

# JOB DESCRIPTION



## Psychologist or CBT Therapist Band 7

### 1. JOB DETAILS

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

### 2. OVERALL PURPOSE

- Provide specialist evidence-based psychological treatment, on a group and individual basis, to Veterans attending our PTSD intensive and brief intervention recovery programmes. The post will also include comprehensive assessment, treatment planning, consultation and advice giving on the psychological care of Veterans to referrers, other CS staff, external agencies and carers.
- To work closely with the Manager of Psychological Therapies to contribute to the development and enhancement of the treatment programmes delivered in the treatment centres, to contribute to ongoing service development and clinical governance processes, engage in supervision of more junior staff and be involved in training and research initiatives as appropriate.

### 3. KEY RESPONSIBILITIES

#### **Management Responsibilities**

- To work with the Manager of Psychological Therapies and the Regional Operations Manager to contribute towards the development of clinical programmes at Combat Stress.
- To manage trainee psychologists.

#### **Clinical Responsibilities**

- To provide comprehensive psychological assessments of referred clients, 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 problems, severity and complexity, including those with challenging behaviours.
- To maintain a clinical caseload, within agreed limits and supervision of the Manager of Psychological Therapies.
- To provide psychological advice, guidance and consultation to other professionals in the multi-disciplinary teams of Combat Stress and to assist in the formulation, diagnosis and treatment of Combat Stress Veterans.
- To provide high quality, evidence based, and evidence led treatments for Veterans with mental health problems including, but not restricted to PTSD, Depression and Anxiety/Arousal disorders in a 1:1 and group based context.
- 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 with respect to assessment, formulation and treatment planning.
- To liaise with other Combat Stress staff in other centres and sections of the service (e.g., Community Outreach), 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 clients.
- To promote and develop positive and productive/effective working relationships with other multidisciplinary members of Combat Stress clinical teams.
- To provide professional and clinical supervision to trainee clinical and counselling psychologists and, where required, of assistant psychologists, recovery support workers and other professionals engaged in psychological assessments and treatments or undertaking clinical tasks within Combat Stress.

### **Administrative Responsibilities**

- To communicate skilfully, tactfully and sensitively highly complex and sensitive information with Veterans, carers and external referrers, taking into account of 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 Combat Stress's Confidentiality of Health records Policy.
- 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.

## **Education and Training**

- To provide professional and clinical supervision of trainee clinical and counselling psychologists and, where required, of assistant psychologists, nurses, recovery support workers and other professionals engaged in psychological assessments and treatments or undertaking clinical tasks within Combat Stress.
- To provide advice, consultation, training and supervision, where appropriate, to other multidisciplinary staff working with Veterans.
- To contribute to the development and delivery of internal staff development activities as appropriate.

## **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.

## **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. 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

**Next review date: May 2020**