

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

- **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 \(opens in a new window\)](#) ^[15]

- **Psychotherapist**

Worcester, WR6 5JD

Salary:

£47763.00 to £47763.00

Type:

Permanent

Employer:

Caretech Community Services Ltd

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

- **Counsellor/Psychotherapist**

Cheney Manor, SN2 2PN

Salary:

£27000.00

Type:

Permanent

Employer:

ABL Health Ltd

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

- **Psychotherapist /Counsellor**

Derby, DE1 2QY

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

University Hospitals of Derby and Burton NHS Foundation Trust

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

- **Parent Infant Psychotherapist**

Dewsbury, WF13 4AD

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

South West Yorkshire Partnership NHS Trust

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

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

Brixton , London, SW9 6AA

Salary:

£61927.00 to £68676.00

Type:

Permanent

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Practitioner Psychologist, Psychotherapist & Psychological Therapist job \(opens in a new window\)](#) ^[20]

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

London, SE18EL

Salary:

£61927.00 to £68676.00

Type:

Secondment

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Practitioner Psychologist, Psychotherapist & Psychological Therapist job \(opens in a new window\)](#) ^[21]

- **Practitioner Psychologist/Psychological Therapist/Psychotherapist**

Croydon, CR0 1FE

Salary:

£67950.00 to £78028.00

Type:

Permanent
Employer:
South London and Maudsley NHS Foundation Trust
[Apply now on NHS Jobs for Practitioner Psychologist/Psychological
Therapist/Psychotherapist job \(opens in a new window\)](#) ^[22]

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

Kennington, SE11 6JJ

Salary:
£54320.00 to £60981.00

Type:
Permanent

Employer:
South London and Maudsley NHS Foundation Trust
[Apply now on NHS Jobs for Practitioner Psychologist, Psychotherapist &
Psychological Therapist job \(opens in a new window\)](#) ^[23]

- **Clinical/Counselling Psychologist or Psychotherapist**

Reading, RG1 7YL

Salary:
£50008.00 to £56908.00

Type:
Permanent

Employer:
Berkshire Healthcare Foundation Trust
[Apply now on NHS Jobs for Clinical/Counselling Psychologist or Psychotherapist
job \(opens in a new window\)](#) ^[24]

- **Principal Counselling/Clinical Psychologist/ (Arts) Psychotherapist**

Torquay, TQ2 7AA

Salary:
£53755.00 to £60504.00

Type:
Permanent

Employer:
Devon Partnership NHS Trust
[Apply now on NHS Jobs for Principal Counselling/Clinical Psychologist/ \(Arts\)
Psychotherapist job \(opens in a new window\)](#) ^[25]

- **Cognitive Behavioural Psychotherapist or Clinical Psychologist**

Belper, DE56 1WN

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Derbyshire Healthcare NHS Foundation Trust

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

- **Clinical/Counselling Psychologist/Psychotherapist inc Arts**

Torquay, TQ27AA

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Devon Partnership NHS Trust

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

- **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 \(opens in a new window\)](#) ^[28]

- **Adult Counsellor**

Southend-on-Sea, SS2 6PR

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Havens Hospices

[Apply now on NHS Jobs for Adult Counsellor job \(opens in a new window\)](#) ^[29]

- **Specialist Adult Audiologist**

London, W6 8RF

Salary:

£44806.00 to £53134.00

Type:

Fixed-Term

Employer:

Imperial College Healthcare NHS Trust

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

- **Adults Programme Manager**

Caerleon, NP18 3XQ

Salary:

£54550.00 to £61412.00

Type:

Fixed-Term

Employer:

Aneurin Bevan University Health Board

[Apply now on NHS Jobs for Adults Programme Manager job \(opens in a new window\)](#) ^[31]

- **Administrator - Adult Safeguarding Team**

Bath, BA1 3NG

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

Royal United Hospitals Bath NHS Foundation Trust

[Apply now on NHS Jobs for Administrator - Adult Safeguarding Team job \(opens in a new window\)](#) ^[32]

- **Remote Adult ADHD Assessor**

London, W1G 9PF

Salary:

£200.00

Type:

Locum

Employer:

Harley Mental Health Ltd

[Apply now on NHS Jobs for Remote Adult ADHD Assessor job \(opens in a new window\)](#) ^[33]

- **Ward Clerk - Adult Services**

Southend on Sea, SS2 6PR

Salary:

£24937.00 to £26598.00

Type:

Permanent

Employer:

Havens Hospices

[Apply now on NHS Jobs for Ward Clerk - Adult Services job \(opens in a new window\)](#) ^[34]

- **Adult Community Dietitian - Bexley**

Orpington, BR5 2RJ

Salary:

£42939.00 to £50697.00

Type:

Permanent

Employer:

Bromley Healthcare CIC

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

- **Adult Safeguarding Team Manager**

Bodmin, PL31 2QN

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Cornwall Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Adult Safeguarding Team Manager job \(opens in a new window\)](#) ^[36]

- **Lecturer in Adult Nursing**

Chichester, PO19 6PE

Salary:

£41671.00 to £45413.00

Type:

Permanent

Employer:

University of Chichester

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

[37]

- **Named Professional for Safeguarding Adults**

Plymouth, PL6 8DH

Salary:

£55690.00 to £62682.00

Type:

Permanent

Employer:

University Hospitals Plymouth NHS Trust

[Apply now on NHS Jobs for Named Professional for Safeguarding Adults job \(opens in a new window\)](#) [38]

- **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 \(opens in a new window\)](#) [39]

- **Group Manager - Adult Social Work**

Douglas, IM1 2SF

Salary:

£66461.00 to £77429.00

Type:

Permanent

Employer:

Manx Care

[Apply now on NHS Jobs for Group Manager - Adult Social Work job \(opens in a new window\)](#) [40]

- **Clinical/Counselling Psychologist Adult Wards**

Potters Bar, EN62SE

Salary:

£52000.00

Type:

Permanent

Employer:

Elysium Healthcare

[Apply now on NHS Jobs for Clinical/Counselling Psychologist Adult Wards job \(opens in a new window\)](#) ^[41]

- **Adult Speech and Language Therapist**

Croydon, Surrey, CR7 7YE

Salary:

£51883.00 to £58544.00

Type:

Permanent

Employer:

Croydon Health Services NHS Trust

[Apply now on NHS Jobs for Adult Speech and Language Therapist job \(opens in a new window\)](#) ^[42]

- **Specialist Audiologist – Adults and Paediatrics**

PLYMOUTH, PL6 8DH

Salary:

£38682.00 to £46580.00

Type:

Fixed-Term

Employer:

University Hospitals Plymouth NHS Trust

[Apply now on NHS Jobs for Specialist Audiologist – Adults and Paediatrics job \(opens in a new window\)](#) ^[43]

- **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 \(opens in a new window\)](#) ^[44]

- **Consultant in General Adult Psychiatry**

Ashton-Under-Lyne, OL6 9RW

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Pennine Care NHS FT

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

- **Specialty Doctor - General Adult Psychiatry**

Enfield, EN1 2HL

Salary:

£61542.00 to £99216.00

Type:

Permanent

Employer:

North London NHS Foundation Trust

[Apply now on NHS Jobs for Specialty Doctor - General Adult Psychiatry job \(opens in a new window\)](#) ^[46]

- **Safeguarding Specialist Advisor for Adults**

Ashford, TN25 4AZ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Kent Community Health NHS Foundation Trust

[Apply now on NHS Jobs for Safeguarding Specialist Advisor for Adults job \(opens in a new window\)](#) ^[47]

- **Consultant Adult & Paediatric Spinal Surgeon**

London, E1 1FR

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barts Health NHS Trust

[Apply now on NHS Jobs for Consultant Adult & Paediatric Spinal Surgeon job \(opens in a new window\)](#) ^[48]

- **Older Adult CMHT Team Manager**

Bolton, BL2 6NT

Salary:

£47810.00 to £54710.00

Type:

Permanent

Employer:

Greater Manchester Mental Health NHSFT

[Apply now on NHS Jobs for Older Adult CMHT Team Manager job \(opens in a new window\)](#) ^[49]

- **Consultant in General Adult Psychiatry**

Telford, TF34NF

Salary:

Negotiable

Type:

Permanent

Employer:

Midlands Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Consultant in General Adult Psychiatry job \(opens in a new window\)](#) ^[50]

- **Speciality Doctor (General Adult Psychiatry)**

Huddersfield, HD1 3LT

Salary:

£70901.00 to £99216.00

Type:

Permanent

Employer:

South West Yorkshire Partnership NHS Trust

[Apply now on NHS Jobs for Speciality Doctor \(General Adult Psychiatry\) job \(opens in a new window\)](#) ^[51]

- **ADMINISTRATOR- Adult Community Services B3**

Godalming, GU7 1UG

Salary:

£26240.00 to £27928.00

Type:

Permanent

Employer:

Royal Surrey NHS Foundation Trust

[Apply now on NHS Jobs for ADMINISTRATOR- Adult Community Services B3 job \(opens in a new window\)](#) ^[52]

• Further information

- [British Association for Counselling and Psychotherapy](#) [7]
- [British Psychoanalytic Council](#) [53]
- [UK Council for Psychotherapy](#) [54]

Other roles that may interest you

- [Art therapist/art psychotherapist](#) [55]
- [Mental health nurse](#) [56]
- [Psychological wellbeing practitioner](#) [57]
- [Assistant psychologist](#) [58]

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