

**CBT Therapist**  
**Full Time – 37.5 hours per week**  
**Competitive Salary and Benefits**

We have an exciting opportunity for a CBT Therapist to join our Therapy team at Cario Nightingale Hospital, as a CBT Therapist you will be an integral part of the team delivering CBT groups and individual sessions. Service streams include general psychiatry, Eating Disorders and Addictions. The ideal candidate will have two years post qualification experience, be an enthusiastic team player and be committed to quality patient care.

For more information on this vacancy or to submit your CV please contact the Human Resources Department on 020 7535 7708 or email [daniela.risidi@cario.co.uk](mailto:daniela.risidi@cario.co.uk).



# Cario Nightingale Hospital

## JOB DESCRIPTION

**Date Created:** October 2009

**Review Date:** October 2011

**JOB TITLE:** COGNITIVE BEHAVIOURAL THERAPIST

**HOURS OF WORK:** 37.5 hours per week

### **Main Purpose of Job:**

To provide therapeutic input on a group and individual basis on the CBT programme and when required across all teams in the Cario Nightingale Therapy Department.

### **Position in Organisation:**

Post Holder will report to the Therapy Coordinators.

### **Limits of Authority**

Collaborate with the multi disciplinary team

Direct all individual assessments/treatment and group therapy assigned to the post holder

## **Key Tasks/Scope of Job**

1. Group and Individual Therapy
2. Administration and Communication
3. Health and Safety
4. Policy and Legal Frameworks
5. Professional Development
6. Other

## **Duties and responsibilities**

### **1. Group and Individual Therapy**

- Preparation and delivery of group therapy as key facilitator and/ or co facilitator
- Collaboration with the multidisciplinary team in reviewing and adapting the therapy programme to meet patients need at any time.
- Ensuring the therapy programme runs effectively and provides a range of therapeutic approaches appropriate for patients on all levels.
- Demonstrate flexibility with regard to various demands in order to meet patients needs
- Play an active role as a part of the multidisciplinary team providing feedback on therapy and assessments to Nursing Staff and other Allied Health Team Members on a daily basis as is required.
- Provision of individual psychological assessment as planned by multidisciplinary treatment team.
- Attendance at allocated treatment team ward round and provision of feedback about individual therapy and assessments as well as patients group programme participation, to multidisciplinary team.
- To cover as required for group therapists on leave/sick absences
- To be a committed and flexible member of the Therapy Team

### **2. Administration and Communication**

- To provide a high standard of documentation and to keep notes on all sessions in relevant patients files.
- To adhere with all administrative procedures including submitting weekly movement sheets to the Therapy Coordinators
- Completion of all documents, supporting the design of the Therapy Services programme including participating in writing weekly reports to Consultants on patients participating in group therapy.
- Completion of documentation of assessments and monitoring and reviewing of treatment plans for both Inpatients, Daypatients and Outpatients.

### **4. Health and safety**

- To be aware of Health and Safety policies and ensure compliance when carrying out duties.
- To bring Health and Safety issues to the attention of the Therapy Coordinators.
- To ensure incident, accident and complaints polices are adhered to.

### **5. Policy and Legal Frameworks**

- Adhere to Capio Nightingale's policies and procedures
- Adhere to Capio Nightingale's confidentiality policy

**6. Professional Development**

- Participating in giving and receiving clinical supervision and peer supervision.
- Ensure training needs are identified and discussed with the Therapy Coordinators
- To ensure that mandatory training is undertaken as required
- Keeping CPD up to date and current within all therapy specific areas

**6. Other**

- To carry out any other functions within capabilities as requested by senior staff
- To present a professional and efficient image at all time
- To be responsible for reading, understanding and complying with all relevant policies and procedure
- To undertake additional duties, as and when required, as directed by your line manager
- Cover for sickness and annual leave within the department
- Maintain high standards of personal timekeeping and attendance.

**Person Specification**

**Job Title: CBT Therapist**

	<u>Essential</u>	<u>Desirable</u>
<b>Education /Qualifications</b>	Post Graduate Diploma in CBT BABCP recognised	
<b>Work Experience</b>	3 years experience, post qualification, in working therapeutically with clients with Mental Health problems.  Experience in facilitating groups as well as providing individual work	

<b>Skills/Knowledge/Aptitude</b>	<p>Ability to prioritise, take initiative, work independently and use a cooperative approach to care.</p> <p>Ability to exercise tact and good judgement, demonstrate ability to communicate effectively verbally and written.</p>	
<b>Motivation</b>	<p>Proven ability to work within a multidisciplinary environment.</p> <p>Proactive and solution focused attitude.</p>	
<b>Impact on Others</b>	<p>Well presented, calm disposition</p>	
<b>Requirements</b>	<p>Must be reliable and consistent, flexible and adaptable to rapid change and needs of the service.</p>	

**Training and Development**

Responsibility for the personal development of the job holder lies with both him/her and their manager. Training and development needs will be assessed at least on an annual basis through the Company's Performance Appraisal Scheme and as the need dictates through changes in job role and company/departmental goals and targets.

Signed:

Manager