

Assistant Psychologist - Digital Interventions

CANDIDATE INFORMATION PACK



Welcome



Dear Candidate

If you are looking to work alongside highly experienced and compassionate colleagues, where the well-being of our staff and the treatment and recovery of patients is fundamental to your practice, then we welcome your interest in this post.

Dumfries and Galloway Mental Health Directorate hosts a range of NHS services who work in partnership to deliver evidence based patient centred pathways, which includes access to a holistic range of professionals that aims to meet patient and carer needs.

We have strong working relationships with colleagues in other statutory and third and independent sectors. This can be seen in a wide range of creative projects, including staff support, blue light pathway, Early Intervention Psychosis (EIP) , and Psychology providing trauma training through for our Community Justice Partnership.

Our Specialist Drug and Alcohol Service and our Prison Healthcare Service have received a number of positive reports from a range of external scrutiny bodies, and our Intellectual Disability Services are committed to working towards the ambitions described in the Keys to Life, where choice and control for people with learning disabilities is paramount.

We also have the fortune of a purpose built In Patient Mental hospital, recognised, not only for its outstanding architectural design, but also for a range of patient safety initiatives that have won a number of national awards.

We know that working in Mental Health Services can be challenging, and we know the importance of looking after ourselves and each other. We strive to create a working environment that is supportive, encourages talent, and recognises and nurtures the strengths we all bring to work. We have a strong commitment to clinical and managerial supervision, staff training and development and of striving to make the work we do meaningful, rewarding and fun.

If you want to find out more, please feel free to pick up the phone and talk to us. Details of the contact for the post you are interested is included in this recruitment pack.

Many thanks for your interest, and wishing you the best of luck!!

Justin

Justin Murray
General Manager

Job Description

1. JOB IDENTIFICATION

Job Title: ASSISTANT PSYCHOLOGIST – Adult Mental Health Psychology Service - Digital Therapeutic Interventions Service

Job Holder Reference: SLT009PSY.25

No. of Job Holders :1

2. JOB PURPOSE

To support the Lead Clinical Psychologist for the Digital Interventions Service in providing evidence based circumscribed psychological and digital therapeutic interventions in Dumfries and Galloway. The post will primarily involve:

- Providing support to digital therapy clients throughout the course of their treatment, helping to maintain engagement with the programme and administering reviews.
- Assisting in clinically related administration, conduct audits, collection of evaluation and mandatory data sets, development of audit and/or research, teaching and project work.
- Contribute to Quality Improvement for Service

3. ORGANISATIONAL POSITION



4. SCOPE AND RANGE

- To provide a service as outlined in Job Purpose above
- To ensure that services are deployed in line with best contemporary standards, principles of equity and reflecting evidence based practice.
- To establish collaborative working relationships with members of other disciplines and workers in other agencies.
- To suggest developments within the specialty.
- Provision of advice to colleagues, NHS organisations and other bodies as required.
- To provide psychological assistance to the Digital Therapeutic Interventions (cCBT) Service as specified by line manager.
- Research and development is a job responsibility and the postholder may undertake clinical audit and research as appropriate in discussion with and in support of Line Managers

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- To seek to enhance the reputation of the service, the Department, the Board and the NHS

5. MAIN DUTIES/RESPONSIBILITIES

The postholder is responsible for the following key outcomes:

- The policies of the Board and Department are carried out efficiently and to the best possible standard.
- Conform to clinical governance procedures within the department.
- To keep Line Managers well informed about the needs and developments in the service and all psychological matters concerning Digital Therapeutic Interventions provision for the population of Dumfries & Galloway.
- Contribute to the provision of a responsive, efficient, equitable psychology service as outlined in Job Purpose as above to patients, carers and NHS and voluntary sector colleagues across Dumfries & Galloway.
- To apply assessment and treatment packages in the manner specified by the line manager in supervision, and to seek clarification from the line manager where doubt exists about how to apply an assessment or treatment package.
- To maintain a good record keeping system and to comply with requirements for reports and returns.
- To conduct appropriate clinical research and audit.
- To develop and maintain good links with colleagues, service users, carers and relevant community and voluntary organisations.

6. SYSTEMS AND EQUIPMENT

The postholder should:

- Develop proficiency in the administration of psychological tests and assessment methods.
- Have a working knowledge of computer-based technology including word processing, e-mail and internet.
- Conform to the Department's systems of information management for patient records, activity data, and mileage and expenses information.

7. DECISIONS AND JUDGEMENTS

The postholder must:

- Be capable of judging when to seek guidance and supervision in instances where the postholder considers that he or she lacks the necessary knowledge or skill to perform a particular task
- Be accountable for own actions, but not to take ultimate clinical responsibility.
- Be capable of informing supervisors of information which would allow monitoring a situation or intervention by some formal means of evaluation, and be able to modify the plan, treatment or intervention to obtain a better outcome.
- Be capable of seeking guidance and supervision in balancing the welfare rights of the individual against the duty of care to the wider community where the behaviour of a patient is likely to pose a significant risk to themselves and others.

8. COMMUNICATIONS AND RELATIONSHIPS

The postholder must:

- Communicate promptly, clearly and sensitively with referral agents and colleagues.

- Ensure that contemporary standards of confidentiality are observed in the communication and storage of clinical information.
- Ensure that the requirements for informed consent are observed when communicating about a patient with a third party or when soliciting their participation in research.
- Contribute to the training of Doctors, Nurses, and other health and social services professionals as appropriate.
- Develop and maintain good relationships with voluntary and carer organisations dealing with adults with psychological and wider mental health difficulties.
- R & D activity is a responsibility of the job and the postholder is expected to conduct appropriate research and audit.

9. PHYSICAL DEMANDS OF THE JOB

The postholder must:

- Maintain fitness and eligibility to drive frequent lengthy car journeys to isolated locations throughout the year to ensure equity of access to health care.
- Be able to cope with unpleasant behaviour including physical and verbal aggression.
- Be able to sit in confined spaces and to concentrate for long periods (e.g. when carrying out clinical assessments involving technical psychometric tests). This involves a high degree of physical manipulation of test materials and multi-tasking observational skills, concurrent intellectual analysis under pressure of time.
- Cope sensitively and appropriately with the potentially difficult matter of comforting hurt, distressed or distraught individuals.
- Deal with the physical demands of interviewing, assessing or otherwise engaging with people.

10. MOST CHALLENGING/DIFFICULT PARTS OF THE JOB

- Dealing with people and their significant others (e.g. spouse and other family members) who may be experiencing significant levels of distress or psychological difficulty.
- Influencing healthcare and other systems to adopt practices and behaviours to promote psychological well being in staff and clientele.
- Lone working; especially when dealing with particularly traumatic or harrowing case material.
- The constant and insidious emotional challenge to one's own psychological well being of interacting with and seeking to resolve psychological distress in others.

11. KNOWLEDGE, TRAINING AND EXPERIENCE REQUIRED TO DO THE JOB

The postholder must:

- Have a degree in Psychology.
- Maintain knowledge of the specialty by additional reading, study and CPD.
- Attend in-house and external courses pertaining to computer training, moving and handling, management of aggression and violence, lone worker guidelines etc.
- Have some knowledge of the Board's policies and procedures.
- Have some knowledge of national and professional guidelines for optimal standards of clinical care.
- Be able to cope professionally with offensive and confrontational behaviours, which are manifestations of illness.
- Be able to cope emotionally with complex clinical situations characterised by personality disorders, complex psychological difficulties, social exclusion and extreme family dysfunction.
- Respond appropriately to clients at risk of harming others.

- Work in a sensitive manner with respect for diversity in gender and philosophical issues with a wide range of individuals and organisations.
- Be aware of the limits of one's competence and expertise.
- Be aware of the need to deploy valuable health service resources in an effective and rational manner according to contemporary evidence-based practice.

12. JOB DESCRIPTION AGREEMENT

Job Holder's Signature

Date

Head of Department Signature

Date

Person Specification

	Essential	Desirable
Qualifications	A BPS approved honours degree in Psychology	
Experience	Some knowledge of mental health issues that may present to Psychological Services	<p>Experience of audit/evaluation projects</p> <p>Experience of working in a care setting</p> <p>Experience of independent working and of team working</p>
Knowledge & Skills	<p>Good communication skills, both written and spoken</p> <p>Computer literate</p> <p>Full current driving licence</p>	Experience with statistical computer packages
Personal characteristics	<p>Good communication skills</p> <p>Self Motivated</p> <p>Able to use initiative but recognise own limitations</p> <p>Flexible in approach</p>	<p>Persuasive and diplomatic</p> <p>Achievement focussed</p>

Find Out More

NHS Dumfries & Galloway

For information on NHS Dumfries & Galloway, including details of further staff benefits, how to get started with us, advice for moving to the area, our facilities and beautiful surroundings, check out our **Work with Us** Portal.

To access the Work with Us web pages, copy and paste the following link into your web browser: www.nhsdg.co.uk/workwithus

Dumfries and Galloway Health and Social Care Partnership

For information on Dumfries and Galloway Health and Social Care partnership:
<https://dghscp.co.uk/>