

<b>Job title:</b>	CBT Eating Disorder Therapist Part Time (2 x .6) NHS Band 7 (£38,890-£44,503) pro rata. Dependent on experience
<b>Reports to:</b>	Service Director
<b>Closing Date:</b>	By noon on Thursday 8 <sup>th</sup> October 2020
<b>Interview</b>	Short listed candidates will be contacted and invited to a 15 minute TEAMS interview on 14 October. If you are successful you may be invited to a formal interview panel requiring a presentation and role play. ( <b>Probably Wednesday 21 October</b> ). This will be confirmed during the TEAMS interview.

#### Job purpose:

An opportunity has become available for 2 x .6 **Experienced** CBT Therapists with a background of working with Eating Disordered Clients or Mental Health Services to join the team at Caraline Eating Disorder Counselling and Support Service. Caraline is an established and well-respected charity, providing evidence-based interventions to service users and their families for 27 years.

The purpose of the Eating Disorder Therapist is to provide therapy to service users by providing the agency's evidence-based treatment pathway within the community and therefore reduce the need for hospital based care.

#### Duties and responsibilities:

- Ensuring that all activities and interventions are suitably recorded and in accordance with service user policies, procedures and national guidelines from NICE and as directed by the Caraline Management team.
- Effectively Assess, plan and review all stages of the service users' treatment journey using designated tools and within agreed timescales.
- Provide individual therapy using the evidenced based CBT-e intervention with a broad range of psychosocial interventions.
- Deliver structured groupwork programmes
- Deliver Monthly service user and carers support groups
- Support the service users throughout the treatment, ensuring that targets are set and reviewed
- Liaise with relevant other person(s) and agencies to ensure the needs of the service users are met in order to facilitate change
- Ensure that all safeguarding issues, including child protection, vulnerable adults and GDPR, are dealt with in line with Caraline policies and procedures, and local and national statutory requirements.
- Attend regular weekly and monthly supervision.

Kline House 13 George Street West Luton Beds LU1 2BJ  
01582 457474

- Produce relevant reports and action plans when required.
- Present a professional image and actively promote the service at all times to service users, other stakeholders, partnership organizations' and the general public.
- Work within Caraline's professional development framework participating in active learning and professional development. Uphold GDPR legislation and only share service users information as per our policy, local and formally agreed information sharing protocols and service users confidentiality agreements.
- This is not an exhaustive list of duties

### Qualifications, skills and experience

Skills and Experience	Essential	Desirable
<ul style="list-style-type: none"> <li>• Service Delivery and outcomes</li> </ul>	<ul style="list-style-type: none"> <li>• PG Dip Cognitive Behavioural Therapist accredited with the BABCP.</li> <li>• Or, Registered Specialist Eating Disorder Nurse</li> <li>• Engage service users into effective, evidence-based treatment programmes</li> <li>• Ability to work positively in difficult and unpredictable circumstances</li> <li>• Able to recognise and maintain appropriate boundaries</li> <li>• Genuine desire to work with this service users' group</li> <li>• Experience of working with a service users' group who can present with behaviors' that challenge</li> <li>• Experience of working with people who have enduring and complex mental health needs</li> <li>• Experience of working with people with long-standing mental health problems</li> <li>• Experience of working with families and non-professional carers</li> <li>• Experience of working in a community-based setting</li> <li>• Able to work under pressure /possess a high level of emotional resilience</li> <li>• Able to work in partnership with others (colleagues, service users, families etc.)</li> <li>• Able to work, on occasion, without direct supervision,</li> </ul>	<ul style="list-style-type: none"> <li>• Qualified CBT-e Therapist</li> <li>• Experience in delivering CBT-T</li> </ul>

	<ul style="list-style-type: none"> <li>using initiative</li> <li>• Able to recognise safeguarding issues</li> <li>• Ensure that all activities and interventions are suitably recorded in accordance with service users' policies, procedures and national guidelines from NICE and as directed by the management team</li> <li>• Able to effectively assess, plan and review all stages of a service users treatment using appropriate tools, methods and timescales</li> <li>• Able to deliver structured group work programmes</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Creativity and Innovation</b></li> </ul>	<ul style="list-style-type: none"> <li>• Able and willing to regularly work without direct supervision, using own initiative</li> <li>• Willing to develop knowledge and skills</li> <li>• Able to identify personal strengths and recognize opportunities for personal development</li> <li>• Demonstrates the ability to proactively explore new ways of working that will improve overall performance and service delivery</li> <li>• Ability to engage constructively and openly in Supervision</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Contacts and Relationships</b></li> </ul>	<ul style="list-style-type: none"> <li>• Able to develop good working relationships with, and among colleagues and service users</li> <li>• Able to express views positively and constructively</li> <li>• Willing to work collaboratively</li> </ul>	

<ul style="list-style-type: none"> <li>• <b>Communication</b></li> </ul>	<ul style="list-style-type: none"> <li>• Good written communication skills</li> <li>• Good, adaptable verbal communication skills</li> <li>• Good IT skills, including use of social media</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Planning and Organisation</b></li> </ul>	<ul style="list-style-type: none"> <li>• Good organisational skills and able to prioritise workload</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Education and Qualifications</b></li> </ul>	<ul style="list-style-type: none"> <li>• Post Graduate Diploma in CBT with accredited status to BABCP</li> <li>• Registered Specialist Eating Disorder Nurse</li> </ul>	<p>Training and knowledge of implementing CBT-e  Training and knowledge of implementing CBT-T  Experience of working within a community or hospital based eating disorder service</p> <p><b>Health Care:</b></p> <ul style="list-style-type: none"> <li>• RMNSpecialist Eating Disorder</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Knowledge</b></li> </ul>	<ul style="list-style-type: none"> <li>• Knowledge of local services</li> <li>• Knowledge and awareness of issues relating to mental health</li> <li>• Knowledge and awareness into issues relating to physical and psychological risk associated with eating disorders</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Values and Personal Attributes</b></li> </ul>	<ul style="list-style-type: none"> <li>• Responds positively to challenge</li> <li>• Is open and reflective</li> <li>• Positive and solution focused</li> <li>• Compassionate and hopeful</li> <li>• Open and approachable persona</li> <li>• Treats people with respect and dignity, dealing with them fairly</li> <li>• Is prepared to go the extra mile to achieve the right outcome</li> <li>• Desire for further personal and professional development</li> </ul>	