

Person Specification

Guided Self Help CBT Low Intensity Worker

Being Well in Bexley (IAPT)

QUALIFICATIONS/ EDUCATION

- *Relevant Degree or Mental Health training profile.
- BACP /BACBP accreditation desirable
- *IT training.

KNOWLEDGE

- *Knowledge and understanding of counselling and principles of Cognitive Behavioural Therapy CBT
- *Knowledge and understanding of Mental Health issues particularly anxiety and depression
- *Knowledge and understanding of the Recovery Model
- Knowledge and understanding of Statutory and Third Sector Mental Health provision
- *Knowledge and understanding of the IAPT agenda

EXPERIENCE

- *Experience of delivering guided self help CBT to those experiencing mild to moderate depression and anxiety.
- Experience of working effectively with a range of mental health issues.
- *Experience of working within a holistic person centred service model.
- *Experience of one to one casework and developing support/intervention packages.
- Experience in providing training/ overseeing students
- *Experience of working within multi disciplinary and multi cultural settings.
- Experience of working/ networking across disparate organisations

SKILLS & ABILITIES

- A committed and professional approach to work
- *Highly effective communication skills, presentational, general verbal and written.
- *High level of IT skills including Database management.
- Ability to produce reports using empirical, statistical and anecdotal evidence
- *Ability to give appropriate support whilst assisting clients to rebuild confidence and self esteem.
- *Ability to work under pressure
- Ability to work on own, using initiative
- *Ability to be a team player within a multi disciplinary team working towards the organisational aims and objectives.
- Good organisational and time management skills, ability to plan and prioritise workload

OTHER

- *Commitment to equal opportunities for all particularly in the empowerment and full involvement of clients
- Willingness to undertake training
- Willingness to abide by the principles, policies and procedures.

Items marked with an asterisk (*) on the Person Specification are the short listing criteria. In order to be short listed for this position, you must provide, on your application form, details of how you meet each criteria.