

Post Title: Trainee CBT Practitioner (Depression and Anxiety)

Fixed Term Contract from January 2021

Salary: £24,000 plus travel bursary of £500 per annum

Responsible to: Line Manager, South West Family Values

Key relationships: University of Exeter, South West Family Values and Portsmouth Family Values (a trading arm of SWFV), Schools, CAMHS, Local Authority, CCG, Public Health.

Closing date: Sunday 13th December 2020.

Interviews will be held via online conference BEFORE the 25th December – date to be confirmed.

PLEASE NOTE: Previous applicants will not be considered.

CYP IAPT

The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme delivered by Health Education England and partners that aims to improve existing children and young people's mental health Services (CYP MHS), working in the community. CBT Practitioners for Children and Young People training will benefit from being integrated fully within a CYP MHS and linked to the CYP IAPT collaborative, which brings a valuable organisational infrastructure.

South West Family Values (SWFV)

SWFV is a community interest company dedicated to providing early intervention, preventative support to families to improve outcomes for children and young people. This is our fourth year working collaboratively with the University of Exeter to provide services to meet the needs of children and young people's mental health.

This is a training role within the Children and Young People' Mental Health programme (CYP MH). The post-holder will work within South West Family Values as part of a multi-disciplinary team delivering, under supervision, high-quality; outcome-informed, focused, evidence-based interventions for children and young people experiencing, moderate anxiety, depression, low mood and behavioural difficulties. The postholder/trainee will also attend weekly training

days and an intensive module of 'core' training CBT at Exeter University. The training will lead to a PG Diploma awarded by Exeter University. The training and service experience will equip the post holder with the necessary knowledge, attitude and capabilities to operate effectively within the wider service. The post holder will attend all university based taught and self-study days required by the education provider, as specified within the agreed curriculum and work in the service for the remaining days of the week using their newly developed skills. In previous years we have placed CBT trainees in a school setting working with children from 8-18 yrs. Therefore, the post holder must have capabilities to commute to Exeter for studying and Torbay/South Devon for casework.

Requirements

The candidate must hold a relevant honours degree graded 2:2 or above (or level 6 qualification) and a minimum of 2 years' experience supporting children/young people with mental health issues (preferably using a recognised model).

Dates and Contacts

Closing date for applications: 18th November 2020.

Interviews will be held by South West Family Values with University representation via Microsoft Teams during late November – date to be confirmed.

The job post and training will commence in January/February 2021 (dates tbc)

For an informal discussion, please contact Craig Brennan-Osment on craig@southwestfamilyvalues.org.uk or direct to the University via David Mussell David.Mussell@exeter.ac.uk

To apply, please complete the application form and return it to info@southwestfamilyvalues.org.uk