

Service and Role Descriptor

Title: Clinical Psychologist/Senior Psychological Therapist

Banding: 8a

Service: The Help to Overcome Emotions and Personal Difficulties Team (H.O.P.E)

Location: Community based –Sextant House, Blythe, NE24 2BA

Accountable to: H.O.P.E team manager

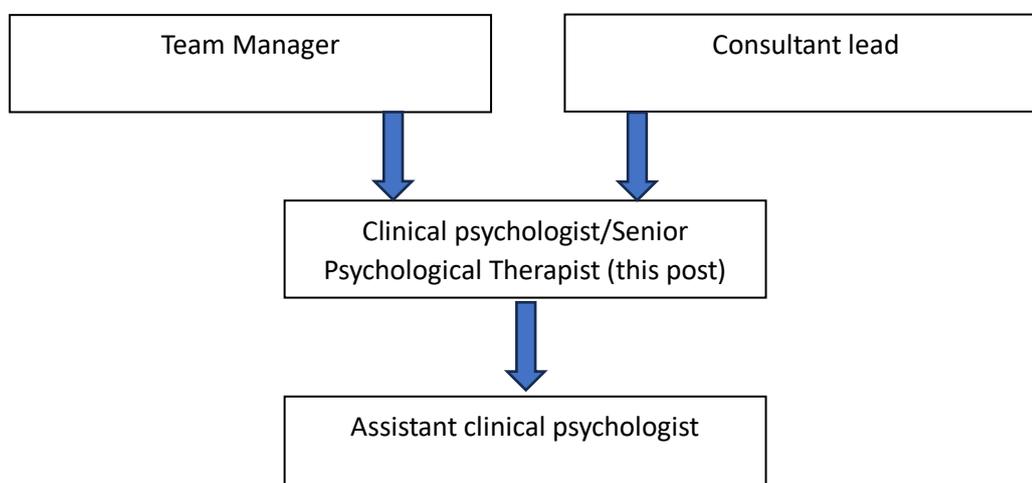
1. Context of Practice

The Help to Overcome Personal and Emotional problems (H.O.P.E) team was established in 2022. The team is funded through the community transformation and aims to support people with symptoms of mild to moderate personality disorder across Northumberland. It has been recognised that people who experience symptoms of personality disorder often do not get the help they need and can be misunderstood and stigmatised (Lamb, Sibbald & Stirzacker, 2018). As a result, the H.O.P.E team has focused on helping people access trauma informed therapy when they most need it, rather than having to experience repeated assessments and barriers to treatment.

The H.O.P.E team has provided direct clinical work for the past year. The team is based in Blythe and provides one to one and group therapy through a combination of online consultations and face to face appointments at various community venues. The service was co-created with people who have lived experience of mental health services and aims to use language and processes that are trauma informed, reducing the chance of any unintentional re-traumatisation or iatrogenic harm.

The H.O.P.E team has close links with a variety of other services and professionals across primary care, including Gps and primary care mental health workers. In addition to building up close working relationships with these groups, the team provides specialist training and supervision around trauma informed approaches and principles.

2. Organisational chart



3. Defining skill set

Please read this in conjunction with the main job description. This is not intended to replace the person specification but specify skills required in relation to specialist psychologists/psychological therapist in the specialist of adult personality disorders.

The following should be considered essential:

- Advanced knowledge and experience of complex assessments, treatment plans and outcome measures for adults with symptoms, or a diagnosis, of personality disorder
- Advanced knowledge of personality disorders
- Ability to provide two evidence-based therapies (CAT, CBT, MBT, DBT, Family therapy, EMDR)
- Experience in supervising other psychologists/psychological therapists
- Ability to support and advise other professionals working with this group of patients

The following should be considered **desirable** or post holders should have a commitment to attaining them:

- Advanced knowledge and application of psychology in the specialty of personality disorders
- Advance knowledge of trauma informed care