

Psychological wellbeing practitioner

Psychological wellbeing practitioners (PWPs) are trained to assess and support people with common mental health problems – mainly anxiety disorders and depression – to manage their recovery.

You'll work within NHS Talking Therapies for Anxiety and Depression (formerly IAPT), which provides evidence-based therapies for people with anxiety and depression.

Can't see the video? You'll need to accept all [cookies](#) ^[1]. Alternatively, visit our YouTube Channel to view our [videos](#) ^[2]

Life as a psychological wellbeing practitioner

You'll provide treatment for adults from many different backgrounds and will collaborate with a range of professionals in physical health, mental health and social care as well as with community organisations.

You'll support people with common mental health problems by:

- conducting patient interviews
- helping identify areas where the person wishes to change how they feel, think or behave
- carrying out risk assessments
- providing phone, online or face-to-face support
- liaising with other agencies and signposting patients to useful services, such as housing and employment

You will work with patients on a one-to-one basis or in groups or workshops. You may be based in a GP practice, healthcare centre or community venue such as a library or leisure centre. You may also work from home in some instances.

You will be provided with ongoing supervision to help you engage in self-reflection, seek and respond to feedback, and develop your professional knowledge and skills.

Valeria Souza

Knowing that I am making a difference to people's lives is rewarding and inspiring.

Real-life story - Valeria Souza ^[3]

How much can I earn?

If you're employed by the NHS, you'll be on a national pay and conditions system called Agenda for Change ^[4] (AfC ^[5]).

There are nine pay bands and you'll usually be paid at band 4 while you train. After completing your training you'll be paid at band 5 with opportunities to progress with experience.

Terms and conditions can vary if you are employed outside the NHS.

How about the benefits?

As a PWP you'll make a difference to people with mental health problems.

If you're employed by the NHS, you'll also have good holiday entitlement and access to:

- fully funded training plus a salary while you train and a job in the service when you qualify
- an excellent pension scheme
- NHS discounts in shops and restaurants

Must-have skills

You'll need a wide range of skills as PWP, including:

- excellent interpersonal skills and the ability to relate to a range of people
- the ability to work well within a multidisciplinary team
- a good understanding of common mental health issues
- good written and verbal communication skills
- effective time management skills to juggle competing demands in a busy work environment

You'll also need to be able to demonstrate the values of the NHS Constitution ^[6].

Apprenticeships logo

Entry requirements

You'll need to complete a British Psychological Society (BPS)-accredited APT training course, which typically consists of 45 days of academic work (one day per week) alongside supervised

practice, usually over an academic year. A local NHS Talking Therapies service will employ you while you train and once you're qualified.

Training is open to people with a range of experience but will help your application if you have some experience of working with people with mental health problems, and good interpersonal skills are essential for the role.

If you have a degree, you can usually take a postgraduate certificate. If you do not have a degree, you can do an equivalent graduate-level qualification or a level 6 apprenticeship. Courses sometimes have different names, so make sure you check the ones you're interested in are graduate level PWP courses.

The apprenticeship is intended for people without a degree but have useful life experience or would like to make a career change and work for the local community.

From June 2022, all PWPs need to meet the national requirement for registration with either the British Psychological Society (BPS) or British Association for Behavioural and Cognitive Psychotherapies (BABCP). The [BPS](#) ^[7] and [BABCP](#) ^[8] websites have all the details about how the registration process works, including the annual renewal requirement.

How to become a psychological wellbeing practitioner

You need to apply for a post as a trainee or apprentice PWP in an NHS Talking Therapies service. If you are a graduate, you'll need to apply for a training post and then complete a postgraduate certificate. If you do not have a degree, but want to make use of your life experience, you'll complete a postgraduate certificate or apply for an apprenticeship PWP position in an NHS Talking Therapies service.

You can search for current opportunities and vacancies below.

You'll provide treatment for adults from many different backgrounds.

Where a career as a psychological wellbeing practitioner can take you

As a qualified and experienced PWP you can apply for more senior posts at bands 6, 7 and 8a with additional management and leadership responsibilities or a clinical specialism. While you are working as a PWP, you'll have regular supervision to help you develop in your role.

There are many opportunities for you to progress your career. For example, you could specialise in:

- long-term conditions – such as diabetes or chronic pain
- perinatal health – working with midwives, health visitors and specialist perinatal mental health services to support families
- occupational health - supporting NHS staff with mental health problems

Or you could focus on:

- training to provide colleague supervision - providing case management and clinical skills supervision to other PWPs
- management, for example team management, recruitment and project management
- service promotion and leadership, for example developing and overseeing projects and liaising with partners and local organisations
- clinical advisory work, for example advising networks of healthcare professionals and specialist groups regionally and nationally
- research – either within the NHS or an academic institution

Alternatively, some PWPs go on to train as high intensity therapists, clinical psychologists, counselling psychologists and counsellors.

It's important to note that a two-year psychological professions funding rule policy was implemented on 1 April 2022. This means that if you start NHS-funded psychological professions training from April 2022, you won't be eligible for NHS funding for further psychological profession training for two years from the expected completion date of your first training, where it would lead to a change in your job role.

Visit the [funding for psychological professions training programmes web page](#) ^[9] for more information about NHS funding.??

Progression from PWP to high intensity cognitive behavioural therapy ^[10] training

Many PWPs progress to undertake cognitive behavioural therapy ^[10] (CBT) training to become a CBT therapist ^[11] or high intensity therapist ^[12].

If you started your PWP training after September 2018, you will need to pass all the course requirements and work as a PWP for at least two years before being eligible for NHS-funded high intensity CBT training. However, if you already hold a previous core professional qualification recognised by the British Association for Behavioural and Cognitive Psychotherapies (BABCP), you'll be able to apply for further high intensity training sooner than two years.

Visit the [funding for psychological professions training programmes web page](#) ^[9] for more information on NHS funding.

• Live vacancies

Can't find a job in your area? Visit [NHS Jobs](#) ^[13] for more vacancies.

Find a vacancy

Enter your location or postcode

Show results within

Search

- **Psychological Wellbeing Practitioner**

Gosforth, NE3 3XT

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Cumbria, Northumberland, Tyne and wear (CNTW) NHS Foundation Trust

[Apply now on NHS Jobs for Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[14]

- **Psychological Wellbeing Practitioner**

Trafford, WA14 1PF

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Greater Manchester Mental Health NHSFT

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

- **Psychological Wellbeing Practitioner**

Manchester, M30 0BL

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Six Degrees Social Enterprise

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

- **Psychological Wellbeing Practitioner**

York, YO41 1PS

Salary:

£28407.00 to £34581.00

Type:

Permanent

Employer:

Rethink Mental Illness

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

- **Psychological Wellbeing Practitioner**

Yorkshire, HU15 2JZ

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Rethink Mental Illness

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

- **Senior Psychological Wellbeing Practitioner**

Plymouth, PL4 0AH

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Livewell Southwest

[Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[19]

- **Senior Psychological Wellbeing Practitioner**

22.5 hrs = Seisdon, WV8 1PX, DE14 1EG

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Midlands Partnership NHS Foundation Trust

[Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[20]

- **Senior Psychological Wellbeing Practitioner**

Norwich, NR6 5BE

Salary:

£38682.00 to £46580.00

Type:

Permanent

Employer:

Norfolk & Suffolk Foundation NHS Trust

[Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[21]

- **Qualified Psychological Wellbeing Practitioner**

YORK, YO41 1PS

York , YO41 1PS

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Rethink Mental Illness

[Apply now on NHS Jobs for Qualified Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[22]

- **Senior Psychological Wellbeing Practitioner**

Chesterfield, S40 1LP

Salary:

£37339.00

Type:

Permanent

Employer:

Everyturn Mental Health

[Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[23]

- **Trainee Psychological Wellbeing Practitioner**

Wallsend, NE28 8QU

Salary:

£27485.00 to £30162.00

Type:

Permanent

Employer:

Northumbria Healthcare NHS Foundation Trust
[Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[24]

- **Band 5 Psychological Wellbeing Practitioner**

Birmingham, B1 3RB

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Birmingham and Solihull Mental Health NHS Foundation Trust

[Apply now on NHS Jobs for Band 5 Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[25]

- **Band 5 Psychological Wellbeing Practitioner**

Birmingham, B1 3RB

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Birmingham and Solihull Mental Health NHS Foundation Trust

[Apply now on NHS Jobs for Band 5 Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[26]

- **Long-Term Conditions Psychological Wellbeing Practitioner**

Greenwich Borough, SE9 1QT

Salary:

£35763.00 to £43466.00

Type:

Permanent

Employer:

Oxleas NHS Foundation Trust

[Apply now on NHS Jobs for Long-Term Conditions Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[27]

- **Step 2 Psychological Wellbeing Practitioner Team Lead**

Chesterfield, S40 1LP

Salary:

£44962.00

Type:

Permanent
Employer:
Everyturn Mental Health
[Apply now on NHS Jobs for Step 2 Psychological Wellbeing Practitioner Team Lead job \(opens in a new window\)](#) ^[28]

- **Psychological Family Practitioner**

Oxford, OX4 1JP

Salary:
£37035.00 to £40476.00

Type:
Permanent

Employer:
Oxfordshire County Council

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

- **Bereavement Wellbeing Practitioner**

Watford, WD17 3PH
St Albans, AL3 5QX

Salary:
£29970.00 to £36483.00

Type:
Permanent

Employer:
Rennie Grove Peace Hospice Care

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

- **Wellbeing Team Leader**

Bury St Edmunds, IP33 3ND

Salary:
£47810.00 to £54710.00

Type:
Permanent

Employer:
Norfolk & Suffolk Foundation NHS Trust

[Apply now on NHS Jobs for Wellbeing Team Leader job \(opens in a new window\)](#) ^[31]

- **Bank Tele-coach Psychological Practitioner**

Exeter, EX2 5AF

Salary:

£19.33

Type:

Bank

Employer:

Devon Partnership NHS Trust

[Apply now on NHS Jobs for Bank Tele-coach Psychological Practitioner job \(opens in a new window\)](#) ^[32]

- **Service Manager - Psychological Therapy Teams**

Aylesbury, HP20 1EG

Salary:

£64455.00 to £74896.00

Type:

Permanent

Employer:

Oxford Health NHS Trust

[Apply now on NHS Jobs for Service Manager - Psychological Therapy Teams job \(opens in a new window\)](#) ^[33]

- **Wellbeing and Activities Assistant**

Bassett, SO16 7AG

Salary:

£12.25

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) ^[34]

- **Wellbeing and Activities Coordinator**

Weston Super Mare, BS22 8AA

Salary:

£12.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[35]

- **Wellbeing and Activities Assistant**

Chertsey, KT16 9FS

Salary:

£12.25

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) ^[36]

- **Wellbeing and Activities Coordinator**

Alice Court Care Home 29 Bedfordwell Road Eastbourne, BN21 2BQ

Salary:

£13.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[37]

- **Wellbeing and Activities Coordinator**

1 West Wood Road Sheringham, NR26 8AP

Salary:

£12.65

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[38]

- **Trauma and Wellbeing Practitioner**

Exeter, EX2 5AZ

Salary:

£31049.00 to £33487.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for Trauma and Wellbeing Practitioner job \(opens in a new window\)](#) ^[39]

- **Trauma and Wellbeing Practitioner**

Exeter, EX2 5AZ

Salary:

£31049.00 to £37796.00

Type:

Fixed-Term

Employer:

Royal Devon University Healthcare NHS Foundation Trust

[Apply now on NHS Jobs for Trauma and Wellbeing Practitioner job \(opens in a new window\)](#) ^[40]

- **Wellbeing and Activities Coordinator**

Kenton, HA3 9UY

Salary:

£12.60

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[41]

- **Education and Wellbeing Specialist**

Buckinghamshire, HP13 6LA

Salary:

£24570.00

Type:

Fixed-Term

Employer:

Brook

[Apply now on NHS Jobs for Education and Wellbeing Specialist job \(opens in a new window\)](#) ^[42]

- **Wellbeing and Activities Assistant**

Ilkley Burley in Wharfedale, LS29 7QZ

Salary:

£12.22

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) ^[43]

- **Wellbeing and Activities Coordinator**

Camberley, GU15 3XD

Salary:

£15.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[44]

- **Senior Children's Wellbeing Practitioner**

Sheffield, S10 2TH

Salary:

£38682.00 to £46580.00

Type:

Fixed-Term

Employer:

Sheffield Children's NHS Foundation Trust

[Apply now on NHS Jobs for Senior Children's Wellbeing Practitioner job \(opens in a new window\)](#) ^[45]

- **Wellbeing and Activities Assistant**

Kenton, HA3 9UY

Salary:

£12.22

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) ^[46]

- **Wellbeing and Activities Coordinator**

Grove Road Basingstoke Hampshire, RG21 3HL

Salary:

£12.25

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[47]

- **Education and Wellbeing Specialist**

Barnet, EC2M 4HE

Salary:

£27008.00

Type:

Fixed-Term

Employer:

Brook

[Apply now on NHS Jobs for Education and Wellbeing Specialist job \(opens in a new window\)](#) ^[48]

- **Education and Wellbeing Specialist**

London, EC2M 4HE

Salary:

£24570.00

Type:

Fixed-Term

Employer:

Brook

[Apply now on NHS Jobs for Education and Wellbeing Specialist job \(opens in a new window\)](#) ^[49]

- **Wellbeing and Activities Coordinator**

Chorleywood, WD3 5TQ

Salary:

£15.00 to £15.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[50]

- **Wellbeing and Activities Assistant**

Astolat Way, GU3 1NE

Salary:

£12.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) ^[51]

- **Rehabilitation & Wellbeing Team Lead**

London, SE2 0GB

Salary:

£44902.00 to £57372.00

Type:

Permanent

Employer:

Community Hospice

[Apply now on NHS Jobs for Rehabilitation & Wellbeing Team Lead job \(opens in a new window\)](#) ^[52]

- **SPACE Wellbeing Administrative Assistant**

Caerleon, NP18 3XQ

Salary:

£25313.00 to £26999.00

Type:

Permanent

Employer:

Aneurin Bevan University Health Board

[Apply now on NHS Jobs for SPACE Wellbeing Administrative Assistant job \(opens in a new window\)](#) ^[53]

- **Wellbeing & Support Assistant WLS**

Cardiff, CF64 3YR

Salary:

£22222.00 to £23600.00

Type:

Permanent

Employer:

Marie Curie

[Apply now on NHS Jobs for Wellbeing & Support Assistant WLS job \(opens in a new window\)](#) ^[54]

- **Children's Wellbeing Practitioner (CWP)**

Barnstaple, EX31 3UD
Torquay, TQ2 7BA
Dartington, TQ9 6JE
Exeter, EX2 7FW

Salary:

£31049.00 to £37796.00

Type:

Permanent

Employer:

Devon Partnership NHS Trust

[Apply now on NHS Jobs for Children's Wellbeing Practitioner \(CWP\) job \(opens in a new window\)](#) ^[55]

○ Trainee Senior Wellbeing Practitioner

Middlesbrough, TS3 9PA

Salary:

£32324.00

Type:

Permanent

Employer:

The Link

[Apply now on NHS Jobs for Trainee Senior Wellbeing Practitioner job \(opens in a new window\)](#) ^[56]

Other roles that may interest you

- [Clinical psychologist](#) ^[57]
- [High intensity therapist](#) ^[12]
- [Mental health nurse](#) ^[58]
- [Counselling psychologist](#) ^[59]

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