



Heddlu Police

**DYFED-POWYS**

Diogelu ein cymunedau, gyda'n gilydd Safeguarding our communities, together

## **ROLE PROFILE – Cognitive Behaviour Psychotherapist**

### **Areas covered – Ceredigion and Powys**

Dyfed Powys Police Occupational Health Department operates a bespoke specialist psychological therapy service to Staff and Officers within Dyfed-Powys Police Force. This includes specialist assessment, treatment planning and delivery, including monitoring of outcomes on a session by session basis. Agreed Cognitive Behaviour Psychotherapy intervention will be paid at £50 per hour.

**Responsible to:** Senior Manager - Occupational Health.

Occupational Mental Health Nurse Advisor

### **Expected Tasks –**

- To work closely with the Force Occupational Health Team, in particular the Force Occupational Mental Health Nurse Advisor, to assist with the existing psychological service provision in providing evidence-based psychological therapy to Police Officers and Police Staff, working within a well-established and well respected multi-disciplinary Occupational Health Team.
- To deliver NICE recommended, formulation driven specialist psychological interventions for depression, anxiety disorders and PTSD, adapting interventions for the specific needs of clients, and working with individual clients and groups.
- To take referrals in respect of police staff and police officers for psychological intervention.
- To collect and record appropriate clinical outcome data on a sessional basis; select and interpret outcome measures to inform treatment planning.
- To work as an autonomous professional within BABCP/ HCPC / BPS guidelines.
- To provide written progress reports and outcome measurements for each client seen.
- To ensure that all relevant documentation such as invoices, outcome measurement forms, client progress reports etc. are submitted in a timely manner.

### **Skills required to perform the role –**

- Must be accredited with British Association of Behavioural and Cognitive Psychotherapies (BABCP).

- Must be able to work as an autonomous professional and maintain standards of practise adhering to BABCP guidelines, taking responsibility for own work including treatment and discharge decisions.
- Must have a proven experience and expertise in assessment and treatment of PTSD and complex PTSD.
- Must be able to demonstrate an excellent understanding of complex work related difficulties, or have experience of providing psychological wellbeing interventions within the workplace.
- The ability to speak Welsh to level 1 is an advantage
- Must be willing to share relevant information with the multi-disciplinary Occupational Health team, when relevant.
- Must have Professional Indemnity Insurance.
- Must have excellence report writing skills.
- Must be prepared to travel in own time to DPP HQ for training / CPD days, usually 1-2 per annum; travelling expenses will be paid.

#### **Training –**

- Induction in the Occupational Health Psychological Wellbeing Provision procedures at DPP HQ will be mandatory.
- Training in force procedures as necessary.
- The organisation aims to provide training and relevant study days on an annual basis; you will be expected to make every effort to attend.

To apply, we require

- A valid and in date Curriculum Vitae
- Details of x 2 professional references; one current Clinical Supervisor and one current manager.

**NOTE**- THE SUCCESSFUL APPLICANT WILL BE CONTRACTED ON A SELF EMPLOYED BASIS AND THEREFORE **WILL NOT** BE AN EMPLOYEE OF DYFED POWYS POLICE. HOWEVER, IF SUCCESSFUL UPON INTERVIEW, THE APPLICANT WILL BE SUBJECT TO FORCE VETTING PRIOR TO APPOINTMENT.

