



CYP PT Therapy: CBT Modality Person Specification

Qualifications	• Minimum second-class bachelor's degree or equivalent standard in a relevant subject (e.g. psychology, social work etc.); AND A Core profession as recognised by the BABCP. Please see: Core Professions List - BABCP OR A minimum of 3 years relevant experience (which can include relevant study, formal and informal training) which demonstrate that you have the knowledge, skills and experience required to complete a KSA portfolio or a condensed KSA** for those with an eligible qualification: Further information on BABCP guidelines for these routes: Knowledge, Skills & Attitudes - BABCP* Professions eligible for a Condensed Portfolio - BABCP** **You may be required to evidence how you can meet the KSA criteria by sharing your completed/partially completed KSA at the point of interview. Successful applicants must also sign up for a student membership with BABCP on accepting the post. (See Join the BABCP - BABCP)
Skills / Competencies	• Ability to communicate effectively and sensitively with children, young people and their families, whilst considering social differences; • Skill in key psychotherapeutic relationship skills, such as active listening, warmth, empathy, trust, and rapport building; • Ability to follow policy and clinical governance procedures and make proposals for change; • Ability to maintain accurate records; • Ability to maintain effective and appropriate communications at all levels, including other professionals, and non-professionals; • Ability to identify and manage clinical and safeguarding risks; • Skills in critical analysis/appraisal of academic research; • Ability to practice in an ethically appropriate manner through interpersonal, professional and academic relationships with clients and colleagues • Ability to maintain a reflective stance in emotive/challenging interactions with children and their carers;

	• Ability to work in a collaborative and respectful manner with children, young people and their families; • Ability to personally manage sensitive and potentially emotionally distressing caseload material; • Ability to reflect on own practice (in clinical supervision and practice tutor groups with course peers); • Ability to complete academic work across different learning environments at postgraduate level and balance the academic demands of the course with clinical placement demands; • Demonstrates adaptability and able to work with diverse communities; • Good time management and organizational abilities; • Effective oral and written communication skills; • IT/Computer literate; • Able to accommodate travel demands associated with the role.
Knowledge	• Knowledge of life stages and human development; • Knowledge of the delivery and legislation of health and social care through statutory and non-statutory bodies both national and local; • Understanding of psychopathology and problem definitions; • Knowledge of a variety of theoretical models of intervention; • Knowledge and understanding of issues relating to risk and safeguarding of children and young people. •
Attitudes	• Ability to evidence personal suitability to working in a helping role; • Capacity to reflect on and evaluate own values, priorities etc.; • Receptive to scientist practitioner approach and empiricism.
Experience	• 2 or more years of experience working within children and young people in a mental health and/or therapeutic setting; • Experience of multi-agency and/or multi-disciplinary working and liaising across internal and external agencies.
Personal Qualities	• Motivated to learn and be challenged; • Capacity to work well in teams.

Please see a list of desirable points below which are optional to include on your advert.

Desirable

Qualifications

- Previous training in a mental-health related profession (e.g. psychology, nursing, health visiting, social work, occupational therapy, speech and language therapy, special needs teaching, psychiatry, psychotherapy, counselling, CWP, EMHP and low intensity therapies);
- Proven record of previous academic attainment;

Knowledge

- Knowledge and understanding of CBT theory and its application.

Experience

- Previous experience of working within a CBT framework and/or using CBT informed interventions;
- A year or more experience working within a CBT framework and/or using CBT informed interventions (e.g. PWP, CWP, EMHP and Parent Trainer);
- Experience of assessing and managing risk and safeguarding issues.

Skills & Competencies

- Understanding of evidence-based practice and the ability to demonstrate how this influences good clinical practice.