

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

- **Adult Psychotherapist**

Leicester, LE5 4QF

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Leicestershire Partnership NHS Trust

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

- **8b Principal Adult Psychotherapist- part time**

Chertsey, KT16 9FG

Salary:

£64337.00 to £74415.00

Type:

Permanent

Employer:

Surrey and Borders Partnership NHS Foundation Trust

[Apply now on NHS Jobs for 8b Principal Adult Psychotherapist- part time job \(opens in a new window\)](#) ^[16]

- **Psychotherapist**

Hull, HU3 1XR

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Humber Teaching NHS Foundation Trust

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

- **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 \(opens in a new window\)](#) ^[18]

- **CBT Psychotherapist**

London, SW3 4BP

Salary:

£18000.00 to £19000.00

Type:

Permanent

Employer:

Schoen Clinic

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

- **Counsellor/Psychotherapist**

Cheney Manor, SN2 2PN

Salary:

£27000.00

Type:

Permanent

Employer:

ABL Health Ltd

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

- **Counsellor/Psychotherapist**

Cheney Manor, SN2 2PN

Salary:

£24000.00 to £27000.00

Type:

Permanent

Employer:

ABL Health Ltd

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

- **Cognitive Behavioural Psychotherapist**

Nottingham, NG5 1AW

Salary:

Negotiable

Type:

Permanent

Employer:

The Condition Management Company

[Apply now on NHS Jobs for Cognitive Behavioural Psychotherapist job \(opens in a new window\)](#) ^[22]

- **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 \(opens in a new window\)](#) ^[23]

- **Highly Specialist Practitioner- Psychotherapist**

Gloucester, GL1 1LY

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Gloucestershire Health and Care NHS Foundation Trust

[Apply now on NHS Jobs for Highly Specialist Practitioner- Psychotherapist job \(opens in a new window\)](#) ^[24]

- **Team Lead / Principal Psychotherapist**

Folkestone, CT19 5HL

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

[Apply now on NHS Jobs for Team Lead / Principal Psychotherapist job \(opens in a new window\)](#) ^[25]

- **Principal Clinical Psychologist / Psychotherapist**

Rotherham, S65 2QL

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Rotherham Doncaster and South Humber NHSFT

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

- **Clinical Psychologist/Health Psychologist/ Psychotherapist**

Watford, WD18 0HB

Salary:

£55877.00 to £62626.00

Type:

Permanent

Employer:

Hertfordshire Partnership University NHS Foundation Trust

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

- **Clinical/Counselling Psychologist or Psychotherapist**

Reading, RG1 7YL

Salary:

£48270.00 to £54931.00

Type:

Permanent

Employer:

Berkshire Healthcare Foundation Trust

[Apply now on NHS Jobs for Clinical/Counselling Psychologist or Psychotherapist job \(opens in a new window\)](#) ^[28]

- **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 \(opens in a new window\)](#) ^[29]

- **CAMHS Infant Mental Health Psychotherapist**

Plymouth, PL5 1RH

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Livewell Southwest

[Apply now on NHS Jobs for CAMHS Infant Mental Health Psychotherapist job \(opens in a new window\)](#) ^[30]

- **Band 7 Arts psychotherapist - Wiltshire**

Warminster, BA12 9AB

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Avon & Wiltshire Mental Health Partnership NHS Trust

[Apply now on NHS Jobs for Band 7 Arts psychotherapist - Wiltshire job \(opens in a new window\)](#) ^[31]

- **8a Principal Clinical/Counselling Psychologist/Psychotherapist**

Leatherhead, KT22 7AD

Salary:

£55877.00 to £62626.00

Type:

Secondment

Employer:

Surrey and Borders Partnership NHS Foundation Trust

[Apply now on NHS Jobs for 8a Principal Clinical/Counselling Psychologist/Psychotherapist job \(opens in a new window\)](#) ^[32]

- **Senior CBT Therapist or Senior Psychotherapist**

London, SE5 8AZ

Salary:

£61927.00 to £68676.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Senior CBT Therapist or Senior Psychotherapist job \(opens in a new window\)](#) ^[33]

- **High Intensity Therapist or High Intensity Counselling Psychotherapist**

Weymouth, DT4 7BG

Salary:

£27688.00 to £31685.00

Type:

Fixed-Term

Employer:

Dorset HealthCare University NHS Foundation Trust

[Apply now on NHS Jobs for High Intensity Therapist or High Intensity Counselling Psychotherapist job \(opens in a new window\)](#) ^[34]

- **B5, B6 or B7 Counsellor/High Intensity Counselling Psychotherapist**

Dorchester, DT1 2PG

Salary:

£29970.00 to £52809.00

Type:

Permanent

Employer:

Dorset HealthCare University NHS Foundation Trust

[Apply now on NHS Jobs for B5, B6 or B7 Counsellor/High Intensity Counselling Psychotherapist job \(opens in a new window\)](#) ^[35]

- **Adult Support Coordinator - Adult and Autism Team**

St Ives, PE27 5JL

Salary:

£33366.00 to £35235.00

Type:

Permanent

Employer:

Cambridgeshire County Council

[Apply now on NHS Jobs for Adult Support Coordinator - Adult and Autism Team job \(opens in a new window\)](#) ^[36]

- **Social Worker (Adults) - Adult Community Mental Health**

Salford, M7 2YL

Salary:

£36124.00 to £45718.00

Type:

Permanent

Employer:

Northern Care Alliance NHS Foundation Trust

[Apply now on NHS Jobs for Social Worker \(Adults\) - Adult Community Mental Health job \(opens in a new window\)](#) ^[37]

- **Safeguarding Adult Practitioner**

Harlow, CM20 1QX

Salary:

£37338.00 to £44962.00

Type:

Fixed-Term

Employer:

The Princess Alexandra Hospital NHS Trust

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

- **Psychologist Adult Mental Health**

Northampton, NN1 3EB

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Northamptonshire Healthcare Foundation Trust

[Apply now on NHS Jobs for Psychologist Adult Mental Health job \(opens in a new window\)](#) ^[39]

- **Adult Speech & Language therapist**

Sutton, SM5 1AA

Salary:

£34521.00 to £41956.00

Type:

Fixed-Term

Employer:

Epsom and St Helier University Hospitals NHS Trust

[Apply now on NHS Jobs for Adult Speech & Language therapist job \(opens in a new window\)](#) ^[40]

- **Adult Carer Support Worker**

Bedford, MK41 7PZ

Salary:

£25098.00 to £27235.00

Type:

Permanent

Employer:

Carers in Bedfordshire

[Apply now on NHS Jobs for Adult Carer Support Worker job \(opens in a new window\)](#) ^[41]

- **Consultant in Adult Psychiatry**

Doncaster, DN4 8QN

Salary:

£121765.00 to £164165.00

Type:

Permanent

Employer:

Rotherham Doncaster and South Humber NHSFT

[Apply now on NHS Jobs for Consultant in Adult Psychiatry job \(opens in a new window\)](#) ^[42]

- **Clinical Psychologist Adult Renal**

Nottingham, NG5 1PB

Salary:

£62215.00 to £72293.00

Type:

Permanent

Employer:

Nottingham University Hospitals NHS Trusts

[Apply now on NHS Jobs for Clinical Psychologist Adult Renal job \(opens in a new window\)](#) ^[43]

- **Further information**

- [British Association for Counselling and Psychotherapy](#) ^[7]
- [British Psychoanalytic Council](#) ^[44]
- [UK Council for Psychotherapy](#) ^[45]

Other roles that may interest you

- [Art therapist/art psychotherapist](#) ^[46]
- [Mental health nurse](#) ^[47]
- [Psychological wellbeing practitioner](#) ^[48]
- [Assistant psychologist](#) ^[49]

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

Links

[\[1\] https://www.healthcareers.nhs.uk/explore-roles/nursing/mental-health-nurse](https://www.healthcareers.nhs.uk/explore-roles/nursing/mental-health-nurse) ^[2] <https://www.healthcareers.nhs.uk/explore-roles/psychiatry> ^[3] <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies> ^[4] <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/clinical-psychologist> ^[5] <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychotherapist>

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