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# 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 <u>cookies</u> [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

#### **Psychological Wellbeing Practitioner**

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 <u>BPS</u> [7] and <u>BABCP</u> [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 <u>funding for psychological professions training programmes web page</u> [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 <u>funding for psychological professions training programmes web page</u> [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 (PWP)

Hull, HU9 5HH

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

City Health Care Partnership CIC

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

#### Psychological Wellbeing Practitioner (PWP) - Permanent

Chichester, PO19 8EZ

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Sussex Community NHS Foundation Trust

Apply now on NHS Jobs for Psychological Wellbeing Practitioner (PWP) -

Permanent job (opens in a new window) [15]

# Psychological Wellbeing Practitioner (PWP) - Band 5

Marston Green, B37 5RY

Salary:

£28407.00 to £34581.00

Type:

Permanent

Employer:

Coventry and Warwickshire Partnership Trust

Apply now on NHS Jobs for Psychological Wellbeing Practitioner (PWP) - Band 5 job (opens in a new window) [16]

# Psychological Wellbeing Practitioner (PWP) - Band 5

Marston Green, B37 5RY

Salary:

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Type:

Permanent

Employer:

Coventry and Warwickshire Partnership Trust

Apply now on NHS Jobs for Psychological Wellbeing Practitioner (PWP) - Band 5 job (opens in a new window) [17]

#### Psychological Wellbeing Practitioner

Corby, NN17 2UR

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Northamptonshire Healthcare Foundation Trust

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

### Psychological Wellbeing Practitioner

Widnes, WA8 7QA

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Mersey Care NHS Foundation Trust

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

# Psychological Wellbeing Practitioner

Gosforth, NE3 3XT

Salary:

£29970.00 to £36483.00

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) [20]

#### 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) [21]

## Psychological Wellbeing Practitioner

Shipley, BD18 3BP

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

**Bradford District Care NHS Foundation Trust** 

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

# Psychological Wellbeing Practitioner

Hull, HU33SW

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

**Humber Teaching NHS Foundation Trust** 

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

# Senior Psychological Wellbeing Practitioner

Ipswich, IP1 2GA

Salary:

£35392.00 to £42618.00

Type:

Permanent

Employer:

Norfolk & Suffolk Foundation NHS Trust

Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job (opens in a new window) [24]

#### Qualified Psychological Wellbeing Practitioner

Manchester, M16 0PQ

Salary:

£32324.00

Type:

Permanent

Employer:

The Big Life Group

Apply now on NHS Jobs for Qualified Psychological Wellbeing Practitioner job (opens in a new window) [25]

#### Qualified Psychological Wellbeing Practitioner

Rotherham, S65 1AB

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Rotherham Doncaster and South Humber NHSFT

Apply now on NHS Jobs for Qualified Psychological Wellbeing Practitioner job

(opens in a new window) [26]

# Senior Psychological Wellbeing Practitioner

Walsall, WS10 9JB

Salary:

£35392.00 to £42618.00

Type:

Permanent

Employer:

Black Country Healthcare NHS Foundation Trust

<u>Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job (opens in a new window)</u> [27]

# Psychological Wellbeing Practitioner Trainee

Worcester, WR5 1JG Redditch, B98 8AH Malvern, WR14 2GP Kidderminster, DY11 6RJ

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Herefordshire and Worcestershire Health and Care NHS Trust

Apply now on NHS Jobs for Psychological Wellbeing Practitioner Trainee job

(opens in a new window) [28]

## Senior Psychological Wellbeing Practitioner

Full Sutton, YO41 1FZ

Salary:

£28407.00 to £34581.00

Type:

Permanent

Employer:

**Rethink Mental Illness** 

Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner job (opens in a new window) [29]

## 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) [30]

# 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) [31]

#### Trainee Psychological Wellbeing Practitioner

Bridgwater, TA6 5AT Chard, TA20 1YA

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Somerset NHS Foundation Trust

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner job (opens in a new window) [32]

#### Trainee Psychological Wellbeing Practitioners

Stafford, ST16 2LL

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Mental Health Matters

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioners job (opens in a new window) [33]

# Trainee Psychological Wellbeing Practitioner

Wimborne, BH21 1RR

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Dorset HealthCare University NHS Foundation Trust

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner job

(opens in a new window) [34]

# Trainee Psychological Wellbeing Practitioner - Aylesbury

Aylesbury, HP20 1EG

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Oxford Health NHS Trust

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner 
Aylesbury job (opens in a new window) [35]

#### Trainee Psychological Wellbeing Practitioner - Oxford

Oxford, OX3 7JH

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Oxford Health NHS Trust

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner - Oxford job (opens in a new window) [36]

### Child Psychological Wellbeing Practitioner (CYWP)

heywood, OL10 3RY

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Pennine Care NHS FT

Apply now on NHS Jobs for Child Psychological Wellbeing Practitioner (CYWP) job (opens in a new window) [37]

# Qualified Psychological Wellbeing Practitioner (Mid Cornwall)

Roche, PL26 8LG

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Cornwall Partnership NHS Foundation Trust

Apply now on NHS Jobs for Qualified Psychological Wellbeing Practitioner (Mid Cornwall) job (opens in a new window) [38]

# Trainee Psychological Wellbeing Practitioner - High Wycombe

High Wycombe, HP13 6LA

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Oxford Health NHS Trust

Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner - High Wycombe job (opens in a new window) [39]

#### Step 2 Psychological Wellbeing Practitioner Supervisor

Derby, DE1 1UL

Salary:

£36438.00

Type:

Permanent

Employer:

**Everyturn Mental Health** 

Apply now on NHS Jobs for Step 2 Psychological Wellbeing Practitioner Supervisor job (opens in a new window) [40]

#### NHS Talking Therapies Psychological Wellbeing Practitioner

York, YO32 9XW

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Tees Esk and Wear Valleys NHS Foundation Trust

<u>Apply now on NHS Jobs for NHS Talking Therapies Psychological Wellbeing</u>

Practitioner job (opens in a new window) [41]

# Qualified Psychological Wellbeing Practitioner - West Cornwall

Redruth/Hayle/Penzance/Remote, TR16 4AR

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Cornwall Partnership NHS Foundation Trust

Apply now on NHS Jobs for Qualified Psychological Wellbeing Practitioner - West Cornwall job (opens in a new window) [42]

#### Senior Psychological Wellbeing Practitioner 12 month fixed term

Morpeth, NE61 2DB

Salary:

£38638.00

Type:

Fixed-Term

Employer:

Sunderland Counselling Service

Apply now on NHS Jobs for Senior Psychological Wellbeing Practitioner 12 month fixed term job (opens in a new window) [43]

#### Psychological Therapies Lead

Taunton, TA1 4DY

Salary:

£53755.00 to £60504.00

Type:

Permanent

Employer:

Somerset NHS Foundation Trust

Apply now on NHS Jobs for Psychological Therapies Lead job (opens in a new window) [44]

## Holistic Wellbeing Worker

Grimsby, DN37 9TZ

Salary:

£28684.00 to £33673.00

Type:

Fixed-Term

Employer:

Compass

Apply now on NHS Jobs for Holistic Wellbeing Worker job (opens in a new window)

[45]

# Psychological Therapy Group Practitioner

Ashton Under Lyne, OL6 9RW

Salary:

£37338.00 to £44962.00

Type:

Secondment

Employer:

Pennine Care NHS FT

Apply now on NHS Jobs for Psychological Therapy Group Practitioner job (opens in a new window) [46]

# Wellbeing and Activities Coordinator

Weston Super Mare, BS22 8AA

Salary:

£12.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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

#### Wellbeing and Activities Coordinator

Aignan Way, TN8 5FA

Salary:

£13.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

Apply now on NHS Jobs for Wellbeing and Activities Coordinator job (opens in a new window) [48]

# Wellbeing and Activities Assistant

Bagshot, GU19 5HN

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) [49]

# Specialty Doctor - Wellbeing Clinic

London, N15 3TH

Salary:

£59175.00 to £95400.00

Type:

Fixed-Term

Employer:

455 North London NHS Foundation Trust

Apply now on NHS Jobs for Specialty Doctor - Wellbeing Clinic job (opens in a new window) [50]

#### Wellbeing and Activities Assistant

Kents Hill, MK7 6JD

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) [51]

#### Wellbeing and Activities Assistant

Marlborough, SN8 1JR

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) [52]

#### Wellbeing and Activities Assistant

Epsom, KT18 5XA

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) [53]

# Wellbeing and Activities Assistant

Sonning, RG4 6TQ

Salary:

£12.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

# Other roles that may interest you

- Clinical psychologist [55]
- High intensity therapist [12]
- Mental health nurse [56]
- Counselling psychologist [57]

Source URL:https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychologicalwellbeing-practitioner?career=hcsw&field\_field\_role=1277&page=14

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