

Adult psychotherapist

Adult psychotherapists work with adults to assess and treat a range of emotional, social or mental health issues.

You'll help adults tackle problems such as behavioural issues, common challenges such as anxiety and depression or more complex or severe issues, such as psychosis or a personality disorder diagnosis. ?



Working life

Treatment usually begins with an assessment which takes place over a number of sessions between you and the patient.

Having trained in one or more psychotherapeutic approaches, you will provide therapy to help people change the ways they think and behave or find better ways to cope. This therapy will provide space for them to express their feelings and gain a deeper insight into the issues they face. This could include group sessions.

Where will I work?

You are likely to work in:

- hospitals
- local clinics and health centres
- in the community
- an Improving Access to Psychological Therapies service

You'll also work in a multi-disciplinary team including [mental health nurses](#) ^[1], [psychiatrists](#) ^[2] and a range of other [psychological professionals](#) ^[3].

Entry requirements

To practise as an adult psychotherapist, you'll need to undertake appropriate recognised training. You'll usually need an undergraduate degree in a relevant subject and/or be a qualified and experienced healthcare practitioner, such as a [psychiatrist](#) [2], [psychologist](#) [4], [mental health nurse](#) [1] or [social worker](#) [5].

To secure a place on a psychotherapy training course, you will also need to be able to demonstrate that you have relevant experience.

Employers will indicate through the job description/person specification exactly which qualifications they will consider when selecting applicants for psychotherapist roles.

Training

Training usually takes four years, combining study with clinical training under supervision and provided by a number of organisations, which are usually accredited by the [UK Council for Psychotherapy](#) [6] (UKCP), the [British Association for Counselling and Psychotherapy](#) [7] or the [British Psychoanalytic Council](#) [8].

Clinical training consists of intensive treatment of patients carried out under supervision. Clinical discussions combining theory and practice are held throughout the period of training. Alongside your training, you will be expected to undertake your own personal therapy to build your self-awareness and expand on your ability to relate to others.

The application process for psychotherapy training is administered directly by the individual organisations running the courses.

Must-have skills

You'll need a range of skills to be a psychotherapist, including:

- a keen awareness of people and their behaviour
- a capacity for study and continued learning
- the ability to relate to a wide range of people
- excellent communication skills
- the ability to work on your own as well as in consultation with others
- a responsible, professional approach, respecting the confidentiality of patients
- emotional resilience and maturity
- self awareness
- the ability to empathise with others and make positive relationships
- an openness to addressing issues of prejudice and oppression

- **Pay and conditions**

Most jobs in the NHS are covered by the [Agenda for Change \(AfC\)](#) [9] pay scales. This pay system covers all staff except doctors, dentists and the most senior managers.

While training, you'll usually be paid at band 6. After completing their training, you'll be paid at band 7. Adult psychotherapists work full or part time. Terms and conditions can vary for employers outside of the NHS.

- **Where the role can lead**

As your professional experience and knowledge grows, you can move into more senior positions within psychotherapy services and beyond. There are opportunities to be involved in research and training people to become psychotherapists. As well as moving to more senior and specialised roles, you may also have the chance to take on additional responsibilities and progress within the organisation.

If you start NHS-funded training from April 2022, you will normally be unable to access further NHS-funded training for a new occupation in the psychological professions until two years after your qualifying exam board. Visit the [funding for psychological professions training programmes web page](#) ^[10] for more information about NHS funding.

- **Job market and vacancies**

Most NHS organisations advertise their job and apprenticeship vacancies on [NHS Jobs](#) ^[11], including those who run NHS services. Some advertise on their own websites. You can find a list of NHS organisations at [NHS Choices](#) ^[12].

If you're applying for a role either directly in the NHS or in an organisation that provides NHS services, you'll be asked to show how you think the values of the [NHS Constitution](#) ^[13] apply in your everyday work.

[Find out more about NHS values.](#) ^[14]

Find a vacancy

Enter your location or postcode

Show results within

Search

- **B7 Adult Psychotherapist - part time**

Chertsey, KT16 9FG

Salary:

£48270.00 to £54931.00

Type:

Permanent

Employer:

Surrey and Borders Partnership NHS Foundation Trust

[Apply now on NHS Jobs for B7 Adult Psychotherapist - part time job \(opens in a new window\)](#) ^[15]

- **Counsellor/Psychotherapist**

Huddersfield/ Halifax, HD3 3EA

Salary:

£38682.00 to £46580.00

Type:

Fixed-Term

Employer:

Calderdale and Huddersfield NHS Foundation Trust

[Apply now on NHS Jobs for Counsellor/Psychotherapist job \(opens in a new window\)](#) ^[16]

- **CBT Psychotherapist**

Nottingham, NG5 3FL

Salary:

£46148.00 to £52809.00

Type:

Secondment

Employer:

Nottinghamshire Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for CBT Psychotherapist job \(opens in a new window\)](#) ^[17]

- **Psychosexual Psychotherapist**

Skelmersdale, WN8 6QS

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Blackpool Teaching Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Psychosexual Psychotherapist job \(opens in a new window\)](#) ^[18]

- **CBT Psychotherapist/ Psychologist**

Maidstone, Kent, ME16 9QQ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for CBT Psychotherapist/ Psychologist job \(opens in a new window\)](#) ^[19]

- **CBT Psychotherapist/Psychologist**

Margate, Kent, CT9 4BF

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for CBT Psychotherapist/Psychologist job \(opens in a new window\)](#) ^[20]

- **CBT Psychotherapist/Psychologist**

Ashford, Kent, TN24 0LZ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for CBT Psychotherapist/Psychologist job \(opens in a new window\)](#) ^[21]

- **Group Psychodynamic Psychotherapist - Development Post**

Wakefield, WF1 2TE

Salary:

£46148.00 to £60504.00

Type:

Permanent

Employer:

South West Yorkshire Partnership NHS Trust

[Apply now on NHS Jobs for Group Psychodynamic Psychotherapist - Development Post job \(opens in a new window\)](#) ^[22]

- **Principle Psychotherapist, Practitioner & Psychological Therapist**

beckenham, BR3 3BX

Salary:

£67950.00 to £78028.00

Type:

Secondment

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Principle Psychotherapist, Practitioner & Psychological Therapist job \(opens in a new window\)](#) ^[23]

- **Consultant Clinical/Counselling Psychologist/Psychotherapist**

Reading, RG6 6BZ

Salary:

£76412.00 to £87723.00

Type:

Permanent

Employer:

Berkshire Healthcare Foundation Trust

[Apply now on NHS Jobs for Consultant Clinical/Counselling Psychologist/Psychotherapist job \(opens in a new window\)](#) ^[24]

- ***INTERNAL TO MPFT* Art Psychotherapist**

Staffordshire, ST16 3SR

Salary:

£46148.00 to £52809.00

Type:

Fixed-Term

Employer:

Midlands Partnership NHS Foundation Trust

[Apply now on NHS Jobs for *INTERNAL TO MPFT* Art Psychotherapist job \(opens in a new window\)](#) ^[25]

- **Principal Practitioner Psychologist or Psychotherapist**

Southwark, SE11 5DL

Salary:

£70387.00 to £80465.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Principal Practitioner Psychologist or Psychotherapist job \(opens in a new window\)](#) ^[26]

- **Professional Lead Practitioner Psychologist/Psychotherapist**

Exeter, EX2 5AF

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Devon Partnership NHS Trust

[Apply now on NHS Jobs for Professional Lead Practitioner Psychologist/Psychotherapist job \(opens in a new window\)](#) ^[27]

- **Perinatal and Parent-Infant Outreach Psychotherapist**

London, SW17 7DJ

Salary:

£54320.00 to £60981.00

Type:

Permanent

Employer:

South West London and St Georges Mental Health NHS Trust

[Apply now on NHS Jobs for Perinatal and Parent-Infant Outreach Psychotherapist job \(opens in a new window\)](#) ^[28]

- **Consultant Clinical/Counselling Psychologist/Psychotherapist/CBT**

Leeds, LS7 3JX

Salary:

£74290.00 to £85601.00

Type:

Permanent

Employer:

Leeds and York Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Consultant Clinical/Counselling Psychologist/Psychotherapist/CBT job \(opens in a new window\)](#) ^[29]

- **Adult Audiologist**

London, W6 8RF

Salary:

£35964.00 to £43780.00

Type:

Permanent

Employer:

Imperial College Healthcare NHS Trust

[Apply now on NHS Jobs for Adult Audiologist job \(opens in a new window\)](#) ^[30]

- **Adult Clinical Lead**

Windsor, SL4 3DP

Salary:

£55877.00 to £62626.00

Type:

Permanent

Employer:

Berkshire Healthcare Foundation Trust

[Apply now on NHS Jobs for Adult Clinical Lead job \(opens in a new window\)](#) ^[31]

- **Adult Forensic Consultant**

Bury New Road, Prestwich, M25 3BL

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Greater Manchester Mental Health NHSFT

[Apply now on NHS Jobs for Adult Forensic Consultant job \(opens in a new window\)](#)

^[32]

- **Occupational Therapist Adult Care**

Stamford, PE9 2YN

Salary:

£34314.00 to £41511.00

Type:

Permanent

Employer:

Lincolnshire County Council

[Apply now on NHS Jobs for Occupational Therapist Adult Care job \(opens in a new window\)](#) ^[33]

- **Adult Neurosurgery Spinal Fellowship**

Leeds, LS1 3EX

Salary:

£70425.00

Type:

Fixed-Term

Employer:

Leeds Teaching Hospitals

[Apply now on NHS Jobs for Adult Neurosurgery Spinal Fellowship job \(opens in a new window\)](#) ^[34]

- **ADMINISTRATOR- Adult Community Services**

Godalming, GU7 1UG

Salary:

£25883.00 to £26958.00

Type:

Permanent

Employer:

Royal Surrey NHS Foundation Trust

[Apply now on NHS Jobs for ADMINISTRATOR- Adult Community Services job \(opens in a new window\)](#) ^[35]

- **Adult Mental Health Practitioner**

London, SE16 2TH

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Adult Mental Health Practitioner job \(opens in a new window\)](#) ^[36]

- **Young Adult Transition Practitioner**

London, SW17 0YF

Salary:

£61927.00 to £68676.00

Type:

Permanent

Employer:

South West London and St Georges Mental Health NHS Trust

[Apply now on NHS Jobs for Young Adult Transition Practitioner job \(opens in a new window\)](#) ^[37]

- **Clinical Adult Team Manager**

London, N7 7JW

Salary:

£59937.00 to £69527.00

Type:

Permanent

Employer:

Freedom From Torture

[Apply now on NHS Jobs for Clinical Adult Team Manager job \(opens in a new window\)](#) ^[38]

- **Specialty Doctor in Adult Community**

Thurrock, RM17 5TT

Salary:

£59175.00 to £95400.00

Type:

Permanent

Employer:

Essex Partnership University NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor in Adult Community job \(opens in a new window\)](#) ^[39]

- **Team Manager – Older Adults HTT**

Enfield, EN2 8GH

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

North London NHS Foundation Trust

[Apply now on NHS Jobs for Team Manager – Older Adults HTT job \(opens in a new window\)](#) ^[40]

- **Older Adult Practitioner - Living Well**

Buxton, SK17 6HU

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Derbyshire Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for Older Adult Practitioner - Living Well job \(opens in a new window\)](#) ^[41]

- **Principal Applied Psychologist - Older Adults**

Doncaster, DN4 8QN

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Rotherham Doncaster and South Humber NHSFT

[Apply now on NHS Jobs for Principal Applied Psychologist - Older Adults job \(opens in a new window\)](#) ^[42]

- **Associate Specialist - Adult Psychiatry Community**

Braddan, IM4 4RJ

Salary:

£80611.00 to £126000.00

Type:

Permanent

Employer:

Manx Care

[Apply now on NHS Jobs for Associate Specialist - Adult Psychiatry Community job \(opens in a new window\)](#) ^[43]

- **Named Professional for Safeguarding Adults**

Plymouth, PL6 8DH

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

University Hospitals Plymouth NHS Trust

[Apply now on NHS Jobs for Named Professional for Safeguarding Adults job \(opens in a new window\)](#) ^[44]

- **Consultant in Adult Palliative Medicine**

Grimsby, DN32 9RP

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

St Andrews Hospice

[Apply now on NHS Jobs for Consultant in Adult Palliative Medicine job \(opens in a new window\)](#) ^[45]

- **Principal Psychologist - Adult Inpatient Services**

LUTON, LU4 9WT

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

East London NHS Foundation Trust

[Apply now on NHS Jobs for Principal Psychologist - Adult Inpatient Services job \(opens in a new window\)](#) ^[46]

- **Locum Consultant in Adult Cardiology**

Leeds, LS1 3EX

Salary:

£105504.00 to £139882.00

Type:

Locum

Employer:

Leeds Teaching Hospitals

[Apply now on NHS Jobs for Locum Consultant in Adult Cardiology job \(opens in a new window\)](#) ^[47]

- **Interim Director of Adult Services**

Ashford, TN25 4AZ

Salary:

£105385.00 to £121271.00

Type:

Secondment

Employer:

Kent Community Health NHS Foundation Trust

[Apply now on NHS Jobs for Interim Director of Adult Services job \(opens in a new window\)](#) ^[48]

- **Clinical/Counselling Psychologist Adult Wards**

Hertfordshire, EN6 2SE

Salary:

£46800.00

Type:

Permanent

Employer:

Elysium Healthcare

[Apply now on NHS Jobs for Clinical/Counselling Psychologist Adult Wards job \(opens in a new window\)](#) [49]

• Further information

- [British Association for Counselling and Psychotherapy](#) [7]
- [British Psychoanalytic Council](#) [50]
- [UK Council for Psychotherapy](#) [51]

Other roles that may interest you

- [Art therapist/art psychotherapist](#) [52]
- [Mental health nurse](#) [53]
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- [Assistant psychologist](#) [55]

Source URL: <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychotherapist>

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