

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]

- **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 \(opens in a new window\)](#) ^[16]

- **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 \(opens in a new window\)](#) ^[17]

- **Counsellor/Psychotherapist**

Cheney Manor, SN2 2PN

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Employer:

ABL Health Ltd

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

- **Lead Art Psychotherapist**

Treorci, CF42 6YG

Salary:

£46840.00 to £53602.00

Type:

Permanent

Employer:

Cwm Taf Morgannwg University Health Board

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

[19]

- **Bank Clinical Psychotherapist / Psychologist**

Pembury, TN2 4QJ

Salary:

£29.33

Type:

Bank

Employer:

Maidstone and Tunbridge Wells NHS Trust

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

- **Clinical / Counselling Psychologist Psychotherapist**

London, SW9 9NU

Salary:

£54320.00 to £60981.00

Type:

Fixed-Term

Employer:

South London and Maudsley NHS Foundation Trust

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

- **Principle Clinical/ Counselling Psychologist / Psychotherapist**

London, SW9 6AA

Salary:

£70387.00 to £80465.00

Type:

Fixed-Term

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Principle Clinical/ Counselling Psychologist / Psychotherapist job \(opens in a new window\)](#) [22]

- **Clinical / Counselling Psychologist or Psychotherapist**

London, SW9 6AA

Salary:

£54320.00 to £60981.00

Type:

Fixed-Term

Employer:

South London and Maudsley NHS Foundation Trust

[Apply now on NHS Jobs for Clinical / Counselling Psychologist or Psychotherapist job \(opens in a new window\)](#) ^[23]

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

Tunbridge Wells, TN1 2JN

Salary:

£46148.00 to £60504.00

Type:

Permanent

Employer:

Kent & Medway NHS & Social Care Partnership Trust

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

- **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 \(opens in a new window\)](#) ^[25]

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

London, SE5 8AZ

Salary:

£54320.00 to £68676.00

Type:

Fixed-Term

Employer:

South London and Maudsley NHS Foundation Trust
[Apply now on NHS Jobs for Psychotherapist, Practitioner Psychologist & Psychological Therapist job \(opens in a new window\)](#) ^[26]

- **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 \(opens in a new window\)](#) ^[27]

- **Practitioner Psychologist / Counsellor / Psychotherapist, Band 7**

Gloucester, GL1 3NN

Salary:

£46148.00 to £52809.00

Type:

Fixed-Term

Employer:

Gloucestershire Hospitals NHS Foundation Trust

[Apply now on NHS Jobs for Practitioner Psychologist / Counsellor / Psychotherapist, Band 7 job \(opens in a new window\)](#) ^[28]

- **Healthcare Assistant - Adult**

Carlisle, CA2 4SD

Salary:

£24069.00 to £25672.00

Type:

Permanent

Employer:

Eden Valley Hospice and Jigsaw Children's Hospice

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

- **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) ^[30]

- **SARC Adult Counsellor**

Manchester, M13 0HY

Salary:

£29970.00 to £36483.00

Type:

Fixed-Term

Employer:

Manchester University NHS Foundation Trust

Apply now on NHS Jobs for SARC Adult Counsellor job (opens in a new window) ^[31]

- **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) ^[32]

- **Senior Audiologist - Adult Audiology**

Stevenage, SG1 4AB

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

East and North Hertfordshire Teaching NHS Trust

Apply now on NHS Jobs for Senior Audiologist - Adult Audiology job (opens in a new window) ^[33]

- **Service Lead - Adult Audiology**

Hertford, SG14 1LP

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

East and North Hertfordshire Teaching NHS Trust

[Apply now on NHS Jobs for Service Lead - Adult Audiology job \(opens in a new window\)](#) ^[34]

- **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 \(opens in a new window\)](#) ^[35]

- **Adult Mental Health Specialist**

Colchester, CO4 5JL

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

East Suffolk and North Essex NHS Foundation Trust

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

- **Named Doctor - Safeguarding Adults**

Romford, RM7 0AG

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

Barking, Havering and Redbridge University Hospitals NHS Trust

[Apply now on NHS Jobs for Named Doctor - Safeguarding Adults job \(opens in a new window\)](#) ^[37]

- **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 \(opens in a new window\)](#) ^[38]

- **Team Leader - Adult Rehabilitation**

PLYMOUTH, PL6 8DH

Salary:

£46148.00 to £60504.00

Type:

Permanent

Employer:

University Hospitals Plymouth NHS Trust

[Apply now on NHS Jobs for Team Leader - Adult Rehabilitation job \(opens in a new window\)](#) ^[39]

- **Adult Spinal Deformity Fellow**

Liverpool, L9 7LJ

Salary:

Negotiable

Type:

Fixed-Term

Employer:

The Walton Centre NHS Foundation Trust

[Apply now on NHS Jobs for Adult Spinal Deformity Fellow job \(opens in a new window\)](#) ^[40]

- **Specialist Dietitian (Adult Eating Disorders)**

Northampton, NN1 3EB

Salary:

Negotiable

Type:

Permanent

Employer:

Northamptonshire Healthcare Foundation Trust

[Apply now on NHS Jobs for Specialist Dietitian \(Adult Eating Disorders\) job \(opens in a new window\)](#) ^[41]

- **Specialist Safeguarding Practitioner for Adults**

Burnley, BB10 2PQ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

East Lancashire Hospitals NHS Trust

[Apply now on NHS Jobs for Specialist Safeguarding Practitioner for Adults job \(opens in a new window\)](#) ^[42]

- **Consultant in Older Adult Medicine**

Wolverhampton, WV10 0QP

Salary:

£105504.00 to £139882.00

Type:

Permanent

Employer:

The Royal Wolverhampton NHS Trust

[Apply now on NHS Jobs for Consultant in Older Adult Medicine job \(opens in a new window\)](#) ^[43]

- **Adult Speech & Language Therapy Lead**

Coventry, CV1 4NZ

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

University Hospitals Coventry and Warwickshire NHS Trust

[Apply now on NHS Jobs for Adult Speech & Language Therapy Lead job \(opens in a new window\)](#) ^[44]

- **Speech and Language Therapist - Adult**

Manchester, M8 5RB

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Manchester University NHS Foundation Trust

[Apply now on NHS Jobs for Speech and Language Therapist - Adult job \(opens in a new window\)](#) ^[45]

- **Mental Health Practitioner - (Elder Adults)**

Leicester, LE1 5WW

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Leicestershire Partnership NHS Trust

[Apply now on NHS Jobs for Mental Health Practitioner - \(Elder Adults\) job \(opens in a new window\)](#) ^[46]

- **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 \(opens in a new window\)](#) ^[47]

- **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 \(opens in a new window\)](#) ^[48]

- **Clinical/Counselling Psychologist - Adult Community**

Chelmsford, CM2 0QH

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Essex Partnership University NHS Foundation Trust

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

- **Adult ADHD Non-medical Prescriber**

Bury St Edmunds, IP33 3NR

Salary:

£46148.00 to £52809.00

Type:

Permanent

Employer:

Norfolk & Suffolk Foundation NHS Trust

[Apply now on NHS Jobs for Adult ADHD Non-medical Prescriber job \(opens in a new window\)](#) ^[50]

- **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 \(opens in a new window\)](#) ^[51]

- **Adult Support Coordinator - Community Team**

Trumpington, CB2 9NL

Salary:

£33366.00 to £35235.00

Type:

Permanent

Employer:

Cambridgeshire County Council

[Apply now on NHS Jobs for Adult Support Coordinator - Community Team 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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