

Trainee Clinical/Counselling Psychologist - Pain Specialty

Department: Health & Community Services

Division: Surgical Care Group

Reports to: Clinical Psychologist

JE Ref: HCS1175.1

Grade: CS10

JE Date: 19/06/2023

Job purpose

The postholder will support the psychological care of clients within the service, across all sectors of care; providing psychological assessment and psychological interventions (both in groups & 1:1) under the supervision of a chartered clinical psychologist, working independently according to a plan, and only as agreed with a qualified clinical psychologist and within the overall framework of the team's policies and procedures.

They will carry out supervised clinically related administration, conduct of audits, collection of statistics, and development of audit and/or research projects, teaching and project work as well as deliver and be responsible for, under supervision, specific psychological/psychotherapeutic interventions (e.g., Mindfulness, CBT, CAT, EMDR). The postholder will assist with the preparation of teaching materials and contribute to teaching and to take relevant line management responsibilities of more junior colleagues.

Job specific outcomes

1. To undertake clinical work with clients e.g., Mindfulness Based Pain Management or Pain Psychoeducation - in groups and individually whilst working within usual professional supervisory frameworks.
2. To plan, organise and teach/co-facilitate on a variety of psycho-educational courses, as well as other continuing professional development or degree courses as directed by the Clinical Psychologist.
3. To undertake directly and indirectly supervised psychological assessments of clients including measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients, family members and others involved in the client's care as deemed to be appropriate by the Clinical Psychologist and in line with clinical doctoral training.
4. To contribute to the formulation and delivery of care plans involving multidisciplinary and specific psychological treatment and/or management of a client's problems, under the professional responsibility of a Chartered Clinical psychologist.
5. To undertake and contribute to supervised research (under appropriate academic and field supervision) including data collection, analysis, the production of reports, summaries, audits & research projects, journal write-up as well as performing searches of evidence-based literature and research to assist the development of evidence-based pain management services.
6. To contribute to the design and implementation of service development projects within the service as required.

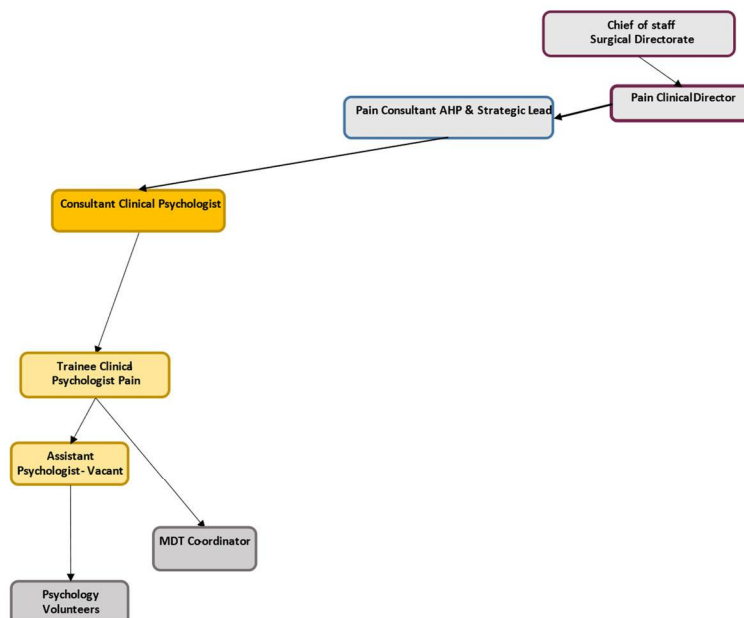
7. To attend and contribute to relevant multi-disciplinary meetings and to assist with relevant service development and evaluation projects, as required, including performing and presenting mental health history summaries and reviews Application of different psychological models to supervision and consultation with other professionals. Training other professionals in the application of psychological models.
8. To perform triage and appropriate escalation of psychological risk assessments, under supervision of the qualified psychologist and more senior members of the team.
9. To undertake line management duties of more junior paid and voluntary colleagues as directed.
10. To provide evidence of increased therapeutic ability via supervisors both in the service and with appropriate liaison, placements visits, sharing of communication and completion of relevant modules/exams/research projects by the providing Doctoral Qualification Institution.
11. Frequent interaction with people suffering from mental illness, acute & chronic physical illness age 17-100. Frequently working with risk – identifying and making plans to safe guard adults at risk of harm to self or suicide.

Statutory responsibilities

Active engagement, participation and compliance with any other statutory responsibilities applicable to the role, as amended from time to time.

This role is politically restricted. The job holder is not permitted to undertake political activity involving standing for election to the Government or as a Parish Constable, or publicly supporting someone who is standing for election or playing a public part in any political manner.

Department Organisational Chart



Person Specification

Specific to the role

ATTRIBUTES	ESSENTIAL	DESIRABLE
<p>Qualifications</p>	<p>Degree in Psychology (B.Sc. or B.A Hons – 2.1 or above) with eligibility for membership (graduate basis for registration) of the British Psychological Society & HCPC</p> <p>Additional qualifications in delivering psychological/behavioural/relational interventions e.g. Mindfulness</p> <p>Registration with relevant professional bodies relating to specific psychological interventions.</p> <p>Enrolled on and working toward Clinical or Counselling Psychology Doctoral accreditation approved by the British Psychological Society</p>	
<p>Knowledge</p>	<p>Expertise within specialism, underpinned by theory/ specialist knowledge/learning across range of procedures</p> <p>Professional knowledge acquired through degree, ongoing relevant training, clinical/service related teaching, placements/variety of client presentations, supporting management activities and professional development opportunities.</p> <p>Must be able to demonstrate knowledge of the biopsychosocial model of pain</p> <p>Understanding of research methods and statistical analysis e.g ANOVA, Regression, qualitative research</p> <p>High standard of computer skills including email, Excel and SPSS and the ability to utilise a patient information system to manage diary commitments and electronic patient records.</p> <p>An in-depth knowledge of multidisciplinary pain management</p>	<p>A knowledge of additional models of psychological theory & practice eg. Cognitive Analytical /Psychodynamic etc. Lean/Kaizen efficiency training,</p>

	<p>Knowledge of relevant psychological theory, psychometrics, statistical analysis Audit analysis and presentation</p>	
Technical / Work-based Skills	<p>Assessment and Formulation skills of patients, family, systems.</p> <p>Critiquing the literature and guidelines regarding therapeutic interventions used in service.</p> <p>Ability to use evidence, data collection, outcomes and audit to constructively critique current service practice.</p> <p>Able to construct and share service development plans, influence organisational policies and procedures.</p> <p>Keyboard Skills</p> <p>Driving Licence for community work</p> <p>Formal restraint / Assault avoidance training</p> <p>Listening</p> <p>Administration, scoring & analysis of pain psychometrics</p> <p>Ability to engage in supervision including delegates responsibility for more junior members of staff</p> <p>Group management skills</p> <p>Therapy Skills (CBT/ACT/psychotherapy/counselling) including assessing/advising and implementing increasingly challenges psychological interventions, in line with doctoral training requirements.</p> <p>Has a degree of independence and refers to professional supervisor for problems with formulation or interventions as required. This may include therapeutic ruptures, risk to clients or others, and disclosures of abuse (inc. sexual abuse).</p>	
General Skills/Attributes	<p>Communicates complex pain related information to clients, relatives, undertakes</p>	<p>Assessment and Formulation Skills</p>

	<p>group & 1:1 sessions with clients, atmosphere may be highly emotive</p> <p>Skills for assessing clients in 1-1 sessions, group dynamics, research methodology</p> <p>May be required to demonstrate own duties; train other health care staff, supervise non-specialist assistant psychologists</p>	<p>Management Skills</p> <p>Teaching skills</p>
<p>Experience</p>	<p>A minimum of two-year FT post graduate experience (or equivalent) assistant psychologist) including audit and research support, supervised (individual/group) therapeutic work</p> <p>Experience of assisting and contributing to all aspects of qualitative and quantitative research, under supervision. Ability to contribute increasingly independently to these processes over the course of the doctoral training</p> <p>Experience of working with people with mental and/or physical health problems.</p> <p>post-degree experience of working in a multidisciplinary pain team.</p> <p>Experience of working in a multidisciplinary team</p> <p>Membership of specialist interest professional bodies including British Psychological Society & IASP</p>	<p>Experience working in a counselling role / psychological services (e.g. Samaritans)</p> <p>Previous experience of managing people</p> <p>Previous experience of counselling/psychotherapy</p>

Core Accountabilities, Attributes and Behaviour Indicators

This next section is for Job Evaluation purposes only (Please remove everything below this point when using the JD elsewhere e.g. for recruitment / consultation purposes)