and the skills to form a good helping relationship with people with mental health problems. This can be obtained through study, work or volunteer experience with people who have experienced a mental health problem.

Please note that flexible working hours may be required to deliver accessible service hours and may include working over weekends and evenings. It is envisaged that IAPT trainee posts will be employed on a full-time 37.5 hours per week basis in the first year of training. Part-time, job share or other flexible arrangements may be considered **after** this time if the role is offered on a permanent basis.

Please see the Job Descriptions and Person Specification for further information.

**Applying for a Post**
Please see the Job Descriptions and Person Specifications in the appendices 1 and 2.
Applications can only be made online via this link:

Please follow the link and click on the “Apply Here” button. This will take you to an “Apply online checklist”, select that you have read and understood the information, and click ‘submit’.

On the following page search for ‘low intensity’ in the enter keyword section and this will bring up the course details. Click on the ‘Apply Now’ option for the ‘post graduate certificate in low intensity cognitive behavioural interventions’, this will now take you to the application form.

You will need to create an account on the UCL website. Once you have created an account, you will be taken to the application form for the course. All fields marked in pink MUST be completed in order for you to complete that section of the application form.

*Personal:*
You will have completed this when you created your account. You can review and amend any details after you have created your account.

*Address:*
Please complete this section as directed on the application form.
**Education:**
The system will ask you to upload a transcript for both undergraduate and postgraduate qualifications: you MUST upload a document in order to proceed. If you do not have a transcript, please upload a blank word document to proceed. This will not affect your application but you will need to provide one before starting on the course if you are successful.

**Employment:**
**Please do NOT upload a CV in the ‘upload curriculum vitae’ section as this will NOT be looked at.** Instead, please complete the ‘Current or most recent employment’ sections as directed on the application form.

If you have formal volunteer experience that is relevant to this role then please detail this in the Employment section.

**Other Details:**
In the ‘Funding’ section, you will be asked about how you plan to finance your studies; please select ‘Employer’ as this is a course funded by the NHS.

Interviews will be set and are organized on the basis of interview session allocated to the IAPT service you are being interviewed for. This means that there will be extremely limited flexibility, therefore please ignore the ‘Availability for Interview’ section where it asks you to let us know when you are not available for interview.

**Supporting Statement:**
**Please do NOT upload any additional information as this will NOT be read.** Instead, please fill in the text box with your personal statement and ensure that you follow the guidance as per character limit.

In the first line of the supporting statement please copy and paste the following statement and complete with your preferences (see appendix 3 for a list of participating services):

*I wish to be considered for the post of trainee PWP in....... My second preference is to be considered for the post of trainee PWP in*

We will make every effort to match your preferences. However, if there is high demand for a particular service, suitable applicants will be posted to where there are places available. Applicants who do not state their preference as above will be allocated on the same principle.

Your supporting statement should be tailored to the position of PWP trainee and state clearly how you meet the person specification (appendix 2). This role is extremely competitive and we receive a high number of applications each year. It therefore is essential that you demonstrate the skills, experience and knowledge that make you a suitable candidate for this trainee PWP post. Those who do not demonstrate the minimum criteria will not be shortlisted for interview.
Referees:
You will be asked to include one academic reference but this is not essential. One of your references should be from your most recent or current employer. Referees should not be personal or family contacts. The referee that you give on your form will be contacted automatically after the application is submitted. If you do not wish for your current employer to be contacted in this way you may provide a different referee at this stage. If you are successfully offered the position then your IAPT service employer is likely to request your current/most recent employer as a condition of pre-employment checks.

Declarations:
Please note, in the ‘Criminal Convictions’ section please do NOT include any motoring offences where a fine or up to three penalty points were imposed.

Checklist:
The checklist sections allow you to review the aforementioned section of your application. Once you are happy with your application, please click on the ‘Submit Application’ button.

High Intensity Training
PWPs moving onto HI are required to be qualified for 2 years. Candidates will not be eligible to move to HI less than 2 years upon qualification.

Previous PWP Training
If you have failed PWP training with another provider you are not eligible to apply.

Contacts
Due to the high volume of applications expected, UCL is unable to respond to individual queries. All available information is contained in this information pack; no further information will be provided. You can also see more information about the course at http://www.ucl.ac.uk/pals/study/masters/TPPPSYSLCB01 and about IAPT at https://www.england.nhs.uk/mental-health/adults/iapt/

If you have any technical issues completing the application, please contact UCL admissions. (admissions@ucl.ac.uk).
Appendix 1: Job Description

Post Title: Trainee Psychological Wellbeing Practitioner (PWP)

NHS Band: 4 (spine point 11)

Job Purpose

This is a training role within the Improving Access to Psychological Therapies Programme (IAPT). The post-holder will work within the IAPT service providing high volume low intensity interventions whilst undertaking a programme of training for this role. The training post will equip the post – holder to provide a range of cognitive behavioural therapy (CBT) based self-management interventions to clients with mild to moderate anxiety and depression. The post-holder will attend all taught and self-study days required by the education provider, as specified within National Low Intensity curriculum and work in the service for the remaining days of the week using their newly developed skills.

The post holder will work with people with different cultural backgrounds and ages, using interpreters when necessary and should be committed to equal opportunities.

Main Duties and Responsibilities

CLINICAL

1. Accept referrals via agreed protocols within the service.
2. Assess and support people with a common mental health problem in the self-management of their recovery.
3. Undertakes patient-centered interviews which identifies areas where the person wishes to see change and or recovery and makes an accurate assessment of risk to self and others.
4. Make decisions on suitability of new referrals, adhering to the department’s referral protocols, refers unsuitable clients on to the relevant service or back to the referral agent as necessary or steps-up the person’s treatment to high intensity psychological therapy.
5. Provide a range of information and support for evidence based high-volume low-intensity psychological treatments. This may include guided self-help computerised CBT, information about pharmacological treatments. This work may be face-to-face, telephone or via other media.
6. Educate and involve family members and others in treatment as necessary.
7. Adhere to an agreed activity contract relating to the overall number of client contacts offered, and clinical sessions carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.
8. Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
9. Complete all requirements relating to data collection within the service.
10. Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision-making.
11. Work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.
12. Assess and integrate issues surrounding work and employment into the overall therapy process
13. Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity.

TRAINING AND SUPERVISION
1. Attend and fulfil all the requirements of the training element of the post including practical, academic and practice based assessments.
2. Apply learning from the training programme in practice
3. Receive supervision from educational providers in relation to course work to meet the required standards.
4. Prepare and present clinical information for all patients on their caseload to clinical case management supervisors within the service on an agreed and scheduled basis, in order to ensure safe practice and the clinical governance obligations of the worker, supervisor and service are delivered.
5. Respond to and implement supervision suggestions by supervisors in clinical practice.
6. Engage in and respond to personal development supervision to improve competences and clinical practice.

PROFESSIONAL
1. Ensure the maintenance of standards of practice according to the employer and any regulating bodies, 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).
2. Ensure that client confidentiality is protected at all times.
3. Be aware of, and keep up to date with advances in the spheres of treatment for common mental health problems.
4. Ensure clear objectives are identified, discussed and reviewed with senior therapists on a regular basis as part of continuing professional development.
5. Participate in individual performance review and respond to agreed objectives.
6. Keep up to date all records in relation to Continuous Professional Development and ensure personal development plan maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
7. Attend relevant conferences / workshops in line with identified professional objectives.

GENERAL
1. To contribute to the development of best practice within the service.
2. To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.
3. All employees have a duty and responsibility for their own health and safety and the health of safety of colleagues, patients and the general public.
4. All employees have a responsibility and a legal obligation to ensure that information processed for both patients and staff is kept accurate, confidential, secure and in line
with the Data Protection Act (1998) and Security and Confidentiality Policies.

5. It is the responsibility of all staff 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 official duties.

6. This Job Description does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.

NHS pay rates from April 2020:

Please see [https://www.nhsemployers.org/your-workforce/pay-and-reward/agenda-for-change/pay-scales/annual](https://www.nhsemployers.org/your-workforce/pay-and-reward/agenda-for-change/pay-scales/annual)

The following is a guide only to NHS Agenda for Change pay rates. However, you should always check with the employer to confirm the pay rate for any post for which you are applying.

Please note, some services are not NHS providers and therefore terms and conditions will vary. London high cost area supplement varies across different London services.

**Band 4**

Basic stating salary for a trainee PWP is the bottom of an NHS band 4, which is currently £21,892. Previous experience in the NHS cannot be counted or used for a higher placing on the scale. NHS staff in London also receive an Inner or Outer London ‘high cost area supplement’ which is an additional sum. You can see details about how this is calculated and how it will affect your final salary in the agenda for change pay rates linked above, at the bottom of the webpage. As noted above some non NHS providers will have different pay scales, you should be able to find information about providers below. Please do not contact us asking for this information because we do not hold this.
# Appendix 2: Person Specification

<table>
<thead>
<tr>
<th>Qualification</th>
<th>Essential</th>
<th>Desirable</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evidence of ability to study successfully at postgraduate level</td>
<td>Psychology or other health or social science related undergraduate or postgraduate degree</td>
<td>Application form</td>
<td></td>
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<tr>
<td></td>
<td>Professional training in nursing, social work, occupational therapy, counselling or within a psychological therapy</td>
<td>Application form</td>
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<table>
<thead>
<tr>
<th>Experience</th>
<th>Essential</th>
<th>Desirable</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evidence of experience in an employed or formal volunteer helping role with people with psychological, interpersonal or social problems</td>
<td>Work or volunteer experience with people who have experienced a mental health problem</td>
<td>Application form / Interview</td>
<td></td>
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<tr>
<td></td>
<td>Experience of working in Primary Care Services</td>
<td>Interview</td>
<td></td>
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<tr>
<td></td>
<td>Worked in a service where agreed targets in place demonstrating clinical outcomes</td>
<td>Interview</td>
<td></td>
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<tr>
<td></td>
<td>Ability to manage own caseload and time</td>
<td>Interview</td>
<td></td>
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<tr>
<td></td>
<td>Demonstrates high standards in written communication. Able to write clear reports and letters.</td>
<td>Application form</td>
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</table>

<table>
<thead>
<tr>
<th>Skills &amp; Competencies</th>
<th>Essential</th>
<th>Desirable</th>
<th>Assessment Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to evaluate and put in place the effect of training</td>
<td></td>
<td>Interview</td>
<td></td>
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<tr>
<td>Computer literate</td>
<td></td>
<td>Application form / Interview</td>
<td></td>
</tr>
<tr>
<td>Excellent verbal and written communication skills, including telephone skills</td>
<td></td>
<td>Application form / Interview</td>
<td></td>
</tr>
<tr>
<td>Able to develop good therapeutic relationships with clients</td>
<td></td>
<td>Interview</td>
<td></td>
</tr>
<tr>
<td>Received training (either formal of through experience) and carried out risk assessments within scope of practice</td>
<td></td>
<td>Application form / Interview</td>
<td></td>
</tr>
<tr>
<td>Knowledge</td>
<td></td>
<td>Interview</td>
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<td>--------------------------------------------------------------------------</td>
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</tr>
<tr>
<td>Demonstrates an understanding of anxiety and depression and how it may present in Primary care</td>
<td>Demonstrates a knowledge of the issues surrounding work and the impact it can have on mental health</td>
<td>Interview</td>
<td></td>
</tr>
<tr>
<td>Knowledge of medication used in anxiety and depression and other common mental health problems</td>
<td>Knowledge of the issues surrounding work and the impact it can have on mental health</td>
<td>Interview</td>
<td></td>
</tr>
<tr>
<td>Demonstrates an understanding for the need to use evidence based psychological therapies and how it relates to this post</td>
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<td>Interview</td>
<td></td>
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<thead>
<tr>
<th>Training</th>
<th></th>
<th>Interview</th>
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<tbody>
<tr>
<td>Able to attend a one day per week course</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>Able to complete academic components of the course</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>Able to integrate training into practice</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>High level of enthusiasm and motivation.</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>Advanced communication skills</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>Ability to work within a team and foster good working relationships</td>
<td></td>
<td>Reference</td>
</tr>
<tr>
<td>Ability to use clinical supervision and personal development positively and effectively</td>
<td>Ability to use clinical supervision and personal development positively and effectively</td>
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</tr>
<tr>
<td>Ability to work under pressure</td>
<td></td>
<td>Interview</td>
</tr>
<tr>
<td>Regard for others and respect for individual rights of autonomy and confidentiality</td>
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<td>Interview</td>
</tr>
<tr>
<td>Ability to be self-reflective, whilst working with service users, in own personal and professional development and in supervision</td>
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<td>Interview</td>
</tr>
<tr>
<td>Car driver and/or ability and willingness to travel to locations throughout the organisation</td>
<td>Car driver and/or ability and willingness to travel to locations throughout the organisation</td>
<td>Interview</td>
</tr>
<tr>
<td>Fluent in languages other than English</td>
<td>Fluently in languages other than English</td>
<td>Application form / Interview</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Requirements</th>
<th></th>
<th>Interview</th>
</tr>
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<tr>
<td>High level of enthusiasm and motivation.</td>
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This document gives a brief description of those services/employers who are looking to recruit trainees in 2020 to start in autumn 2020. This list may change at any given time during or after the recruitment process and there is no guarantee that successful candidates will be employed by the service/employer of their choice. The recruitment panel, on behalf of the London IAPT clinical executive, will endeavor to match people with their specified preferences wherever possible.

Employers are listed by Low Intensity/Psychological Wellbeing Practitioner (LI/PWP) stating the areas they provide services for.

Candidates should give preferences for no more than two employers/services, either for the employer or for the specific service covered by that employer e.g.

* I wish to be considered for the post of trainee PWP in CANDI. My second preference is to be considered for the post of trainee PWP in CNWL

Or

* I wish to be considered for the post of trainee PWP in Barking & Dagenham. My second preference is to be considered for the post of trainee PWP in Bromley.

It is important that applicants indicate their service/employer preference in the first line of the ‘supporting statement’ as described in the information packs.
The following is a list of London services currently expected to be participating in this recruitment process:

**Barking & Dagenham**
Talking Therapies Barking & Dagenham provides psychological treatment for people with mild to moderate anxiety and depression with a GP in Barking and Dagenham.

Talking Therapies Barking and Dagenham can provide help for people who experience problems including; Depression, Panic, Phobia, Agoraphobia, Social Phobia, Health Anxiety, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Body Dysmorphic Disorder, medically unexplained physical symptoms and long term conditions.

We offer a variety of therapies including: Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy (IPT), Dynamic Interpersonal Therapy (DIT), Couples Therapy for depression, Behavioural Couples Therapy, Guided self-help, Behavioural Activation, and a wide selection of courses, groups and workshops. We also have an in-house Employment Support Team and a Physical Activity Coordinator who work closely with therapists to provide additional support and advice.

We pride ourselves on being a supportive service and we take continuing professional development seriously. We have regular in-house training sessions, we invite lecturers and training providers to offer group trainings and we encourage staff to take initiative on finding out about current developments and training opportunities.

As the service offers out of hours appointments, all clinical staff are expected to work some evenings or Saturdays. However, we recognize people have changing personal circumstances and are willing to discuss flexi-hours and part-time once training is completed. This will be discretionary and will need to take into account service requirements at the time.

**Barnet**
Barnet, Enfield and Haringey IAPT ([www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)) is a lively, forward-thinking service delivering evidenced based psychological therapies across a large part of multi-cultural North London. The Enfield and Barnet services are provided by Barnet, Enfield and Haringey Mental Health Trust, and the Haringey Service by Whittington Health. In line with the NHS Operational plan, for 2016/17 both the Enfield and Haringey services were contracted to meet 15% of CMI need. This will rise to 16.9% by the end of Q4 2018. The Barnet service has recently been transferred to Barnet, Enfield and Haringey Mental Health Trust and is contracted to meet 9% of CMI need for 2017/18 and 2019/20 with the remainder coming from voluntary and third sector activity. We are seeking highly committed, enthusiastic and forward thinking people to join our thriving services.

We would like to encourage applications from suitable candidates who can speak fluently in a second language to English, particularly Turkish/Kurdish, Farsi, Polish, Albanian, Arabic, Spanish, Portuguese or Russian.

We have been running IAPT services since the wave 1 roll out in 2008, and now provide a
highly successful integrated step 2 and step 3 IAPT service across all three boroughs. We currently employ over 150 staff, delivering treatments to over 13,000 people a year.

For more information check out our web site [www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)

**Bexley**

Mind in Bexley’s service model is an IAPT-compliant, stepped care model including primary care counselling services, operating from a central hub location at Mind in Bexleyheath Broadway. This offers borough-wide coverage via a single point of access, with outreach to local GP practices, children’s centres and community venues.

The service provides Psychological Therapy services for people experiencing mild to moderate Depression and Anxiety. All adults registered with a Bexley GP are eligible. Exclusion criteria are clients presenting with: a) severe mental health problem more suited to secondary services; or b) at risk of self-harm or harm to others.

The service’s main hub is located in a building fit for purpose in central Bexleyheath, on many bus routes and within walking distance of Bexleyheath railway station, making it an accessible point from anywhere in the borough. The service is open until 8pm on four days, and also on Saturday mornings, enabling people to attend outside normal working hours.

Mind in Bexley (IAPT) services are also delivered from several GP surgeries across the borough. Currently, the Mind in Bexley (IAPT) service is also being delivered from several children’s centres in the borough, ensuring that parents of babies and young children can access services in an environment specifically compatible with their needs.

We will also ensure equity of access by delivering services in non-health settings, where appropriate. For example, Saturday workshops will be held in community centres throughout the borough, extending the geographical reach of the Mind in Bexley service.

The Mind in Bexley team comprises a total of High Intensity therapists Low Intensity therapists and Employment Support. In addition we have Person-Centred, Integrative and Psychodynamic counsellors working in GP surgeries as well as at the main hub.

Continuous Professional Development is provided via regular supervision, internal skills training sessions, statutory training in-house, and external training. In addition to qualified and experienced therapists, Mind in Bexley staff include, Holistic Wellbeing, and Employment Support workers, Breathing space and Community Connect ensuring comprehensive integrated coverage of patients’ needs beyond psychological services.

Mind in Bexley was commended in the London IAPT Clinical Assurance report for its ability to provide an appropriate training environment for staff learning. We have post-graduate CBT trainees and counsellors on placement, with qualified and experienced staff offering appropriate levels of supervision.

**Brent**

The CNWL Talking Therapies Brent service is a ‘third wave’ IAPT site and was set up 1st
December 2010 and is run by CNWL NHS Foundation Trust. The team has undergone recent expansion following additional investment to meet service targets and development needs. The team is well resourced and integrated with clinicians and the Employment workers (managed by Twining Enterprise) working collaboratively. Alongside high and low intensity CBT interventions, the service also has a counselling service which provides DIT, IPT and brief counselling. Individual and group based treatments are provided.

The service operates a ‘hub and spoke’ model of delivery with staff being located at the main hub located at Fairfields House in Kingsbury. There is also a satellite hub based at Bell House in the Willesden area. The step 2/PWP team is based at Fairfields House in Kingsbury. Services are also delivered at GP surgeries across Brent. The central hub is a comfortable building with the required IT resources. GP based work is organised in collaboration with GP clusters and we are in the process of increasing the range of services we offer by working in partnership with the voluntary sector and community groups. The service also works closely with other CNWL Talking Therapies services in other boroughs managed by the same Trust.

The service meets a good level of need given current resources, and also has good recovery rates. There are clear and well defined systems for triaging and screening of incoming referrals, allocation of clients to step 2 and step 3, management of waiting lists and stepping up and stepping down clients as appropriate. Regular case management and clinical skills supervision are provided to all staff and there is a good system for peer support.

**Bromley**

Talk together Bromley (TtB) is the Bromley IAPT service which is delivered in partnership with Bromley Healthcare (High Intensity) and Mental Health Matters (Low Intensity and Employment Support). TtB provides psychological therapeutic support to adults, registered with a Bromley GP, to cope with and recover from mild to moderate mental health difficulties, including anxiety disorders and depression.

Bromley Healthcare and Mental Health Matters share the aim of increasing access to highly effective evidenced based psychological therapies as part of a national drive to give mental health the same focus as physical health. We offer a range of easily accessible effective therapies, including self-help resources, online support, group treatments, and face-to-face and telephone sessions on a one-to-one basis with trained therapists and/or counsellors. All of our treatment options have been reviewed and recommended by the National Institute for Health and Care Excellence (NICE) as effective for use in the NHS.

Bromley Healthcare and Mental Health Matters pride ourselves on putting our patients first and at the heart of everything we do. All referrals are responded to quickly with an offer of an assessment within five days with one of our qualified practitioners. The team is made up of Psychological Wellbeing Practitioners, Cognitive Behavioural Psychotherapists, Clinical Psychologists, Counselling Psychologists and Counsellors. Every clinical member of staff is trained to specialise in certain treatments for specific problems, ensuring the highest quality of support for each patient’s needs. Trainees will receive expert supervision from experienced supervisors, and will be guaranteed a diverse and stimulating learning experience.
Patients have easy access to the service, either by being referred by their GP or any other healthcare professional, or by self-referring using the Talk together Bromley website http://www.talktogetherbromley.co.uk/ or phoning the service on 0300 003 3000. Referrals can be made 24 hours a day, every day of the week. Therapies and support will be available in person, by phone and online, supported by MHM’s Talking Matters 365 mental health support helpline; in-person support will be delivered from a number of locations across Bromley, ensuring convenience for everyone.

Bromley Healthcare is a great place to work. The unique way we deliver services and offer everyone who works here a voice, means that your career with us will be rewarding. Social Enterprises are a fairly new and exciting way to deliver healthcare, offering many of the traditional advantages of the NHS (such as excellent training and development) with the freedom for innovation by being able to reinvest any surpluses we make into the community.

Camden
Camden and Islington are lively and diverse inner-city Boroughs. The Camden and Islington NHS Foundation Trust runs well-established IAPT services in both boroughs – iCope Islington Psychological Therapies and Wellbeing Service in Islington and iCope Camden Psychological Therapies Service in Camden. Our IAPT services are strongly integrated with primary care with workers based in almost all GP practices. We also work closely with voluntary sector partners and offer clinical sessions in a range of community venues. We collaborate with public health colleagues in reaching out to the Boroughs’ diverse communities. The Camden and Islington IAPT services work closely together and have a track record of research and development and service innovation in primary care mental health and psychological interventions, facilitated by our links with University College London. Our services are friendly and supportive with good integration between LI and HI staff working together in geographical teams.

We are looking for bright and motivated people who are keen to train in CBT based interventions and practice these in primary care and community locations in Camden or Islington. Following completion of the IAPT course, we support continuing professional and career development.

We want to further increase the diversity of our staff and ability to speak other languages fluently is an advantage (we have a particular need for Turkish, Sylheti and Somali speakers).

City & Hackney
Talk Changes is a dynamic and high performing IAPT service. Our recovery rate for 17-18 was 57%, which is higher than the national average of 51%, even though Hackney has high levels of social deprivation.

The service is led by a Clinical Lead, two Deputy Clinical Leads and a Service Manager who provide clinical, operational and strategic leadership. We have a strong supervision structure within the service from a team of Senior CBT Therapists and supervisors. The service has an emphasis on continuing professional development with a programme of regular clinical skills
workshops offered throughout the year. We provide the supervision and CPD required to enable our therapists to gain and maintain BABCP accreditation.

We operate a clear stepped care model and have strong links with the Low Intensity training course at UCL, where some of our staff are also course tutors. The majority of patients are offered Low Intensity interventions as a first line treatment, although some presentations (e.g. PTSD and social anxiety) go straight to High Intensity.

We are part of Homerton University Hospital NHS Foundation Trust, which means that we are particularly well placed to integrate IAPT services for people with Long Term Medical Conditions. We also have strong links with other providers of psychological therapy in the borough as part of the City and Hackney Psychological Therapies Alliance.

There is a research culture within the service; we have close links with the Department of Psychology at Royal Holloway and a regular schedule of research projects. We take an active role in the newly established North Central and East London IAPT Research and Service Improvement Network. The service is also currently collaborating with Leeds University in a trial of the use of Outcomes Feedback Technology to improve CBT outcomes.

In addition to CBT the service also offers Behavioural Couples Therapy, Interpersonal Therapy, Mindfulness Based Cognitive Therapy and Eye Movement Desensitization and Reprocessing Therapy.

We have recently significantly expanded our Employment Support team as part of a DWP pilot project to increase the number of Employment Advisor’s working within IAPT to a ratio of 1 Employment Advisor to 8 therapists.

We are well resourced with both clinical rooms and office space available at our base, the Louis Freedman Centre for Wellbeing at St Leonard’s Hospital. We have 30 rooms for direct clinical work and one group room. In addition to this many of our therapists also provide clinical sessions in GP practices throughout the borough. Staff have ready access to administration space at all times as well as a central staff kitchen with tea and coffee making facilities.

**Croydon**

Croydon IAPT Psychological Therapies and Wellbeing Services is a wave 3 site; one of four IAPT services run by South London and Maudsley NHS Foundation Trust (SLaM). Despite being a relatively new service, we have already demonstrated our ability to deliver high quality treatments, to win a tender process and to achieve the outcomes expected of us.

We are a warm and welcoming team, small but enthusiastic, motivated, creative and flexible. We strive for excellence in treatment, supported by frequent and high quality supervision. We appreciate the importance of investing in our staff team and there are regular opportunities for personal development and on-going clinical training, both within the team, and across the four SLaM IAPT services.

We have close links with the training courses, and truly understand the needs of our trainees
affording them an optimal training experience, with time to reflect and plan, as well as see clients.

Our interventions include CBT, guided self-help; psycho-educational workshops and groups, together with telephone triage, signposting and employment support. We work closely with the voluntary sector, particularly Depression Alliance and Croydon Voluntary Action, and have good links with local services. Croydon is a large and diverse London borough. We operate extended hours with therapy venues in GP surgeries across Croydon, at a sub-base in Purley, and at our main team base at the Bethlem Hospital. Trainees will be expected to provide some evening clinics and to be flexible in working across different locations.

Training contracts will be for one year in the first instance. NHS salary scales and terms and conditions apply.

Please refer to our website for further information http://www.slam.nhs.uk

Ealing

Ealing IAPT, is a dynamic and innovative service that is passionate about improving access to psychological therapies for the population it serves. The borough of Ealing comprises a diverse community. As a pathfinder site, we have achieved great success making psychological therapies culturally appropriate and accessible to the BME community. This is reflected in our high access rate for the BME population and recognition in the National IAPT BME Positive Practice Guide.

We are currently involved in numerous exciting initiatives to engage hard to reach groups, such as people with long term health conditions and perinatal difficulties. This involves group therapy, outreach work, community engagement and creative workshops embedded in the community, destigmatising mental health. We provide a range of evidence based interventions including Eye-movement desensitization reprocessing (EMDR), Behavioural Couples Therapy (BCT), Dynamic Interpersonal Therapy (DIT), Interpersonal Psychotherapy (IPT), Counselling for Depression (CfD) and Acceptance and Commitment Therapy (ACT). Supervision is an essential part of our success and high recovery rates. We have a number of different systems in place to develop your clinical skills. As well as weekly, individual supervision sessions we have a duty system available at all times to discuss any urgent issues. In addition there are daily assessment ‘debrief’ sessions to ensure that any new assessments are discussed immediately and decisions are made quickly to help move our service users along the most appropriate care pathway. Reflective practice is also available to the team to optimise staff well-being. The strong support combined with supervision from highly experienced supervisors makes Ealing IAPT the ideal place to undertake your role as a Trainee High Intensity therapist.

Ealing IAPT is dedicated to staff well-being and uses a collaborative approach to develop the service and support the team. We are known as a diverse, friendly team that listens to one and another and endeavors to progress people in terms of their continued professional development. The team is made up of individuals from various professional backgrounds, including Counsellors, a Clinical Psychologist, a Counselling Psychologist and a Mental Health Advocate. We work closely with GPs and secondary care services, giving you experience in
liaising with professionals from a variety of settings.

The Trust welcomes applications from all sections of the community who fulfil the criteria for the post. We are keen to ensure that our workforce reflects the community it serves, particularly in terms of different spoken languages.

The posts are fixed term contracts for 12 months.

**Enfield and Haringey**

Enfield and Haringey IAPT ([www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)) is a lively, forward-thinking service delivering evidenced based psychological therapies across a large part of multi-cultural North London. The Enfield service is provided by Barnet, Enfield and Haringey Mental Health Trust, and the Haringey Service by Whittington Health. In line with the NHS Operational plan, both services are currently contracted to meet 15% of CMI need. We are seeking highly committed, enthusiastic and forward thinking people to join our thriving services.

We would like to encourage applications from suitable candidates who can speak fluently in a second language to English, particularly Turkish/Kurdish, Farsi, Polish, Albanian, Arabic, Spanish, Portuguese or Russian.

We have been running IAPT services since the wave 1 roll out in 2008, and now provide a highly successful integrated step 2 and step 3 IAPT service across both boroughs. We currently employ over 100 staff, delivering treatments to over 10,000 people a year.

For more information check out our web site [www.lets-talk-iapt.nhs.uk](http://www.lets-talk-iapt.nhs.uk)

**Greenwich**

Greenwich Time To Talk is provided by Oxleas NHS Foundation Trust. It is an integrated Step 2 and 3 service, with a purpose built team base on Eltham High Street. We have provided the IAPT service for the population of Greenwich since 2009 and we cover Greenwich, Eltham, Charlton, Woolwich, Plumstead and part of Thamesmead. We are a well-established and respected service, with positive feedback from service users, carers, local GPs and other health care workers and 3rd sector organisations. We are proud that we deliver NICE recommended treatments as they are meant to be delivered, and work across the age range from age 16 and over. We have specialists to work with the 16 and 17 year olds and others dedicated to older adults and people with long term physical health conditions.

Our Step 3 and Step 2 Teams (consist of Psychological Wellbeing Practitioners, Clinical Psychologists, Cognitive Behavioural Therapists, Counselling Psychologists, and Counsellors), We also have an employment support team. Within our team we have a Clinical Lead (a Consultant Clinical Psychologist), 5 Senior CBT Psychotherapists who are all BABCP Accredited and the majority of the CBT psychotherapists are BABCP accredited, and two senior Psychological Well-being Practitioners.

We offer a range of interventions from public workshops to tackle stigma, low intensity
(Step 2) psycho-educational groups and guided self-help treatments through to high intensity (Step 3) group and individual treatments. We work in partnership with a range of mental health and well-being services and 3rd sector organisations. We highly value supervision and in vivo behavioural experiments. Greenwich is a diverse borough and applicants who speak another language in addition to English will be particularly welcome to apply, however this will not be a shortlist criteria.

The posts are fixed term contracts for the duration of the training. The employer is Oxleas NHS Foundation Trust www.oxleas.nhs.uk.

**Hammersmith & Fulham**

Back on Track (Hammersmith & Fulham IAPT) is a very well established and high performing service. We believe that a key to our success is the emphasis we put on the wellbeing of our team members. For example, the service provides a weekly reflective practice group based on the principles of compassion-focussed therapy. We also schedule regular mindfulness practice sessions, yoga and other wellbeing events for the team.

At Back on Track you will work in a very friendly, supportive and well-resourced service and we pride ourselves on an outstanding continuing professional development program. As a trainee PWP you will have weekly individual clinical supervision as well as monthly clinical skills groups and journal clubs. In addition we commission bespoke training events for the team. For example, during the last year our PWP’s have attended training on GAD, social anxiety, low self-esteem, perinatal working, working with older adults, compassion-focussed therapy and ACT.

In this service we are passionate about increasing access to psychological therapies for the local population. To ensure the service is accessible to those that can’t make daytime appointments, we operate evening clinics four days a week. All team members work one evening per week (12-8pm) with the option to also work one early shift per week (8am – 4pm). For qualified members of staff there are a number of flexible working options and we support a number of staff who, for various reasons, chose to work on a part-time basis.

The service provides a range of individual and group CBT interventions including telephone and face to face therapy and we will shortly be starting to use Skype therapy as well.

We are committed to engaging hard to reach groups which involves outreach, innovative community engagement projects and bespoke approaches to treatment, usually group based, the meet the specific needs of local communities. We have also expanded the range of evidence-based treatment modalities available for our service users to include EMDR, Stress Control, Interpersonal Therapy (IPT), Cognitive Analytical Therapy (CAT), Behavioural Couples Therapy (BCT), and Dynamic Interpersonal Therapy (DIT).

We very much welcome applications from all sections of the community who fulfil the criteria for the post. We are keen to ensure that our workforce reflects the community it serves, particularly in terms of ethnicity, gender, disability and experience of mental illness.

**Harrow**
Harrow IAPT service is provided by Central and North West London NHS Foundation Trust (CNWL) in partnership with Harrow in Mind for the Step 2 service. It also provides specialist employment services by our partner organisation Twining Enterprise.

With a population of over 242,000 living in an area of just under twenty square miles, Harrow is one of the most ethnically diverse populations nationally with established Gujarati and Irish communities and more recently Asian, African, Afghan, Somali and Eastern European communities.

Improving health and wellbeing for the residents of Harrow is important to manage the diverse health care needs of the population including long-term conditions. We work collaboratively with other health care professionals in the community so as to provide an efficient and timely service.

We would welcome applications from candidates who have diverse language skills. Trainees are recruited on a fixed-term basis for one year.

http://www.cnwl.nhs.uk/service/harrow-iapt/

Havering
Havering IAPT provides triage, assessment and treatment of clients who self-refer, or are referred by GPs or other health professionals, to access primary care psychological therapies. The service offers Step 2 and Step 3, face-to-face, telephone, individual and group psychological interventions by Psychological Well-being Practitioners (PWP) and High Intensity Therapists respectively, to clients with common mental health problems such as depression and anxiety. The service also offers signposting to other services as well as refers on to appropriate voluntary, statutory, crisis, secondary and tertiary care services. The service works in close partnership with Richmond Fellowship, Big White Wall and MIND. The service operates from a variety of NELFT settings as well as GP surgeries and community services. Havering IAPT offers appointments Monday to Friday between the business hours of 8-8pm.

Havering IAPT achieves good recovery rates, and meets waiting times and access targets. Service also has high data quality and patient satisfaction.

Hillingdon
The Hillingdon Talking Therapies Service, part of Central and North West London (CNWL) NHS Foundation Trust, is looking to recruit highly motivated and talented trainees to join a supportive, experienced and exciting IAPT service. We are an integrated service providing a range of step 2 interventions including guided self-help delivered by telephone, face-to-face, online and in groups, alongside step 3 high intensity CBT, Counselling, Brief Dynamic Interpersonal Therapy DIT, Interpersonal Therapy IPT and Couples Therapies. This provides PWP trainees with opportunities to learn about a range of therapeutic approaches as well as support with facilitating step 3 Perinatal and Long Term Conditions groups. Hillingdon is a wave 1 Early Implementer site for Long Term Conditions and part of a bid to expand Perinatal mental health services across North West London. Trained and trainee PWPs deliver a range of outreach workshops in the community, at Job Centres, Children’s Centres,
Trainees are based at our primary hub in Uxbridge and are well-supported by experienced supervisors. You will have opportunities to work with a range of clients and across innovative service developments, as well as building strong clinical skills.

Our low intensity trained and trainee staff are highly valued in the service and, in return, we support trainees into employment in our service, where possible, and invest in the continued professional development of PWPs. Our Trust, and service, support flexible working and once qualified, applications for part-time and flexible hours will be considered in line with service needs.

We are part of CNWL NHS Foundation Trust which includes Hillingdon community nursing services where strong links exist with our Community nursing teams in joint working to practise integrated mental and physical health delivery and build sustainable and progressive primary care therapy partnerships. We work with individual community teams in diabetes, cardiac rehab, pulmonary disease, cancer and long-term conditions and acute and community maternity services and Clinical Health Psychology. We have an exciting perinatal programme providing antenatal groups with midwives and psychology maternity specialists and have engaged with local Children's Centres to offer groups and individual therapies on site for women needing crèche support during treatment.

Hillingdon, in West London, has a diverse population of 260,000. Uxbridge has good transport links with central London, and is easily accessible by road, bus and tube/rail.

Trainees will be appointed on fixed-term 1-year contracts initially. Salary terms and conditions apply. For more information, please refer to the CNWL website: www.cnwl.nhs.uk

Hounslow

The Hounslow IAPT service is provided by West London Mental Health Trust, the employing organisation for these posts, in partnership with Anchor Counselling and Twining Enterprise. We are focused on delivering high quality, client-centred care in line with our Trust values.  

Hounslow is a diverse borough with a large Asian community (34.4%) and over 120 community languages, with Urdu, Punjabi and Polish being the most commonly spoken first languages after English. The majority of our referrals come from GPs, but we also have referral pathways and close links with the local perinatal mental health service, secondary care mental health services and long-term conditions (LTC) services.

We are seeking to recruit individuals who welcome an exciting challenge and want to make a
significant contribution to the borough. We encourage staff to pursue specialist interests that would equally benefit the service, including research and audit projects, group work, workshops and community outreach work. We have been successful in our recent bid to become a Wave 2 integrated IAPT (LTC) site and the development of pathways with LTC services will be a key focus for this year. This will be alongside our other priorities of the development of our online therapy platform, ‘My Mind Matters’, increasing access for older adults and improving outcomes for people from BME backgrounds.

We are committed to the development of our staff and to providing opportunities for Continuing Professional Development. Because West London Mental Health Trust also runs the IAPT services in Ealing and Hammersmith & Fulham we are able to offer training opportunities across the services, which over the last year has included training on delivering group CBT and working with perinatal clients.

We would particularly welcome applications from clinicians able to offer assessments and treatments in the following languages: Urdu, Punjabi, Hindi, and Polish.

One year fixed-term contract www.hounslowiapt.nhs.uk

Link to the service’s page on the West London Mental Health Trust website: http://www.wlmht.nhs.uk/service/iapt-in-hounslow/

Islington
Camden and Islington are lively and diverse inner-city Boroughs. The Camden and Islington NHS Foundation Trust runs well-established IAPT services in both boroughs – iCope Islington Psychological Therapies and Wellbeing Service in Islington and iCope Camden Psychological Therapies Service in Camden. Our IAPT services are strongly integrated with primary care with workers based in almost all GP practices. We also work closely with voluntary sector partners and offer clinical sessions in a range of community venues. We collaborate with public health colleagues in reaching out to the Boroughs’ diverse communities. The Camden and Islington IAPT services work closely together and have a track record of research and development and service innovation in primary care mental health and psychological interventions, facilitated by our links with University College London. Our services are friendly and supportive with good integration between LI and HI staff working together in geographical teams.

We are looking for bright and motivated people who are keen to train in CBT based interventions and practice these in primary care and community locations in Camden or Islington. Following completion of the IAPT course, we support continuing professional and career development.

We want to further increase the diversity of our staff and ability to speak other languages fluently is an advantage (we have a particular need for Turkish, Sylheti and Somali speakers).

Kensington & Chelsea
Take Time to Talk, The Central and North West London Foundation NHS Trust (CNWL) IAPT
service in Kensington and Chelsea, and Queens Park/Paddington, offers a unique range of integrated psychological therapies for adults registered with a local GP who are experiencing common mental health problems. We are located in a vibrant, appealing, and interesting London borough, and we are committed to appointing the best possible staff members to take part in our community mission.

Using a stepped care approach, Take Time to Talk provides patients with the least intensive intervention at the right time for their needs. At step 2 we provide outreach workshops, Online CBT and guided self-help interventions. We offer Step 3 Cognitive Behavioural Therapy, Counselling, EMDR, DIT, IPT, Couples Therapy, Mother Tongue Counselling in Farsi and Arabic, and we have a dedicated Long Term Health Conditions team supervised by a Clinical Health Psychologist. The service also includes a team of Primary Care Liaison Nurses and a Consultant Psychiatrist, offering intermediate care to patients who require medication reviews and stabilization of mood, and a Step 4 Clinical Psychology team offering specialist psychology assessment and treatment. We work from three designated Hubs, in North and South Kensington and Chelsea.

Our High Intensity CBT therapists receive case management from their line manager and clinical supervision with an experienced, BABCP-accredited supervisor. Our Psychological Wellbeing Practitioners offer Low Intensity CBT interventions, and receive case management from the Senior PWP and clinical skills training from a BABCP-accredited CBT therapist. All members of the team are welcome to attend monthly journal club, and are supported as appropriate to engage in continuous professional development.

**Kingston**

Kingston iCope Psychological Therapies Service is Camden & Islington NHS Foundation Trust’s third IAPT service, based in the Royal Borough of Kingston in Surbiton.

Kingston iCope is a friendly, supportive and well integrated service with LI and HI staff working closely together in one large building – Hollyfield House in Surbiton – also shared by other professional groups employed by Your HealthCare, including our employment specialists, Balance, and an ASD assessment service. Surbiton station is on a direct line to Waterloo (Zones 1-6).

The service works closely with GPs, the voluntary sector, Public Health (reaching out to our very large population of Koreans, Tamils, etc), and our substance misuse colleagues a short walk away at Surbiton Health Centre. We value diversity in our staff and their ability to speak other languages fluently.

Camden & Islington has a track record of research and development, service innovation in primary care mental health and psychological interventions, facilitated by its links with University College London. Kingston IAPT staff are able to join CPD events and to liaise with staff in the other two C & I IAPT services. We support continuing professional and career development.

These posts are fixed term contracts for 12 months, but we are keen to retain trainees post-qualification if posts are available. As we operate from 8 a.m. to 8 p.m. three days per
week, and 8 a.m. to 6 p.m. 2 days a week, there are opportunities for flexible working, and potentially for job-share/part-time posts.

We are looking for bright, motivated people who are keen to train in CBT based interventions, such as Guided Self Help, and to practice these skills in our IAPT service in Kingston. As we are about to launch iCope Online, there will also be opportunities to gain experience in providing e-therapy via secure video link, email, text and phone.

Please refer to our website for further information http://www.icope.nhs.uk

Lambeth
Lambeth is a very diverse borough with over a third, 35%, of the population being from ethnic minorities. It is the 9th most deprived borough in London.

Overview:
South London and Maudsley NHS Foundation Trust provide the Lambeth Talking Therapies (IAPT) service. The service particularly works with BME communities.

Why join us? Lambeth Talking Therapies is driven by clinical excellence. We are led by a team with the highest expertise in psychological service development and psychological therapy. We are committed to staff development and have excellent opportunities to develop this through CPD opportunities across SLAM and the Institute of Psychiatry, Psychology and Neuroscience. The Centre for Anxiety Disorders and Trauma is part of the service and bring nationally and internationally recognised expertise in Cognitive Behaviour Therapy. We are an outstanding service, recognised as one of the best in London.

PWPs are at the heart of our service and key to how our service develops. We listen to our staff and they are integral in how the service changes. Staff work in a variety of settings; in community centres, GP surgeries, and team bases. Our main team base is near Brixton tube, we have two smaller bases in Palace Road, Streatham and in Waterloo.

Other requirements:
We would particularly welcome candidates who are fluent in Spanish or Portuguese (for our Latin American clients), or who represent our black and ethnic minority population.

Working hours
We require all staff to work one regular evening a week in a shifted day (12-8pm), to facilitate access, and alternatively some Saturday mornings, about in 6 (or more if convenient) in order to co-facilitate a Saturday morning workshop in the community. The post holder must be available to do either, depending on the service need. We are open to part time working, which would include the shifted day.

The contract is a fixed term one year training contract. See our website www.slam-iapt.nhs.uk

Lewisham
We are a large and thriving service of psychologists, CBT therapists, counsellors, PWPs, assistant psychologists, employment workers and administrators. We have five welcoming and cohesive teams, working from team bases and GP practices across the Borough, to deliver a
stepped care service for the people of Lewisham with common mental illness. IAPT Lewisham works closely with other mental health and community organisations and there are opportunities for staff at all levels to be involved in service development.

As a service, we strive for clinical excellence and pride ourselves on the breadth of treatment that we offer, including a wide range of NICE recommended interventions in addition to CBT. As part of the Kings Health Partnership we have links with sites of specialist expertise such as the Institute of Psychiatry and the Centre for Anxiety Disorders and Trauma. We value supervision and CPD opportunities for our staff, and are committed to supporting the development and progression of all team members.

These are busy, demanding but rewarding posts, in a culturally diverse borough with high levels of social and psychological need. We are seeking clinicians of the highest calibre, with excellent organisational skills, flexibility and creativity, to join our team. We are looking to recruit a representative workforce for a culturally diverse Borough. Particularly we would welcome applications from males, older applicants and those interested in working with a diverse community. We have been successful in creating posts (fulltime and part time) to retain many of our trainees once qualified.

Merton
South West London & St. George’s Mental Health NHS Trust (SWLSTG) provides mental health services at primary, secondary and tertiary levels to the residents of Sutton, Merton, Kingston, Richmond and Wandsworth. Merton Improving Access to Psychological Therapies (IAPT) service forms part of Merton Uplift. Merton Uplift is a primary mental health service, which incorporates a Wellbeing Service, the Merton IAPT service and a Primary Care Recovery Support Team. The Merton IAPT service delivers a range of evidence-based psychological interventions (e.g., CBT, IPT, EMDR) to people with common mental health problems (i.e., depression, anxiety disorders and eating disorders) within a stepped-care model. We are a busy and experienced team who see people aged 18 and over for psychological assessment and treatment. Merton IAPT is professionally managed by a Consultant Clinical Psychologist and operationally managed by a Service Manager. The clinical team includes qualified Clinical and Counselling Psychologists, IAPT High Intensity CBT Practitioners and Psychological Wellbeing Practitioners who provide evidence-based psychological interventions in line with NICE guidance. Merton IAPT is a well-established service with a proven track record in supporting our trainees to succeed. In order to improve access, the service offers out of hour’s appointments and the post holder will be expected to work at least one late evenings during the working week. For further information you may wish to look at our website [https://www.mertonuplift.nhs.uk/](https://www.mertonuplift.nhs.uk/).

PWP trainee posts are Band 4. The posts are fixed term contracts for 12 months.

Newham
Newham Talking Therapies is a well-established IAPT service with a strong focus on high quality treatment. The service offers a comprehensive package of tailored programs for clients through a stepped care treatment model. Low intensity and high intensity cognitive behavioral therapy packages are delivered through group or individual formats and in addition to CBT, there are a comprehensive range of other therapies offered at 3
including, EMDR, interpersonal therapy, systemic therapy and psychodynamic therapy. Working as part of Newham Talking Therapies offers numerous opportunities for learning and development through strong team support and clinical supervision. The service is expanding its workshops programs, therefore offering the chance to develop group skills and work alongside colleagues to deliver innovative treatment programs. The service treats all common mental health problems and there is particular expertise in PTSD within the team. Due to the very diverse populations in Newham, there is a unique opportunity to work with clients from a wide variety of cultural backgrounds.

Being part of Newham Talking Therapies will offer a range of experiences and allow trainee therapists to be part of an innovative, evolving service as well as offering a solid, supportive foundation to build clinical skills.

**Redbridge**
The Improving Access to Psychological Therapies (IAPT) service provides psychological treatment for people with mild to moderate anxiety and depression who have a GP in Redbridge.

Redbridge IAPT can provide help for people who experience problems including; Depression, Panic, Phobia, Agoraphobia, Social phobia, Health anxiety, Obsessive compulsive disorder, Post traumatic disorder, Body dysmorphic disorder, Habit disorder, Medically unexplained physical symptoms, Long term conditions.

The therapies Redbridge IAPT can provide include: Cognitive behavioural therapy (CBT), Interpersonal psychotherapy (IPT), Dynamic interpersonal therapy (DIT), Couples therapy for depression, Behavioural Couple therapy, Guided self-help, Behavioural Activation and Books on Prescription.

As the service offers out of hour’s appointments, the post holder will be expected to work some early mornings and late evenings during the working week.

**Richmond**
The Richmond Wellbeing Service (Richmond Borough Mind) is seeking two PWP trainees to join their Low Intensity IAPT team. The post holders will provide low intensity interventions to clients with anxiety and depression.

Richmond Borough Mind provide low intensity interventions whilst our partners in East London NHS foundation Trust provide hi intensity interventions and specialist psychiatry liaison service ensuring that the service delivered is seamless for all clients experiencing treatment with us.

The post holders will work with people from different cultural backgrounds and ages, using interpreters when necessary and work in various community settings (including GP surgeries and other community settings). The post holders will be expected to work one late shift weekly (Mon to Thursday according to need). Richmond Wellbeing Service is a shared provider of IAPT primary care therapy and specialist psychiatry liaison service. The post holders will be based in the Borough of Richmond, and may work from the main base and...
from other locations within the Borough.

Richmond Borough Mind and our partners East London Foundation Trust join as a whole service for some aspects of training and for staff to meet regularly in whole team meetings.

We are a friendly, supportive team and highly committed to Clinical excellence.

**Southwark**

Southwark Psychological Therapies Service (SPTS) has been an IAPT service since November 2008. It is made up of four locality-based teams, each covering one quadrant of this diverse and lively borough. The two north teams are based in the London Bridge area, whilst the two south teams have their base in the Maudsley Hospital in Camberwell. Each team consists of an experienced psychological therapist as team leader, about four high intensity therapists including clinical and counselling psychologists, and at least one qualified PWP. In addition, there are usually one or more trainees from clinical or counselling psychology or other therapy courses on placement with each team.

The teams meet weekly, and PWPs can expect to work closely with their high intensity colleagues. PWPs offer telephone sessions working from their team base, and face-to-face sessions either from the team base or from one of the GP surgeries in their locality. SPTS also offers a number of groups, and these are usually co-facilitated by a PWP and a high intensity therapist working together.

PWPs attend weekly individual case management supervision, and a fortnightly clinical skills supervision group. There is also a bimonthly meeting for all PWPs and their supervisors and the lead for low intensity work, to review, discuss and develop the low intensity provision within the service.

We continue to provide in-house training sessions, and currently these have a particular focus on low and high intensity work with people with long term physical health conditions.

SPTS aims to provide a patient-centred, inclusive, responsive, and high quality service for Southwark residents seeking talking therapies for common mental health difficulties, and we are seeking two enthusiastic and committed trainees who are passionate about developing their skills in order to help improve the lives of others.

**Sutton**

South West London & St. George’s Mental Health NHS Trust (SWLSTG) provides mental health services at primary, secondary and tertiary levels to the residents of Sutton, Merton, Kingston, Richmond and Wandsworth.

Sutton Improving Access to Psychological Therapies (IAPT) service forms part of Sutton Uplift. Sutton Uplift is a primary mental health service, which incorporates a Wellbeing Service, the Sutton IAPT service, an Assessment Team and a Primary Care Recovery and Support Team. The Sutton IAPT service delivers a range of evidence-based psychological interventions (e.g., CBT, IPT, DIT) to people with common mental health problems (i.e., depression, anxiety disorders and eating disorders) within a stepped-care model. We are a
busy and experienced team who see people aged 18 and over for psychological assessment and treatment. Sutton IAPT is professionally managed by a Consultant Clinical Psychologist and operationally managed by a Service Manager. The clinical team includes qualified Clinical and Counselling Psychologists, IAPT High Intensity CBT Practitioners, Psychological Wellbeing Practitioners, and Graduate Mental Health Workers who provide evidence-based psychological interventions in line with NICE guidance. Sutton IAPT is a well-established service with a proven track record in supporting our trainees to succeed. In order to improve access, the service offers out of hour’s appointments and the post holder will be expected to work at least one late evening during the working week.

For further information you may wish to look at our website www.suttonuplift.co.uk

**Tower Hamlets**

Tower Hamlets is a diverse, vibrant, exciting place to work with one of the highest deprivation levels in the country. We are a proactive and forward looking service, with a strong commitment to meeting the needs of the diverse community where we are located.

At ELFT, we provide psychological therapy services to general practice and the local community. We are a stepped care service offering evidence based interventions. Our team consists of Psychological Wellbeing Practitioners and High Intensity Therapists offering CBT, DIT, IPT, Integrative Therapy, Counselling for Depression and Couples Therapy for Depression. We provide individual and group work.

Trainees will have the opportunity to develop and hone their skills, through working with a team of highly experienced clinicians whilst attending training. As well as having weekly clinical supervision, they will also have regular line management and CPD opportunities to support them through the training process and help them with the transition from trainees to qualified therapists.

Flexible working requests will be considered once qualified and there will be an option of home working. As the service offers out of hour’s appointments, the post holder will be expected to work some late evenings during the working week.

We particularly welcome applications from local residents and Sylheti speakers.

PWP trainee posts are on fixed term contracts for 12 months.

**Waltham Forest**

Waltham Forest IAPT is an expanding service which is based in the borough of Waltham Forest and is part of North East London Foundation Trust. Our IAPT service provides a service at both high and low interventions to a highly culturally diverse population. The service operates from its base in Leytonstone, community centers and GP surgeries. We provide a range of NICE recommended therapies at both high and low interventions for those suffering from mild to moderate depression and anxiety disorders. We provide both individual and group format based therapeutic interventions. The service offers CBT, DIT, IPT and BCT.
Both high and low intensity therapists are encouraged to develop a specialist area of interest in relation to the work they undertake. Therapists have access to weekly clinical supervision and case management.

The service currently operates Monday to Thursday from 8.00am to 8.00pm and Fridays 8.00am to 5.00pm with the intention to expand our working hours to include weekend working to improve access to the service.

**Wandsworth**

Wandsworth Psychological Therapies and Wellbeing Service provide a wide range of Step 2 and Step 3 interventions to the diverse population of London Borough of Wandsworth. Our admin base is in Springfield University Hospital, Tooting Bec, whilst therapeutic work takes place in GP surgeries and faith centres across the borough. We currently have 12 qualified PWP and Graduate Mental Health Workers who divide their time between telephone screenings, providing face to face Guided Self Help, and co-facilitating groups.

Our PWP receive weekly one to one supervision, have regular CPD sessions and are encouraged to pursue training opportunities that will enhance their practice. We look to support our PWP in their career aspirations and in the past our PWP have progressed to trainings in Clinical Psychology, Occupational Psychology, and Step 3 Cognitive Behaviour Therapy.

Our 32 step 3 clinicians are a mixture of CBT therapists, Clinical and Counselling Psychologists. We provide individual CBT, IPT, DIT plus Couple Therapy. Step 3 clinicians also receive regular management and clinical supervision plus monthly in-house CPD. Step 3 clinicians have one session per week set aside to pursue service development initiatives that are of mutual benefit to the clinician and the service. We have close links into our local communities and secondary care mental health services.

**Westminster**

The CNWL Talking Therapies Service Westminster is delivered by Central and North West London NHS Foundation Trust (CNWL), with specialist employment and vocational advice services provided by our partner organization Jobs in Mind.

Westminster is an area of contrasting affluence and deprivation and the extent of health inequalities that we need to address is among the widest in the country. Westminster has approximately 230,000 residents. More than a million people come to work in or visit the borough every day. This diversity and transience brings with it hugely diverse health needs. More than half of our population was born outside the UK, with more than 150 languages spoken in our schools alone. There are a significant number of refugees and asylum seekers in Westminster and a large number of people have also migrated from the new European Union member states.

We have a team of 19 High intensity and 8 low intensity therapists as well as a number of IAPT and Clinical Psychology trainees and Assistant Psychologists. We offer individual and group step 2 and 3 CBT interventions and have a strong outreach programme offering workshops in the community. Clinical work is delivered in GP surgeries and other community
venues as well as in our two hubs located in Paddington and Victoria.

Westminster has a large Arabic-speaking population, and applications from Arabic-speaking candidates would be particularly welcome.

See our website http://cnwltalkingtherapies.org/