



# Thinking Through ...Therapy

Cognitive Behavioural Therapist

Job Description & Person Specification



**Position:** Cognitive Behavioural Therapist

**Location:** Home-based

**Salary:** Contract Dependant

## OUR MISSION

Thinking Through exists to make exceptional psychotherapeutic services, and expert support, convenient and accessible. Thinking Through are a team of healthcare experts, delivering psychotherapy, clinical supervision, professional coaching, and training through a digital platform.

Thinking Through Therapy clinicians work from home providing holistic CBT assessment, formulation, and treatment to a broad range of people, across the age ranges, with a variety of mental and emotional health problems.

Our clinicians add to a passionate and energetic team that together boast a phenomenal range of knowledge, skills and experiences spanning all aspects of mental healthcare provision and beyond. Together we are friendly, flexible, and supportive ensuring that all colleagues feel welcome, trusted, and supported.

## YOUR MISSION

As a Cognitive Behavioural Therapist, you will bring with you a passion to deliver high quality, evidence-based assessment, formulation, treatment, and formulation for a range of mental health difficulties across a diverse client group. You will adopt a compassionate approach to your work, demonstrating a strong knowledge base of CBT principles, frameworks, models, and interventions with an ability to deliver these expertly and innovatively.

It is important that you share Thinking Through's vision of delivering exceptional psychotherapy in an accessible and flexible way. You will be comfortable working from home, with a suitable environment that ensures confidentiality during sessions and maintains a professional atmosphere. You should be confident in using, and adapting to, technology with an understanding of IT equipment, use of video-conference platforms and Microsoft office tools. You must also have use of a laptop/desktop PC with a reasonable specification and operate from an adequately fast and secure broadband connection.

You will be willing to contribute remotely to the Thinking Through team, seeking support when required, supporting colleagues, attending relevant training, and helping with the ongoing development of our growing organisation.

## WHAT YOU CAN EXPECT FROM THINKING THROUGH

- Homebased working allowing flexibility around your other commitments
  - An online platform managing your availability, booking and notifications
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- Use of our secure digital patient platform, managing outcome measures and clinical notes
- Support from the clinical and technical team
- Access to our clinical resources, designed to incorporate into online sessions
- An online space for therapists to communicate and share documents
- On-going marketing of your skills and expertise

## ESSENTIALLY FROM YOU

- A post-graduate diploma in Cognitive Behavioural Therapy or equivalent (e.g. Masters degree or higher in clinical psychology)
- Full accreditation with the British Association of Cognitive & Behavioural Psychotherapists (BABCP) or equivalent (e.g. ACP or BPS)
- A minimum of 2 years post-graduate experience in delivering CBT assessment, formulation, and treatments.
- Demonstrable experience of working in mental health services with a variety of presenting difficulties and complexities
- Firmly established communication skills, proficient in verbal and written interactions and transmissions of complex, technical, and sensitive information, and data
- Demonstrable awareness and understanding of key national policies and models, driving the delivery of safe and effective psychological therapy
- Demonstrable skills and experience in supporting professional and non-professional, clinical and non-clinical, colleagues on mental health matters
- Work in a well organised and transparent manner
- Demonstrate a drive and ambition in supporting vulnerable people, alleviating suffering, adopting an ethical approach to practice, and adhering to Thinking Through's high standards of adult and child safeguarding measures.
- Demonstrate a high standard in the maintenance of Continued Professional Development
- A commitment to employing Patient Reported Outcome Measures throughout the course of CBT
- Proficient computer and technology skills and knowledge

## MORE DESIRABLY

- A Masters degree or higher in Cognitive Behavioural Psychotherapy
  - Children/Young People CBT specific training and experience
  - Post graduate training and experience in the delivery of clinical supervision
  - Additional professional qualifications and experience working within specialist mental health services (e.g. nursing, social work, OT).
  - Experience in developing and delivering clinical training
  - Training and qualifications in additional and complimentary psychological therapies and interventions (e.g. EMDR, NET, CAT, Mindfulness, CBT-ED, TF-CBT, SFP)
  - Experience in resource development, service development, project management and/or clinical research
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## THE THINKING THROUGH OFFER

We are currently offering a choice of contracts, associate service level agreements, or zero hours PAYE.

- **Associate Service Level Agreements**

As an associate you will be self-employed and responsible for managing your own income tax and national insurance responsibilities. As an associate you are also responsible for ensuring your clinical work is comprehensively insured for public liability.

Associate rates are paid at £50 per session.

- **Zero Hour PAYE Contracts**

With a PAYE contract you will enjoy the benefits of working for an established organisation. All income tax and national insurance responsibilities are managed through our payroll and all work carried conducted for Thinking Through will be comprehensively insured by us. Annual leave entitlements are also accrued alongside accrued hours.

Employee contracts are paid at £40 per session.

All new members of the clinical team, employees or associates, will be fully supported and trained in using our online platforms, tools and resources.

