



<b>Job Title</b>	:	CBT Therapist
<b>Hours</b>	:	7.5 per week as independent contractor Invoiced monthly and paid in arrears
<b>Rate of pay</b>	:	£24.59 per hour
<b>Location</b>	:	Revive Centre, Govan, Glasgow
<b>Reports to</b>	:	Clinical Lead for the Centre
<b>Works closely with:</b>		Counselling Lead
<b>Direct reports</b>	:	Counselling students on placement and volunteer counsellors (around 3-5)

### About Revive MS Support

Revive MS Support **provides** nationwide support for people who are affected by MS. The charity was set up in 1984 by people living with MS and their families, and helps people manage the physical, emotional, financial, and social impacts that come with a diagnosis of MS.

Our centre is open to everyone affected by MS, and they can be referred by a health or social care professional or self-refer. All our services are free to clients with some services, including counselling, nursing support, and benefits advice, available digitally through Revive MS Connect, for those who are unable to access our centre. Our digital service provision extends throughout Scotland.

We're passionate that Revive is about people, and not just about MS. We can't change someone's diagnosis, but we can meet them on their journey and help them take control of their condition, maximise their mental and physical health and well-being, and help them work towards their goals. No-one should have to manage MS alone, so we're here to provide evidence-based support, expertly delivered, to mitigate the often-devastating impacts that come with a diagnosis of MS and, where possible, change the dynamic and outcomes of living with MS for those affected.

### Job Purpose

To deliver and develop a high quality, CBT-based counselling service for clients using Revive MS services. Services are provided mainly face to face, but also online. Services are currently mainly 1:1, but there may be opportunities for groupwork.

### Key Responsibilities

#### Clinical responsibilities

- To undertake psychological assessments of referred clients (people with MS and their carers), via structured and semi-structured clinical interview, psychometric instruments and other assessments methods as appropriate.
- To formulate, devise and deliver CBT treatments for clients with a range of problems, severity and complexity including, but not restricted to, Depression, Generalised Anxiety, Social Anxiety, Low Self-Esteem, mild to moderate PTSD, OCD and Panic Disorder.
- To maintain a clinical caseload, within agreed limits and supervision of the Clinical Lead for the centre. (The expectation is to book 5-6 client per day).
- To curate our range of information resources for clients to support them in their treatment.
- To maintain and prioritise the waiting list and allocate clients to the most appropriate member

of the team.

- To make full use of the Zanda records system and counselling records system to keep full and accurate records of all client interactions
- To select, induct and support student CBT therapists on placement within the service to provide quality counselling in line with Revive's standards and policies.
- To work with colleagues in the centre to provide multi-disciplinary care
- To utilise evidence-based literature and research to support evidence-based practice in all facets of clinical work.
- To promote and develop positive and effective working relationships with other multidisciplinary team members to support clients holistically.
- To communicate skillfully, tactfully and sensitively highly complex and sensitive information with clients, carers and external referrers, taking into account any sensory and cultural barriers relevant to clients.

### **Audit and evaluation**

- To participate in and contribute to clinical audit and service evaluation with colleagues within the service, to help evaluate and improve service provision and develop appropriate reports as required.

### **Professional Responsibilities**

- To participate in regular clinical professional supervision as consistent with post holder's professional practice and/or Revive guidelines.
- To maintain and develop the highest standards of practice, through active participation in continuing professional development and maintaining an active engagement with current developments in areas related to the post.
- To fully understand and adhere to the policies and procedures of the Charity, including safeguarding processes.
- To work in a flexible and responsive way to meet the changing needs of the service users and demands of the service.

This job description is not exhaustive. It acts as a guide and may be amended to meet the changing requirements of Revive MS Support or align with the post holder's development at any time after discussion with the post holder.

## **Person Specification**

### **Essential**

- Educated to at least degree level, with a postgraduate diploma in Cognitive Behavioural Therapy and Groupwork or equivalent.
- Holds a current provisional registration with the BABCP, BACP or COSCA and working towards full accreditation
- At least one year of working with people with long term health conditions and/or disabilities and an understanding of how this impacts mental health and the counselling approach
- Efficient admin and IT skills and ability to use our clinical system (with training)

- Excellent interpersonal and communication skills, tact, sensitivity and advanced empathy.
- Excellent self-awareness, especially in relation to how working with Revive's client group may impact on the postholder.

#### **Desirable**

- In depth knowledge of long-term neurological conditions and/or multiple sclerosis
- 2 years + post qualification experience
- Full accreditation with the BABCP
- Experience of delivering new wave CBT approaches such as Acceptance and Commitment Therapy, CBT for pain, CBT for insomnia
- Evidence of relevant training undertaken since qualification

#### **Special conditions**

The postholder will be required to be part of the PVG scheme.

#### **Personal Development**

Training will be provided to develop skills and knowledge about working at Revive appropriate to the role. A personal commitment to ongoing CPD, professional peer interaction and independent study in relation to the work will be required.