

Psychological wellbeing practitioner

Psychological wellbeing practitioners (PWP) 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**

Louth: Windsor House LN11 0LF, PE9 1UN

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Lincolnshire Partnership NHS Foundation Trust

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

- **Psychological Wellbeing Practitioner**

Bournemouth, BH1 4LB

Salary:

£29970.00 to £36483.00

Type:

Fixed-Term

Employer:

Dorset HealthCare University NHS Foundation Trust

[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**

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

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

- **Trainee Psychological Wellbeing Practitioner**

London, SW9 8AP

Salary:

£31944.00 to £34937.00

Type:

Fixed-Term

Employer:

South London and Maudsley NHS Foundation Trust

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

- **Senior Psychological Wellbeing Practitioner**

Brighton, BN1 6AG

Salary:

£37338.00 to £44962.00

Type:

Permanent

Employer:

Sussex Partnership NHS Foundation Trust

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

- **Trainee Psychological Wellbeing Practitioner**

Various, PL26 8LG

Salary:

£26530.00 to £29114.00

Type:

Fixed-Term

Employer:

Cornwall Partnership NHS Foundation Trust

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

- **Psychological Wellbeing Practitioner (Qualified)**

Norfolk Prisons, NR1 4LU

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Norfolk & Suffolk Foundation NHS Trust

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

- **Qualified Psychological Wellbeing Practitioner**

Derby, DE1 1UL

Chesterfield, S40 1LP

Salary:

£32324.00 to £36483.00

Type:

Permanent

Employer:

Everyturn Mental Health

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

- **Trainee Psychological Wellbeing Practitioner**

Mitcham, CR4 3DA

Salary:

£31081.00 to £33665.00

Type:

Fixed-Term

Employer:

South West London and St Georges Mental Health NHS Trust
[Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[24]

- **IAPT Psychological Wellbeing Practitioner**

LONDON, E13 8AF

Salary:

£34521.00 to £41956.00

Type:

Permanent

Employer:

East London NHS Foundation Trust

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

- **Trainee Psychological Wellbeing Practitioner**

Reading, RG6 6BZ

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Berkshire Healthcare Foundation Trust

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

- **Trainee Psychological Wellbeing Practitioner**

Shrewsbury, SY1 4RQ

Salary:

£26530.00 to £29114.00

Type:

Fixed-Term

Employer:

Midlands Partnership NHS Foundation Trust

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

- **Band 4 Trainee Psychological Wellbeing Practitioner**

Birmingham, B31 1XH

Salary:

£26530.00

Type:

Fixed-Term

Employer:

Birmingham and Solihull Mental Health NHS Foundation Trust

[Apply now on NHS Jobs for Band 4 Trainee Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[28]

- **Trainee Psychological Wellbeing Practitioner – Talking Therapies**

IAPT, W13 8RA

Salary:

£25147.00 to £27596.00

Type:

Fixed-Term

Employer:

West London NHS Trust

[Apply now on NHS Jobs for Trainee Psychological Wellbeing Practitioner – Talking Therapies job \(opens in a new window\)](#) ^[29]

- **Pre-Qualification MSci Applied - Psychological Wellbeing Practitioner**

Exeter, EX2 4TL

Barnstaple, EX31 1TA

Tiverton, EX16 6NT

Newton Abbot, TQ12 2PF

Torquay, TQ2 7TD

Tavistock, PL19 8AB

Exeter, EX1 3QS

Paignton, TQ3 2EZ

Bideford, EX39 3AG

Salary:

£26530.00 to £29114.00

Type:

Permanent

Employer:

Devon Partnership NHS Trust

[Apply now on NHS Jobs for Pre-Qualification MSci Applied - Psychological Wellbeing Practitioner job \(opens in a new window\)](#) ^[30]

- **Wellbeing Worker**

St Helens,, WA10 2EQ

Salary:

£24625.00 to £25674.00

Type:

Permanent

Employer:

City Health Care Partnership CIC
[Apply now on NHS Jobs for Wellbeing Worker job \(opens in a new window\)](#) ^[31]

- **Wellbeing Coordinator**

York, YO24 1GL

Salary:

£24210.00 to £25823.00

Type:

Fixed-Term

Employer:

St Leonard's Hospice

[Apply now on NHS Jobs for Wellbeing Coordinator job \(opens in a new window\)](#) ^[32]

- **Tele-coach Psychological Practitioner**

Exeter, EX2 5AF

Salary:

£29970.00 to £36483.00

Type:

Permanent

Employer:

Devon Partnership NHS Trust

[Apply now on NHS Jobs for Tele-coach Psychological Practitioner job \(opens in a new window\)](#) ^[33]

- **Psychological Professional Lead - MHWT**

Waltham Forest, E17 3HP

Salary:

£74290.00 to £85601.00

Type:

Permanent

Employer:

NELFT North East London Foundation Trust

[Apply now on NHS Jobs for Psychological Professional Lead - MHWT job \(opens in a new window\)](#) ^[34]

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

[35]

- **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 \(opens in a new window\)](#) [36]

- **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 \(opens in a new window\)](#) [37]

- **Wellbeing and Activities Coordinator**

Aignan Way, TN8 5FA

Salary:

£13.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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- **Wellbeing and Activities Coordinator**

Littleover, DE23 4BU

Salary:

£12.40

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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- **Wellbeing and Activities Coordinator**

Witherwack, SR5 5SX

Salary:

£11.45

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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

- **Wellbeing and Activities Coordinator**

Northampton, NN1 5BE

Salary:

£12.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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

- **Social and Wellbeing Prescriber**

Leeds, LS17 8AE

Salary:

£29800.00 to £32800.00

Type:

Permanent

Employer:

Central North Leeds Primary Care Network Ltd

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

- **Wellbeing Centre Ward Clerk**

London, N7 8TT

Salary:

£29176.00 to £30225.00

Type:

Permanent

Employer:

455 North London NHS Foundation Trust

Apply now on NHS Jobs for Wellbeing Centre Ward Clerk job (opens in a new window) ^[43]

- **Wellbeing and Activities Assistant**

Lichfield, WS13 6SP

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) ^[44]

- **Wellbeing and Activities Coordinator**

Kents Hill, MK7 6JD

Salary:

£12.85

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

Apply now on NHS Jobs for Wellbeing and Activities Coordinator job (opens in a new window) ^[45]

- **Wellbeing and Activities Assistant**

Virgina Water, GU25 4BE

Salary:

£12.45

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**

Bagshot, GU19 5HN

Salary:

£30160.00

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

- **Wellbeing and Activities Assistant**

Marlborough, SN8 1JR

Salary:

£22000.00 to £25000.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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

- **Wellbeing and Activities Coordinator**

Beltinge, CT6 6PX

Salary:

£13.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

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

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

- **Wellbeing and Activities Coordinator**

Wandsworth Common, SW18 2QU

Salary:

£14.39

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) ^[52]

- **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 \(opens in a new window\)](#) ^[53]

- **Wellbeing and Activities Assistant**

Sonning, RG4 6TQ

Salary:

£12.50

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant job \(opens in a new window\)](#) [54]

○ **Wellbeing and Activities Coordinator**

Sunninghill, SL5 9PR

Salary:

£14.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Coordinator job \(opens in a new window\)](#) [55]

○ **Wellbeing and Activities Assistant**

Esher, KT10 9HJ

Salary:

£13.00

Type:

Permanent

Employer:

Avery Healthcare Group Ltd.

[Apply now on NHS Jobs for Wellbeing and Activities Assistant 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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Links

[1] <https://www.healthcareers.nhs.uk/privacy-and-cookies/#CookieDeclarationChangeConsentChange> [2] <https://www.youtube.com/NHSCareers> [3] <https://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/roles/psychological-wellbeing-practitioner/real-life-story-valeria-souza> [4] <https://www.healthcareers.nhs.uk/working-health/working-nhs/nhs-pay-and-benefits/agenda-change-pay-rates/agenda-change-pay-rates> [5] <https://www.healthcareers.nhs.uk/glossary#AfC> [6] <https://www.healthcareers.nhs.uk/working-health/working-nhs/nhs-constitution> [7] <https://www.bps.org.uk/wider-psychological-workforce> [8] <https://www.babcp.com/Wellbeing-Registrations/About> [9] <https://www.hee.nhs.uk/our-work/mental-health/psychological-professions/nhs-funding-psychological-professions-training-programmes> [10] https://www.healthcareers.nhs.uk/glossary#Cognitive_behavioural_therapy [11]

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