

## Job Description

<b>Job Title:</b>	Blended On-line CBT Practitioner
<b>Reporting to:</b>	CEO
<b>Responsible for:</b>	No direct reports
<b>Location:</b>	Min 50% working at Brecon Wellbeing Centre / Home Working

### Our Purpose

Here when you need us to help you manage your mental health & wellbeing.

### Our Vision

We support minds  
 We connect minds  
 We change minds  
 Together, we are Mind

### Our Values

Connection  
 Kindness  
 Learning  
 Honesty

### Our Mission

Promote the preservation of good mental health by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.

Relieve the needs of people with mental health problems by working to increase understanding of mental health by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

### Job Purpose:

CBT stands for Cognitive Behavioural Therapy. CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. Using different methods

and tools, you can learn to improve these negative thinking patterns. CBT focuses on your thoughts and feelings now, rather than issues from your past.

Blended On-line CBT provides up to 6 sessions of one-to-one phone, video call or in-person support to people aged 16 years and over, to improve their mental health and wellbeing.

The Practitioner provides non-judgemental listening, encouragement, motivation and advice on navigating the CBT-based SilverCloud platform, including the tools and coping strategies within it.

Find out more information here <https://breconmind.org.uk/our-services/blended-cbt/>

### Responsibilities:

1. To be responsible for a caseload of people undertaking the Blended Online CBT programme. An initial 50 minute session of support followed by five fortnightly 20 minute sessions.
2. Provide one-to-one support that is person-centred, that encourages people to take small steps and regain control of their thinking patterns and lives CBT techniques. The support will be delivered face to face, by phone or video call to people aged 16 years and over living in Powys. The support will provide:
  - Empathic responses - Responses that convey understanding and empathy for the person
  - Self efficacy statements that will prompt the person to engage in the positive behaviours they have learnt as part of their service journey.
  - Task prompting - Encourage and prompt the person to complete the next steps of the Silver Cloud pathway they are on.
3. To affirm and encourage the usefulness and potential for the programme to help them.
4. To engage and motivate people to stay on track and access the platform regularly.
5. To navigate the Silvercloud online system and databases and relate Silvercloud content to the service user's needs.
6. To help and support people to access other services where appropriate.
7. To follow safeguarding and risk procedures of Silvercloud & Brecon and District Mind.
8. To work closely with the SilverCloud Provider teams and Silvercloud team at Powys Teaching Health Board, local GPs and Primary Care Services.
9. To actively promote the service according to the promotional plan, including Website, Social Media and Case Studies (with support).
10. To work with the Powys Blended CBT team (Ponthafren and Mid & North Powys Mind) and Silvercloud team at Powys Teaching Health Board.
11. Complete (S)WEMWBS, PHQ9 & GAD7 assessment tools and Case Studies as required.
12. To accurately and efficiently manage all administration processes.
13. To build and maintain positive relationships with key partner agencies such as GPs practice staff, primary care and community connectors.
14. To signpost/refer to other internal & external services where appropriate.

**General Requirements:**

- Contribute positively and work in accordance with Brecon and District Mind's culture, values, aims and objectives
- Work diligently to meet the requirements of this job description
- Always seek to continuously improve so that the highest quality standards are achieved
- Participate positively in internal/external events, meetings and training as required
- Positively participate in one to ones and appraisals
- Ensure that relevant policies, procedures and working practices are adhered to at all times
- Act as a positive ambassador for Brecon and District Mind
- Positively contribute to the team working environment, taking ownership of issues and supporting colleagues where appropriate
- Be flexible and willing to undertake any other duties that may be reasonably be required
- Positively contribute to the evaluation of the impact of programmes and other key business plan objectives.

NB: This job description forms part of the contract of employment of the person appointed to this post. It reflects the position at the present time only and may be changed in consultation with the employee. As a general term of employment, Brecon and District Mind may affect any necessary change in job content, or may require the post holder to undertake other duties, provided that such changes are appropriate to the employee's remuneration and status.

Due to the responsibilities of this role, it will be necessary for the appropriate level of Disclosure and Barring Service Check to be undertaken.

I confirm that I have read and accept the duties and responsibilities contained in this job description

**Name (Please Print)**

**Signed**

**Dated**

## Person Specification

Qualifications	Essential	Desirable	Method of Assessment*
Counselling Skills level 3 or equivalent qualification	*		A, C
Evidence of commitment to own continuing personal development	*		A, I

Experience	Essential	Desirable	Method of Assessment*
Experience of working with adults giving information and guidance	*		A, I
Experience of working with individuals as a key worker, project worker or similar	*		A, I
Experience of working on partnership projects involving multiple agencies		*	A, I
Experience of using listening skills & techniques such as motivational interviewing and/or active listening	*		A, I

Knowledge & Skills	Essential	Desirable	Method of Assessment*
Ability to work effectively and positively with people with mental health problems	*		A, I
Ability to motivate people to engage in self-help activities	*		
Ability to communicate effectively, verbally and in writing to a high standard with a diverse range of individuals with different levels of understanding and ability	*		I
Networking skills – able to build effective relationships with colleagues and those from statutory and third sector organisations	*		I
Engagement skills – able to engage effectively with service users to obtain and act upon their feedback	*		A, I
Understanding or equality legislation and able to identify inappropriate behaviour	*		I
Knowledge of relevant legislation		*	A, I
Knowledge of CBT approach and its impact on wellbeing		*	
Sound understanding of GDPR, and Data Protection regulations		*	I
Knowledge of local community services and activities		*	A, I
Working knowledge of primary care		*	A, I
IT literate – word, excel, e mail	*		A, I

Personal Attributes	Essential	Desirable	Method of Assessment*
Able to work calmly and professionally under pressure	*		I
Team player – work efficiently and effectively with colleagues and associates	*		I
Appreciation of the need for equality of opportunity for all – able to tailor approach accordingly	*		I
Strongly empathetic approach	*		I
Able to work on own initiative	*		I
Able to follow agreed working procedures effectively	*		I
Able to prioritise workload and achieve deadlines	*		I
Able to work effectively with a wide range of key stakeholders	*		I
Significant enthusiasm for the work of Mind	*		I
Proactive approach, a self-starter	*		I
Operates with integrity and honesty at all times	*		I
Commitment to continuous service improvement	*		I
Driving licence and use of a car	*		A, I

\* A – Application / C – Certificate / I – Interview / AT - Assessment Test