

**"Seeing the positive change in children throughout their treatment is inspiring and I get to see the difference my role makes to their lives."**

**Sophie Tomlin**

**Senior children's wellbeing practitioner**

**Employer or university**

Dorset Healthcare University NHS Foundation Trust

**Salary range**

Band 6



**How I got into the role**

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I worked in social care in an outreach service supporting children before becoming a children's wellbeing practitioner. I helped young people and their families with behavioural and parenting difficulties.

It gave me a wealth of experience in health and social care and an insight into the difficulties faced by families. Many of these difficulties were around their mental health which inspired me to look into other roles where I could support mental wellbeing. This is why I chose to become a children's wellbeing practitioner.

The natural next step for me was to become a senior children's wellbeing practitioner. I did a supervisory course in children and young people's talking therapies which broadened my skills and meant I could apply for the post.

## **What I do**

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Being able to help children and young people through low intensity psychological interventions based on CBT principles is a privilege. I get to work with children and young people and sometimes their parents for six to eight sessions on mental health difficulties like anxiety and depression. As a senior wellbeing practitioner, I usually work with children and young people with more complex challenges.

I also help children's wellbeing practitioners through supervision groups that supports their development and provides space for reflection.

## **The best bits and challenges**

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The best part of the job is definitely working with the children and young people. Seeing the positive change in them throughout their treatment is inspiring and I get to see the difference my role makes to their lives. I also get huge satisfaction from watching other children wellbeing practitioners grow and develop through supervision.

It can be frustrating when I can't offer young people the support they need. Working with children and young people with more complex difficulties can also be challenging but there's always help available and working as part of team has really helped me with this transition.

## **Life outside work**

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I enjoy doing yoga in my spare time, spending time in nature and being with my family. My job can be stressful so it's important to have this time to unwind.

## Career plans and top tips for others

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If you are passionate about improving children and young people's mental health and wellbeing, then I'd encourage you to apply for a position as a children's wellbeing practitioner. There are also opportunities to progress like I have as a senior well-being practitioner and I get to work with a great team. My role means I am still doing clinical work while also strengthening my leadership and supervisory skills. It has helped to push me out of my comfort zone. No two days are the same and it's nice <sup>[1]</sup> to have a balance between clinical and supervisory practice.

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#### Links

[1] <https://www.healthcareers.nhs.uk/glossary#NICE>