

JOB DESCRIPTION



Psychologist or CBT Therapist Band 7

1. JOB DETAILS

Job Title:	Psychologist or CBT Therapist Band 7
Department:	Clinical
Location:	Combat Stress Treatment Hub
Band:	7
Status:	As per contract
Hours:	As per contract
Reporting to:	Senior Psychologist/Senior CBT Therapist

2. OVERALL PURPOSE

- To work as a member of a inter-disciplinary team (IDT) delivering services for Veterans with PTSD and other trauma-related mental health difficulties, and alcohol/substance misuse problems
- To provide specialist psychological assessment, collaborative formulation and treatment using evidence-based trauma-focused psychological models and interventions for Veterans with PTSD, Complex-PTSD, depression, emotional dysregulation, inter and intrapersonal problems and other complex trauma-related mental health problems.
- To offer psychological consultation for the IDT and contribute to psychologically-informed treatment planning, development of a reflective team approach and trauma-informed services.
- To promote the work of Combat Stress amongst other professionals by offering training and advice both internally and externally.
- To provide psychological supervision of trainee psychologists/CBT therapists and other staff as required
- To contribute to service development and audit and training and research initiatives as appropriate.
- To work closely with the Senior Psychologists/Senior CBT therapists and Heads of Psychological Therapies to contribute to the development and enhancement of treatment programmes, other relevant service development and clinical governance.

3. KEY RESPONSIBILITIES

Management Responsibilities

To follow relevant professional practice guidelines, organisational policies and procedures regarding clinical practice

- Contribute to service planning, projects and initiatives.
- Meet all contractual requirements including key performance indicators.
- Participate in regular Line Management supervision and annual appraisal
- Attend local operational meetings as appropriate to your role
- To maintain suitable registration and accreditation with relevant professional bodies (HCPC/BABCP).

Clinical Responsibilities

- To provide specialist psychological assessment for referred Veterans, using structured and semi-structured clinical interview, psychometric instruments and other assessments methods as appropriate
- To formulate and devise psychological treatment and management plans for referred Veterans with a range of psychological problems of varying severity and complexity, including those with challenging behaviours
- To provide psychological interventions for Veterans with PTSD and other trauma-related mental health problems
- To maintain an agreed clinical caseload
- To provide specialist psychological advice, guidance and consultation to other professionals in the inter-disciplinary teams of Combat Stress and to assist in developing team formulation and treatment plans for Combat Stress Veterans
- To provide high quality, evidence-based and evidence led treatments for Veterans with complex mental health problems including, but not restricted to PTSD, Complex-PTSD, depression, emotional dysregulation, inter and intrapersonal problems and other complex trauma-related mental health problems, in 1:1 and group contexts, online and/or face-to-face.
- To promote evidence-based practice throughout our services to other professionals and motivate others to advance practice and improve quality of care.
- To provide reports which communicate in a skilled and sensitive manner assessment, formulation, treatment planning and risk assessment
- To liaise with other Combat Stress staff in other centres and sections of the service, other health and social care staff, from a range of statutory and non-statutory agencies including the Veterans' charity sector, in the care provided to Veterans.
- To promote and develop positive and productive/effective working relationships with other multidisciplinary members of Combat Stress clinical teams.
- Attend regular clinical supervision

Education and Training

- To provide psychological supervision to trainee clinical and counselling psychologists/CBT Therapists and, where required, of assistant psychologists,

recovery support workers and other professionals engaged in delivering psychologically-informed interventions

- To provide psychological advice, consultation, training and supervision, where appropriate, to other interdisciplinary staff working with Veterans
- To contribute to the development and delivery of internal staff development activities as appropriate

Administrative Responsibilities

- To communicate skilfully, tactfully and sensitively highly complex and sensitive information with Veterans, carers and external referrers, taking into account sensory and cultural barriers relevant to Veterans in particular, in this communication.
- To use Information Management and Technology effectively in accordance with the policies of the organisation.
- All staff who contribute to Veterans' records are expected to be familiar with, and adhere to, Combat Stress' Standards of Records Keeping Policy. Staff should be aware that Veterans' records throughout Combat Stress will be subject to regular audit.
- All staff that have access to Veterans' records have a responsibility to ensure that these are maintained efficiently, and that confidentiality is protected in line with organisational policies
- In addition, all health professionals are advised to compile records on the assumption that they are accessible to Veterans in line with the access to Health Records Act 1990.
- To complete incident reporting in accordance with the policies of the organisation.

Research, Audit and Service Evaluation

- To utilise evidence-based literature and research to support evidence based practice in all facets of individual work (e.g., individual, group & family interventions, practice of supervision) and work with other team members.
- To undertake appropriate evaluation and audit research within Combat Stress as negotiated with the Manager of Psychological Therapies.
- To participate in and contribute to clinical audit and service evaluation with colleagues within the service, to help evaluate and improve service provision and develop appropriate reports as required as negotiated with the Manager of Psychological Therapies and other senior members of staff.

Professional Responsibilities

- To participate in regular clinical professional supervision and appraisal as consistent with the requirements of the Organisation.
- To maintain and develop the highest standards of practice, through active participation in continuing professional development and maintaining an active engagement with current developments in psychological practice in areas related to the post.
- To maintain confidentiality of all client data in line with Organisational policies and the Data Protection Act 1998.

- To represent the Organisation in a professional manner at all times

General

- To fully understand and adhere to the policies and procedures of the Charity.
- To be compliant with the administrative and clinical processes defined.
- To work in a flexible and responsive way to meet the changing needs of the service users and demands of the service.
- To promote a recovery focus throughout the Veterans' treatment journey.
- To promote equality, diversity and the rights of the service users.
- To support partnership working.
- To follow safeguarding procedures to minimise risk of harm to children or vulnerable adults.
- To undertake any other duties at the request of the line manager which are commensurate with the role, including project work, internal rotation (as per contract) and absence cover.
- To contribute to the maintenance of a healthy and safe working environment by adhering to Health and Safety Organisational policies.

4. KEY RELATIONSHIPS

- Deputy Head of Operations - England
- Principal Clinical Psychologist/CBT Therapist and/or Consultant Clinical Psychologist
- Head of Psychological Therapies
- Senior Psychological Therapists across Combat Stress
- Inter-disciplinary Team
- Community Outreach Teams
- Research Team
- Quality and Clinical Governance Team
- Veteran Voice Group and other Service User Groups
- Peer Support workers
- Family Support workers
- NHS and other Veteran Mental Health Providers

5. RISK MANAGEMENT

All staff have a responsibility to manage risk within their sphere of responsibility. It is a statutory duty to take reasonable care of their own safety and the safety of others who may be affected by acts or omissions.

As an employee of Combat Stress, you are required to be risk aware, readily able to identify risks faced by you and by Combat Stress in the course of your day-to-day

employment. Where a new risk is identified it is to be reported through your line manager.

We reserve the right to ask you from time to time to undertake any other reasonable duties as required within this role.

Signature – Job Holder

Date

Signature – Line Manager

Date

Reviewed/created: Jan 2021