



# **Psychological Therapies Service**

**Consultant Psychologists (Band 8c)**

**Clinical, Counselling, Health**

**& Forensic Psychologists (Band 8b & 8a)**

**Clinical Associates in Applied Psychology (Band 7)**

## **APPLICANT INFORMATION**



# **Contents**

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<b>Psychological Therapies Service</b>	<b>3</b>
<b>Living in Tayside</b>	<b>4</b>
<b>Spotlight on Staff</b>	<b>5</b>
<b>Current Vacancies</b>	<b>11</b>
<b>Benefits of NHS Working</b>	<b>19</b>

# NHS TAYSIDE

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## Psychological Therapies Service

We have a number of exciting opportunities available in one of the UK's most up and coming and rapidly developing Cities.

NHS Tayside is seeking to appoint Clinical, Counselling, Health and Forensic Psychologists and Clinical Associates in Applied Psychology (Adult and Child) across a range of different grades and specialities. This is to allow expansion of an already thriving service. Opportunity exists to combine different specialist posts to reflect career interests of suitable applicants. Applications are welcomed from people looking to work on a full-time or part-time basis.

NHS Tayside Psychological Therapies Service already has a complement of around 160 clinical and applied staff with an additional 18 trainees. The Service provides a friendly, supportive and stimulating environment in which to work. Opportunities exist for involvement in teaching and research, taking advantage of close links with the Universities of Dundee and Stirling. Members of the Service also contribute to the supervision and training of trainees on the Edinburgh/East and South of Scotland Clinical Teaching Course and the Universities of Stirling and Dundee MSc Course. We have recently appointed a Clinical Psychologist with a special remit to promote and support research within the service, both with qualified staff and trainees.

You will be joining a forward thinking Service with excellent links and working relationships with Dundee, Perth & Kinross and Angus Health & Social Care Partnerships and the acute services of NHS Tayside. Our Eating Disorder and Forensic Medium Secure services are part of North of Scotland Regional Services. Together, we serve a population of 416,090, with approximately 67,100 of these being children under 16. The Service is hosted within Dundee Health & Social Care Partnership.

We are committed to authentic leadership and have a strong leadership team of 15 Consultant Psychologists. The leadership team meets regularly, making time to address operational issues and professional development and this model is mirrored in each speciality for clinical staff. We are able to support training and professional development from our core budget, having invested significantly in schema focused therapy and EMDR in recent years.

We have streamlined the application process for our jobs to enable candidates to apply and be interviewed once, regardless of how many jobs they wish to be considered for. To apply for a post please visit NHS Scotland Job Train website (link given at the end of this document) and state clearly within your application form which position(s) you wish to be considered for. Please ensure you have the appropriate level of qualification – or are due to graduate with the appropriate qualification – for the posts you wish to be considered for.

Informal enquiries can be made to Linda Graham, Director of Psychological Therapies ([linda.graham@nhs.scot](mailto:linda.graham@nhs.scot) 01382 346160) and you will be encouraged to make contact with the Consultant managing your area of interest.

# Living in Tayside

When choosing somewhere to work and live, quality of life is key. Tayside is one of the few locations in the UK which combines the best of both worlds – city facilities in Dundee and Perth on a friendly community scale, and easy access to some of the most stunning countryside in Scotland. Set on the spectacular Tay Estuary, Dundee, the principal city in Tayside and the sunniest city in Scotland, sits in a landscape of wild beaches, championship golf courses, quaint coastal villages and beyond them, Scotland's famous mountains and glens.

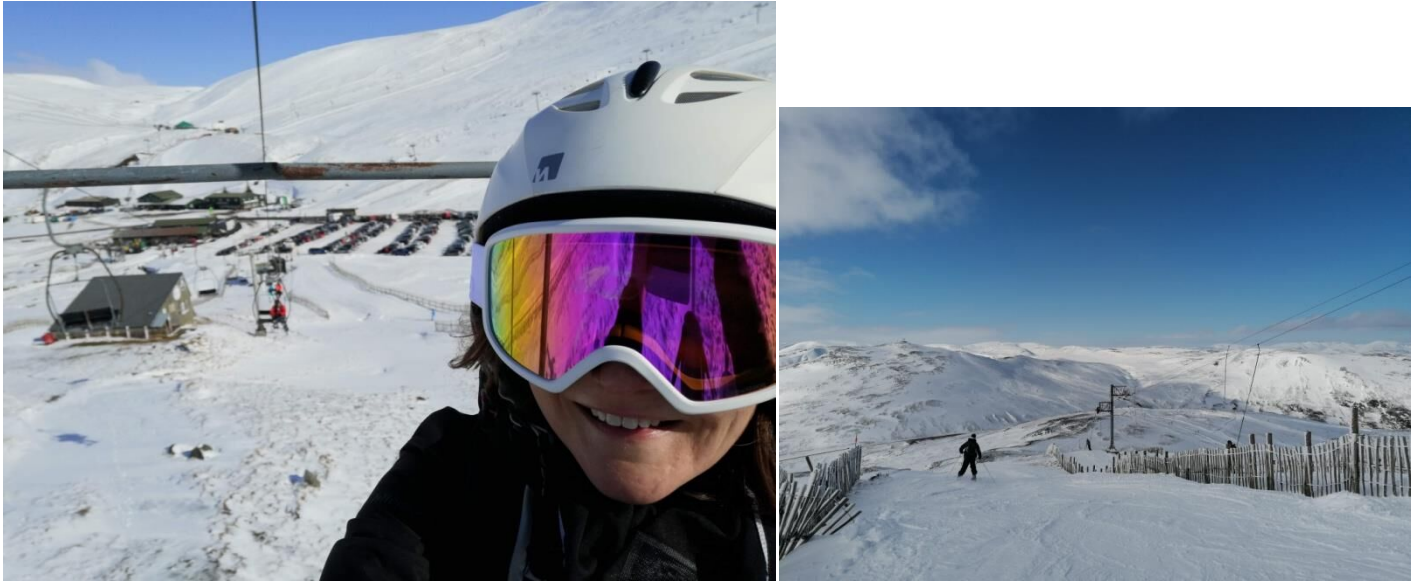


Dundee is conveniently located within easy reach of three other large cities in Scotland – Edinburgh, Glasgow and Aberdeen and within a 90 minute drive from 90% of Scotland's population. There are excellent road, rail and bus links to all 3 cities and London is six hours by rail and just over an hour by air from Dundee airport, flying direct to London City Airport. There are also regular flights to Belfast. There is a vibrant arts scene in Dundee and beyond. Scotland's first design museum, The V&A Museum of Design, opened in 2019 as part of significant ongoing investment and redevelopment of Dundee waterfront including the forthcoming development of the Eden Project, Dundee. Dundee is the UK's only UNESCO City of Design. Within Dundee, in addition to the new waterfront development, there are a number of attractions to suit all ages including Discovery point, the Dundee Contemporary Arts centre and the Dundee Science Centre.

Beyond Dundee, the River Tay and its estuary, the coasts of Angus and Fife and the nearby hills and mountains of Perthshire offer scope for almost any outdoor activity. Furthermore, St. Andrews, home to a number of world famous golf courses, picturesque town and beach, is only a short drive away. Whether you want to live in the rural countryside, a seaside village or one of Tayside's vibrant cities or towns, there is a variety of housing choices to suit all budgets. The salaries of employees in Dundee currently go further on the property ladder than almost any other city in the UK. There are a good variety of primary and secondary schools. There is also the option of private schooling with schools to choose from in Dundee City, St Andrews and Perth and Kinross



# Spotlight on Dr Rowan Reffold, Consultant Clinical Psychologist in Learning Disabilities



I am the Lead Clinician for the Learning Disability Section and have been working in NHS Tayside since 2003. I relocated to Tayside from Cambridgeshire as the job role on offer was in direct line with my values of supporting people with a learning disability who have complex needs in a range of settings and improving their well-being and quality of life. My own personal goal was to live and work in an area that could support my hobbies and interests and Tayside definitely had so much to offer. I'm a keen skier and Glenshee has the largest ski area in the UK and it is now just a 30 minute drive away from home; perfect for loading our skis into the roofbox and heading to the hills when the snow arrives. Over time, NHS Tayside has supported my career development and I took up a Consultants post in 2009. I now have my own family and Tayside is a fantastic area to raise children with some great communities and a huge range of indoor and outdoor family friendly activities around the region. Within my work life, NHS Tayside has supported Service Development to ensure the delivery of high quality Psychological Services for people with a range of needs and the multi-disciplinary approaches undertaken mean that we do work together to try to achieve person centred positive outcomes for those who use our services.

## **SPOTLIGHT ON TEAM WORKING** - Dundee Adult Psychology

"I am the Consultant Psychologist for Dundee Adult Psychological Therapies Service and Clinical Psychology to CMHT. I moved to Tayside in 2006 initially working in the Older People Psychology Service before moving to the Adult Psychology Service. The department and the job drew me to Tayside but the people and the lifestyle Tayside and the surrounding areas offers as well as career opportunities is what keeps me here. I have benefited from so much support and mentoring from peers and colleagues in the department as well as the wider mental health community, with opportunities to be involved in training, research, teaching at several universities and local and national initiatives. The department continues to grow and there is a genuine desire to collaborate, to create and support opportunities which allow us all to deliver great patient care. The work is challenging but I think we have so much potential and opportunity to be creative and innovative. I would encourage clinicians looking for the right place to really flourish professionally and have a great work-home life balance to join us here in Tayside."

***Dr Helen Nicholson-Langley, Consultant Clinical Psychologist***

*Some of the staff working at Dundee Adult Psychology (DAPTS)*



Here's what some of the team say about living and working in Tayside:

"The DAPTS team have been very welcoming and supportive in my first year of post-qualified work. I've gained a lot of valuable clinical experience and I've also had the opportunity to engage in continued professional development that has proved beneficial for my skills, and confidence in this post. I've also been able to contribute to service development which is a great opportunity at this early point in my career."

***Carl McNelis, Clinical Associate in Applied Psychology***

"I'm a Clinical Psychologist working in one of Dundee's Community Mental Health Teams (CMHTs). I really enjoy working as part of a team, and it definitely feels like the CMHT is my niche! My role is very varied, which is one of the things that keep it interesting. Alongside working directly with adults experiencing severe and enduring mental illness, I provide supervision and consultation for colleagues. Consultation means working collaboratively to figure out what approaches might work best clinically but also routinely contributing to team discussions and decisions, where we can bring all our knowledge and experience together. There are a number of developments underway within our CMHTs and being able to be part of the service development, helping to shape how we deliver the best service we can is something I really enjoy. Ultimately though, my colleagues are what make the CMHT such a nice place to work, and knowing we can rely on each other makes all the difference."

***Dr Katy Mitchell, Clinical Psychologist to CMHT***

"I chose to work for NHS Tayside because my husband and I had decided to settle here to raise a family. We live on the outskirts of a beautiful little town and former fishing village, with a really interesting heritage. We're a 20-minute walk from the beach, where I take the dog every weekend and the local shops are great for just about anything you need. However, also being part of Dundee, there's always something to do with the kids over the School holidays or at the weekend (lovely local walks, cinema, soft play, ice-skating, visiting a really old ship...!), and the rest of Scotland isn't too much of a drive away either - Pitlochry for instance, is only an hour away. I love where we live!"

***Ashley Cochrane, Clinical Associate in Applied Psychology***

"I have worked in the Psychological Therapies Service since 2007 as a Psychological Therapist. I returned to Tayside having moved around for many years. I have been supported in a number of training opportunities throughout the years which has been instrumental in my personal and professional development. As a staff team we have been exploring ways to develop the service in new and innovative ways especially since the pandemic and looking at ways to build a service where staff have a wide range of opportunities. Our main role is providing psychological therapy but we recognise the importance of continued professional development with opportunities for reflective practice, journal club, research and ongoing team development (in work and socialising out of work... we need to make sure all the local businesses are thriving too!) It is great to be living near the coast, and Tayside does not disappoint on this front, especially if you enjoy water sports, swimming, paddle boarding. Tayside has a balance of peace and tranquility and bustle. There are also lots of green belts, parks, hills for walking and upgrading of cycle routes underway. The City of Dundee has been expanding, and has lots of good bars and restaurants to cater for all tastes and regular concerts at venues such as the new Slessor Garden Area and Caird Hall."

***Amanda Thomson, Accredited Person Centred Psychological Therapist***

"I have been working for NHS Tayside for 17 years, in the role of Forensic Psychologist. NHS Tayside were one of the first NHS employers in Scotland to recruit a Forensic Psychologist and to set up a dedicated local Court assessment and treatment on diversion service. My employment in Tayside has allowed me to pursue special interest placements in secure settings and more recently, to develop my therapeutic skills in adult non-forensic services. Further professional development via additional training opportunities has always been supported, as have opportunities to develop skills in other clinical areas. Tayside itself offers excellent and diverse living opportunities, from the city centre, to beach front living, to more rural settings. It is close enough to Edinburgh, Glasgow and Aberdeen to enjoy what they have to offer whilst itself being a great place for culture, to pursue many social and sporting interests and to raise a family."

***Vicky Orme, Forensic Psychologist***

"I came to this department as a newly qualified Counselling Psychologist in November 2019. Within my role in the Primary Care Adult Psychology Service, I have had opportunities to work with a varied case load to consolidate my skills post qualification, seeing a wide variety of presenting issues including, Anxiety, Depression, OCD, PTSD, Body Dysmorphia, Self-esteem, and FND. The department has supported me to develop my knowledge and therapeutic skill-set, including new therapeutic modalities through training and opportunity to consolidate learning with protected time. I have also been supported to develop as a Clinical Supervisor which is a part of my role I very much enjoy. Most of all, I have benefitted from a fantastic team of colleagues who are supportive, from a wide range of psychological practitioner backgrounds, who are always happy to have a chat - not to mention help make for great staff nights out!"

***Dr Matilda Nordqvist, Counselling Psychologist***

"I returned to Scotland 3 years ago with my Husband and our children after spending several years living abroad. I joined NHS Tayside again just over a year ago and I currently work in a full-time post across two adult services in Primary Care and the CMHT. Working in adult mental health has always appealed to me and I really enjoy the variety of experience that both NHS Tayside services offer. I am particularly drawn to working in the CMHT which offers diversity in role as well as a stimulating challenge and constant opportunities to learn. Since returning, I have been well supported in my role and the CPD opportunities have been excellent. At home, we are a very active family and being based just outside of Tayside offers a wide range of sporting activities from hill walking to visiting the Tentsmuir forest and the beautiful coastline."

***Dr. Maria Dempster, Clinical Psychologist***

# Spotlight on Dr Kate Duncan, Consultant Clinical Psychologist working within Gendered Services



I am a Consultant Clinical Psychologist leading on the development of psychological services for women who have or are experiencing homelessness related to a trauma history and who present with complex mental health, physical health and social needs. I have worked my entire career in NHS Tayside, starting as an Assistant Psychologist in 2001, completing my Doctoral training in NHS Tayside and developing as a qualified clinician in mental health services in Dundee and Angus, before securing my current post as a Consultant. TAPTS continues to be committed to my personal, professional and managerial development and my learning is continuously encouraged. Being a new Consultant could be a daunting prospect – especially when embedded in a third sector organisation – but my Leadership Team peer group are an excellent support and I have the same level of clinical and managerial supervision that we afford all staff.

I came to Dundee to complete my undergraduate degree in 1997 and have never left (that's 25 years for those counting), despite my family of origin remaining three hours away. For me, Tayside hosts the perfect mix of easily accessible city and countryside living, with beaches and mountains both within very easy reach of my base in Dundee. The links that TAPTS has with local universities is undoubtedly the reason I gained my first role. My hobbies have an outdoor focus and Tayside is perfect for various activities including dog walking, accessing stunning beaches, mountains, woodlands and historic sites, camping and cycling – on road and off road with excellent protected cycle paths. Indoor and outdoor park areas for children are amongst the best I have seen and visitors often comment on how accessible good quality children's activities are locally. Holidays at home and abroad are easy to access with excellent road links to the major Scottish airports, all within 1-2 hours travel of my home in Dundee. My future is firmly invested in Tayside from a family and professional perspective. Dundee services are leading the way in adopting a gendered and trauma-informed approach to working with individuals and systems. Dundee has a long trauma history and the innovation we are currently experiencing makes it a fascinating and exciting place to settle.

# Spotlight on Ms Linda Graham, Director



Our current Director of Psychology is Linda Graham. Linda is also the overarching Clinical Lead for Mental Health & Learning Disabilities within the Dundee Health & Social Care Partnership.



I will make time to speak to any qualified or soon to qualify clinician considering a career within Tayside. My current focus is ensuring that the culture within psychological therapies enables clinicians and support staff to be the very best version of themselves; where people are valued and trusted to get things done because we never lose sight of the reason we exist – to enable our clients to appreciate their worth and be the best version of themselves.

I want everyone who works within the service to have a healthy alignment between their internal core values and their external behaviours. We need to have a clear sense of purpose by listening to what our communities tell us they need and then set about delivering that in teams that have 'heart;' where we are as compassionate, supportive and careful with each other as we are with our clients.

It is almost thirty years since my first clinical supervisor trusted me to begin client facing work and I still operate several clinics each week ... and believe that we have one of the best jobs in the world. Our Tayside service will afford you support, supervision and invest in your ongoing development. During my time within Tayside I have been supported in holding Honorary lectureships at the Universities of St Andrews and Dundee, in working at the Mental Welfare Commission for Scotland and with the British Psychological Society.

Hopefully, the spotlight sections above give you a sense of what your non-working life can be like. I live across the other side of the River Tay in Fife with a 15 minute commute and views that never fail to delight.

## Our Senior Management Team:

Dr Alison Rowlands (Deputy Director & Drug & Alcohol Recovery Psychology Services)

Dr Sheenagh Macdonald – CAMHS (Lead)

Dr Vicki Dunbar – Regional CAMHS In-patient

Dr Sean Nolan – CAMHS & Infant Mental Health

Dr Aileen McCafferty – Paediatric Neuropsychology

Dr Rowan Reffold – Learning Disabilities

Dr Kate Duncan – ASPEN

Dr Paula Collin – Tayside Eating Disorders

Dr Elaine Whitefield – Forensic Services

Dr Emma Webber – Neonatal, Maternal & Perinatal Mental Health

Dr Ailie Castle (Adult Perth & Kinross)

Dr Helen Nicholson-Langlely (Adult Dundee)

Dr Rosanna McIntosh (Adult Angus)

Dr Fiona Macleod – Older People

Dr Alison Livingstone – Clinical Neuropsychology

Dr Stuart Moulton – Clinical Health Psychology

# Vacancies Currently Available

The following vacancy information is intended to spotlight the main opportunities we have available at the present time. However, if you are interested in working within a speciality or position not listed, please make contact and discuss what the options to accommodate that may be. We have lots of vacancies because our core funding has remained at a high level and been well protected within the Partnership that hosts PTS. With the addition of Increasing Access monies and Recovery & Remobilisation monies, we have excellent scope to expand the Service in varied and exciting ways.

We welcome applications for full-time and part-time employment for all posts.

## **Angus Adult Psychological Therapies Service- 4.2 wte Band 8A**

The Angus Adult Psychological Therapy Service in NHS Tayside is a well established service made up of qualified and trainee clinical psychologists, CAAPS, psychological therapists and assistant psychologists and provides input at both Level 2 primary care and Level 3 CMHT. There are currently posts in both Levels allowing potential for either working solely in one or across both.

In Level 2, post-holders would be working with adults presenting with a wide range of mild to moderate mental health difficulties. In Level 3, appointees would be working as a Psychologist embedded within a multi-disciplinary community mental health team. This involves working with those with severe and enduring mental health problems on an individual and group basis.

*Informal enquiries considering the above post may be made to Dr Rosanna McIntosh at [rosanna.mcintosh@nhs.scot](mailto:rosanna.mcintosh@nhs.scot) or telephone 01356 692865.*



## **Dundee Adult Psychological Therapies Service – 6.0 wte Band 8a/ 3.0 wte Band 7 CAAP or Band 7 Accredited Psychological Therapists**

Dundee Adult Mental Health Services including Psychology are currently undertaking significant redesign as part of the Tayside Mental Health & Wellbeing Strategy `Living Life Well`. We want to hear from enthusiastic and committed clinicians interested in being part of the transformation. We have exciting opportunities for qualified Clinical and Counselling Psychologists, Psychological Therapists and Clinical Associates in Applied Psychology (CAAPS) to work with Adults across a range of services in Dundee City. Full or part time hours will be considered and, for suitable candidates, there are opportunities to combine sessions or posts tailored to individual clinicians' special interests and career objectives. Clinicians may opt to work across the Dundee Adult Psychology Services or combine Dundee Adult Psychology sessions with additional posts across Tayside.

Dundee Adult Psychological Therapies Service - a Primary Care Psychology Service offering 6-12 sessions of evidence based psychological therapy to adults experiencing *mild-moderate* psychological disorders.

Clinical Psychology in the Community Mental Health Teams - provides specialist psychological services to Dundee's two Community Mental Health Teams with both direct delivery of individual and group psychological therapies to adults experiencing severe and enduring mental illness as well as indirect consultation, training and supervision roles within the wider multidisciplinary setting.

*Informal enquiries considering the above post may be made to Dr Helen Nicholson-Langley on (01382) 346556 or [helen.nicholson-langley@nhs.scot](mailto:helen.nicholson-langley@nhs.scot)*



## **Perth Adult Psychological Therapies Service/ CMHT/ Rehab Service / HMP Prison Healthcare – 2.4 wte - Band 8A**

Postholders will join an established team of psychological therapists which includes Clinical Psychologists, Clinical Associates and CBT Therapist. In addition the service regularly offers placements to trainees from the Doctorate in Clinical Psychology course, the MSc in Applied Psychology course and the South of Scotland CBT course. Postholders will be involved in the supervision of trainees. Postholders will be based at Murray Royal Hospital, Perth.

### Perth CMHT /Rehab Service

Both CMHT teams are multi-disciplinary, inclusive of Psychiatry, Nursing and OT. Whilst most clinical work is undertaken within the respective CMHTs there is some collaborative work in the form of Dialectical Behaviour Therapy which is delivered centrally from Perth. We are currently in the process of developing our EUPD pathway and hope to be offering further interventions in the near future.

### HMP Perth

HMP Perth is a maximum security establishment with capacity for 730 prisoners, hosting remand and short term prisoners (convicted less than 4 years) taking admissions from courts in Perth, Angus, Dundee and North Fife, and additionally long term prisoners (convicted prisoners from Tayside and across Scotland). Prison Healthcare is a Perth & Kinross Health and Social Care Partnership hosted Service with responsibility of providing health care (365 days per year) to the residents of both HMP Castle Huntly and HMP Perth.

The postholder will have responsibility for delivering expert, comprehensive, specialist psychological services to patients by working as an integral part of Prison Healthcare Mental Health and Substance Misuse Teams across both HMP Perth and HMP Castle Huntly .

The postholder will provide highly specialist psychological assessment and therapy, working autonomously within professional guidelines and overall framework of the teams, policies and procedure.

*Informal enquiries considering the above post may be made to Dr Ailie Castle on (01738) 562383 or email [ailie.castle@nhs.scot](mailto:ailie.castle@nhs.scot)*

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## **cCBT Digital Service- 0.3 wte Band 8B**

Tayside has a well-developed infrastructure to promote and support the use of digital technologies in the delivery of cCBT and other approved interventions. The Postholder will provide Clinical Psychology leadership for the service and operational management for the administrative/support staff who work within the service. Leadership functions include having oversight of computerised therapy services across Tayside, liaising with the National Lead and colleagues in Scottish Government, offering advice and consultation to Primary Care and other colleagues and marketing interventions with the people of Tayside.

Applications are welcomed from appropriately experienced Clinical and Counselling Psychologists.

*Informal enquiries considering the above post may be made to Dr Will McMurchie on (01382)346160 or email [will.mcmurchie@nhs.scot](mailto:will.mcmurchie@nhs.scot)*

6

### **Early Interventions in Psychosis – Dundee Base with regional role 1.0 wte Band 8b Clinical or Counselling Psychologist, 1.0 wte Band 8a Clinical or Counselling Psychologist**

Early Intervention in Psychosis (EIP) is a brand new service for Tayside. Supported by HIS and closely following the ESTEEM model from Glasgow, we are looking to appoint people with a special interest in psychological approaches to psychosis. Postholders will work within a small, dedicated multidisciplinary team to provide an assertive approach to service users, families and supporters presenting with first episode psychosis. Although community based, in-reach to in-patient wards should people need to be admitted will be required to ensure affinity to an EIP model. A dedicated Consultant post will become available within the next six months with current support coming from Consultants in adult mental health services. Postholders will take a lead role in assessment and the formulation of cases within the context of multi-disciplinary and multi-agency working. Individual and family work will also be required. Postholders will have regular access to clinical supervision and peer support.

*Informal enquires considering the above post may be made to Dr Ailie Castle- [ailie.castle@nhs.scot](mailto:ailie.castle@nhs.scot) (01738 562383)*



### **Learning Disabilities – Dundee / Perth / In-Patient Service – 2.0 wte Band 8A**

The service is looking to appoint people with an enthusiasm for working with people with learning disabilities. Opportunities are available in both in-patient, community out-patient and day patient setting. Post holders will provide psychological assessment, treatment and consultation to adults with learning disabilities, carers and families in the Tayside area. The post requires the ability to take a lead role in assessment and the formulation of complex cases within the context of multi-disciplinary and multi-agency working. Postholders will have regular access to clinical supervision and peer support. The Learning Disability Service is a friendly and supportive work environment. The Learning Disability Psychology section interests include: Trauma, Parenting, Behaviour Family Therapy; Dementia and Cognitive Analytic Therapy.

*Informal enquires considering the above post may be made to Dr Rowan Reffold, [rowan.reffold@nhs.scot](mailto:rowan.reffold@nhs.scot) (01382 346025)*



### **Clinical Health Psychology – Band 8A**

The successful candidate will have an important role within a developing Clinical Health Psychology Service providing specialist psychological intervention to individuals experiencing distress as a result of physical health problems. Collaborative working with a range of healthcare professionals is essential to the delivery of this role. There are excellent opportunities for CPD, research, service development, and multidisciplinary team working. Postholders within Clinical Health Psychology will be encouraged to combine generic work with development of areas of special interest to ensure opportunities for multi-disciplinary working and consultancy to other professional groups.

*Informal enquires considering the above post may be made to Dr Stuart Moulton [stuart.moulton@nhs.scot](mailto:stuart.moulton@nhs.scot) (01382 647758)*



## **Clinical Neuropsychology – 6.0 wte -Band 8A**

These posts are suitable for a Clinical and Counselling Psychologist with a special interest in working with patients who have neurological conditions and brain injury. Posts will be based in the Neuropsychology service in Ninewells Hospital, Dundee but some clinics may be delivered in community settings. The service accepts referrals for acute inpatients and outpatients from across the Tayside region. Specialising in neuropsychological assessment & intervention for individuals who are known to have, or are suspected to have, acquired damage to the brain, largely as a result of disease, trauma or ageing, there is significant variety in the day-to-day work. There will be opportunity to develop areas of special interest such as stroke. Referrals come from a wide variety of sources including Neurosciences, General Medicine, Psychiatry and General Practice. The service also employs staff who work directly in the Regional Trauma Service and Centre for Brain Injury Rehabilitation (both based in Dundee).

*Informal enquires considering the above post may be made to Dr Alison Livingstone on (01382) 740406 or [alison.livingstone2@nhs.scot](mailto:alison.livingstone2@nhs.scot)*



## **East of Scotland Major Trauma Service (Scottish Trauma Network) – 1.3 wte Clinical Psychologist**

Major Trauma is the leading cause of death in people under the age of 45 years and leads to significant short and long term morbidity. It is defined as an injury or combination of injuries that are life threatening and life changing, with the potential for life long disability (NICE Guidelines, 2022). The Major Trauma Clinical Psychology Service sits within the Clinical Neuropsychology Service. The post holder will work within the major trauma patient pathway as part of a multidisciplinary team providing a highly specialised clinical psychology and neuropsychology service. There will be opportunities to contribute to the wider neuropsychology service to ensure the development of a full range of competencies.

All patients admitted via the major trauma pathway will have sustained significant physical injury including orthopaedic, visceral and brain injury and may have been treated in intensive/critical care. Many patients have to adjust to this new physical disability and may require lifelong care. They are likely to experience strong emotions (including anxiety, depression and post-traumatic stress disorder), dependency, pain, sleep disturbance, fatigue, cognitive dysfunction (due to factors including traumatic brain injury, delirium, pre-existing neurological conditions exacerbated by trauma and substance misuse), disruption to their body image and immobility during hospitalisation. These factors all negatively impact engagement in rehabilitation and long term physical, mental health and vocational outcomes. A major part of the post holder's role will be supporting patients to adjust to their return to the community, including social, familial and vocational roles.

Clinical and management supervision for this post will be provided by the 8B Clinical Psychologist for Major Trauma. The successful candidate must have drive, enthusiasm, flexibility and be able to work within multidisciplinary settings.

*Informal enquires considering the above post may be made to Dr Moira Moulton on (01382) 740406 or [moira.moulton@nhs.scot](mailto:moira.moulton@nhs.scot)*



**Tayside Drug and Alcohol Recovery Service- 0.5 wte Band 8C**

This Consultant Psychologist post has been created to supplement the work of the existing, part-time post-holder. The Consultant will be responsible for the oversight of expert, comprehensive specialist psychology services to service users looking to recover from substance use challenges. Supporting colleagues within partner organisations through staff training and supervision will also be required.

The post-holder will participate as a core member of Tayside Drug and Alcohol Recovery Service, contributing to operational and strategic development as well as offering clinical assessment and treatment. The post-holder will join the Leadership Team within Psychological Therapies. Excellent communication and team working skills are essential. Applications are welcomed from those with enthusiasm for working in this specialty.

*Informal enquires considering the above post may be made to Dr Alison Rowlands, [alison.rowlands@nhs.scot](mailto:alison.rowlands@nhs.scot) (01382 424508)*

**Tayside Drug and Alcohol Recovery Service- 0.9 wte Band 8a**

This post is suitable for a Clinical, Counselling or Health Psychologist wishing to contribute to drug and alcohol recovery services across Tayside. Direct clinical work will form a substantive part of the post with a further remit for training across a range of professionals and partner agencies. The post-holder will be a core member of a multi-disciplinary team, with a strong focus on recovery, a determination to meet MAT standards and a focus on co-production in service design. Applications are welcomed from those with enthusiasm for working in this specialty and sessions will be available in other specialties for those wishing a split job or to make this position full-time.

*Informal enquires considering the above post may be made to Dr Alison Rowlands, [alison.rowlands@nhs.scot](mailto:alison.rowlands@nhs.scot) (01382 424508)*

Further opportunities below.

### **Tayside Healthy Weight Services– Band 8A and Band 7 CAAP (Adult and CAMHS)**

In a new cross-speciality collaboration we are pleased to offer an exciting opportunity for clinicians wishing to be part of harmonising our healthy weight services. As a result of significant investment in healthy weight across the life-span we are looking to recruit additional Clinical and Counselling Psychologists and CAAPs trained in Adult and Children & Families Psychological Therapies, to work across existing specialties including Bariatric Surgery, Tayside Eating Disorders and Weight Management Services. The current Psychological Therapies Weight Management Service is hosted within the wider multi-disciplinary Tayside Adult Weight Management & Child Healthy Weight services which serve the adults and children, young people and their carer & families of Tayside and this relationship will continue. There is also well established relationships with the NHS Tayside acute services multi-disciplinary Bariatric Surgery Team.

The impact of living with over-weight and obesity remains a key concern for Scotland. Given the challenges in addressing this, the Scottish Government has made a number of commitments, including a commitment to half childhood obesity by 2030, addressing the disease burden of type 2-diabetes and ensuring all healthy weight services deliver a core minimum standard of intervention. The post-holders will be working to deliver on the Standards for the delivery of tier 2 & tier 3 weight management services for adults and children & young people in Scotland (2019). The SIGN 164 (2022) outlines the recommendations for treatment of Binge Eating Disorder and this investment in staffing resources will take this forward. A significant number of people accessing healthy weight services use food to manage psychological distress, and as such psychological interventions are essential to address the underlying perpetuating factors associated with the distress. The Psychological Therapies healthy weight service has a key role in the delivery of psychosocial interventions and trauma-informed care, and the post-holders will have a key role in contributing to this work. The post-holders will be embedded within an MDT and will work alongside highly skilled dieticians, physiotherapy colleagues and support staff. Core activities will reflect a matched-care model of service delivery, providing individual therapy and group therapy; delivering consultation, training to other professionals as appropriate to the core competencies of the post.

*Informal enquires considering the above post may be made to:*

**Dr Stuart Moulton (Clinical Health Psychology)** [stuart.moulton@nhs.scot](mailto:stuart.moulton@nhs.scot) 01382 647758

**Dr Clare Neilson (Adult Weight Management & Child Healthy Weight)** [clare.neilson@nhs.scot](mailto:clare.neilson@nhs.scot) 01382 424141

**Ms Linda McGrath (Service Lead, Adult Weight Management & Child Healthy Weight)** [linda.mcgrath@nhs.scot](mailto:linda.mcgrath@nhs.scot)  
01738 473507 or mobile 07767 354619

**Dr Paula Collin (Tayside Eating Disorders)** [paula.collin@nhs.scot](mailto:paula.collin@nhs.scot) 01382 346556



### **Child and Adolescent Mental Health Services – 4.0wte Band 8a/ Band 7 CAAP**

The Psychological Therapies team in CAMHS comprises approx 30 members of staff, over two sites, including Clinical Psychologists, Clinical Associates, CBT Psychotherapists and Systemic Family Therapists. These posts will be managed and supervised through the Psychological Therapies Service and based in the Centre for Child Health, Dundee. This represents an excellent opportunity to join an established and supportive team with good links within both CAMHS and the wider NHS Tayside Psychological Therapies Service.

The service has had recent investment and as part of this, there are opportunities for generic posts as well as for development of areas of special interest (Neurodevelopmental services, eating disorders and paediatric psychology are all areas of current expansion). There would also be consideration of posts combining sessions in other psychology specialties outwith CAMHS if this was of interest.

*Informal enquiries considering the above post may be made to Dr Sheenagh MacDonald on (01382) 346565 or [sheenagh.macdonald@nhs.scot](mailto:sheenagh.macdonald@nhs.scot)*



### **Older People Psychology Services – 1.0wte Band 8a**

The post offers an opportunity to work with older people with mental health problems and cognitive disabilities. You will join a vibrant and well - established specialty at a time of significant expansion and development for the service. The post involves working with a wide range of different psychological problems and conditions at different levels of severity, chronicity and co – morbidity. This post is part of the Older People Mental Health Service in Angus which aims to provide integrated and comprehensive services for older people with mental health needs and their families. The post holder will provide specialist input to the community and inpatient units. The post holder will also offer consultation and training on patients' psychological care to multi – disciplinary colleagues

*Informal enquiries considering the above post may be made to Dr Fiona Macleod on (01382) 649027 or [Fiona.macleod11@nhs.scot](mailto:Fiona.macleod11@nhs.scot)*



### **Supporting the Training Infrastructure – 0.3 wte Band 8a**

In recognition of the increasing numbers of training posts within Psychology Services, particularly the establishment of Enhanced Psychological Practitioner Training, NES has provided additional funding to strengthen the support we can offer trainees. These sessions – which can be job-planned into posts across most specialties – will involve offering structured group supervision to trainees across a number of courses and help supervisors address the additional needs that some trainees may have.

The individual taking up these sessions will need significant experience of supervising people in training and a good working knowledge of current training courses. Working closely with the Local Area Development Tutor, the postholder will be accountable to the Director but managed day-to-day by the Consultant in the other area of their work. These sessions will be job-planned into a generic 8a Job description.

*Informal enquires considering the above post may be made to Ms Linda Graham, [linda.graham@nhs.scot](mailto:linda.graham@nhs.scot) 01382 346160)*

We hope that the above information will inspire you to apply to work with us.

If you need more convincing, here are some of the many additional benefits of joining us in the NHS and in Tayside.

# Employee Benefits



## Health and Wellbeing

Access to Occupational Health, free counselling and wellbeing services

- Cycle to work scheme
- [www.cyclesolutions.info/nhstayside](http://www.cyclesolutions.info/nhstayside)

## Staff Recognition

- Long Service Awards
- NHS Tayside's Staff Appreciation and Recognition (STAR) Awards



## Holidays and Leave

- Generous annual leave
- Maternity/paternity leave
- Paid paternal leave for each child
- Paid sick leave entitlement

## NHS Pension Scheme

- Access to generous NHS pension scheme



## Career Break Opportunities



## Continuous Personal Development Opportunities



## Flexible Working



## Child Care Voucher Scheme



## Health Service Discounts

- Access to the UK's biggest NHS staff discount website
- Eligibility for blue light membership, a discount service for NHS staff
- Access to Tayside Recreational Events Activities Team Surprises (TREATS)



## Relocation

- Assistance with relocation costs

# NHS Tayside

