London NHS Talking Therapies Site Descriptions
High Intensity Trainee post applicant information

Please find in the following pages the London NHSTT Site Descriptions in relation to the HI NHS Talking Therapy Trainee posts available for the 2026 training.

Barking & Dagenham (North East London Foundation Trust)
Barnet (Let's Talk Talking Therapy Service, North London NHS Foundation Trust)
Bexley (Mind in Bexley)
Brent (Central and North West London NHS Foundation Trust)
Bromley (Bromley Healthcare)
Camden & Islington CANDI (North London NHS Foundation Trust)
Croydon (South London and Maudsley NHS Foundation Trust)
Ealing (West London NHS Trust)
Enfield (Let's Talk Talking Therapy Service –see Barnet for combined site description)
Greenwich (Time to Talk NHS Talking Therapies, OXLEAS NHS Foundation Trust)
Hackney (Talk Changes, Homerton University Hospital NHS foundation Trust)
Hammersmith & Fulham (West London MH NHS Trust)
Haringey (Let's Talk Talking Therapy Service)
Harrow (Central and North West London NHS Foundation Trust)
Havering (North East London Foundation Trust)
Hillingdon (Central and North West London NHS Foundation Trust)
Hounslow (West London MH NHS Trust)
Kensington & **Chelsea** (Central and North West London Foundation NHS Trust)
Kingston (South West London and St George's NHS Trust)
Lambeth (South London and Maudsley NHS Foundation Trust)
Lewisham (South London and Maudsley NHS Foundation Trust)
Merton (Merton Uplift, South West London and St George's NHS Trust)
Newham (East London NHS Foundation Trust)
Redbridge (North East London Foundation Trust
Southwark (South London and Maudsley NHS Foundation Trust)
Sutton (South West London and St George's NHS Trust)
Tower Hamlets (Talking Therapies)
Waltham Forest (North East London Foundation Trust)
Wandsworth (South West London and St George's NHS Trust)
Westminster (Central and North West London NHS Foundation Trust)

Site and banding preference

Please read the information below about individual services as this will help you to decide which of the London NHS Talking Therapies services that you would like to apply to. Please note these posts are band 6 positions. You will need to indicate your site preference within the application form.

LONDON TALKING THERAPY SERVICES

Barking & Dagenham Talking Therapies

Barking & Dagenham Talking Therapies provides psychological treatment for people with mild to moderate anxiety disorders and depression. The service provides support for people experiencing common mental health problems including Depression, Panic, Phobia, Agoraphobia, Social Phobia, Health anxiety, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Body Dysmorphic Disorder, Long Term Conditions.

High Intensity CBT trainees at NHS Barking & Dagenham Talking Therapies can expect to work alongside a team of experienced clinicians, including CBT Therapists, Psychologists and Counsellors, who have either completed their training at the IOPPN, have BABCP and or BACP accreditation. Trainees will benefit from weekly hour-long CBT supervision, as well as separate case and line management throughout the month. In addition, trainees are allocated a 'buddy' (a recently qualified CBT Therapist, who will be an extra source of support during the training year. Furthermore, NHS Barking & Dagenham Talking Therapies consider the preceptorship period post-qualification as equally important and steps are put into place to support newly qualified staff whilst they transition from training year (i.e. phased into role, continued close supervision, appropriate case allocations etc).

We acknowledge the tensions of working in a busy service with the need to meet KPIs and believe we strike a good balance of meeting the needs of our stakeholders whilst delivering a high standard of CBT (in line with NICE guidelines) for our patients. This includes being flexible with the number of sessions being offered, tailoring session length to support in session tasks, and using the latest research and guidance to deliver CBT. We encourage the use of taped sessions to support supervision and clinical development in-line with BABCP guidelines. The service actively promotes Continuing Professional Development (CPD); thus, a range of development opportunities will be available once successfully qualified.

The therapeutic modalities at high intensity include Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy (IPT), Dynamic Interpersonal therapy (DIT), Eye Movement Desensitisation and Reprocessing therapy (EMDR), Counselling for Depression (CfD), Narrative Exposure Therapy (NET), Couples Therapy for Depression (CTfD), and Behavioural Couple Therapy (BCT).

NHS Barking & Dagenham Talking Therapies group interventions include Depression, Trauma, Stress Management, Sleep Hygiene, Worry Management, Specific LTCs, and more.

The service offers out of hours appointments up to 8pm, so the post holder will be expected to work one evening per week. The post-holders will be given a fixed term high intensity training contract to work 37.5 hours, including 3 days in service and 2 days at university. The post is paid at band 6.

Barnet & Enfield Let's Talk Talking Therapies

Barnet and Enfield Talking Therapy Service (www.lets-talk-iapt.nhs.uk) are lively, forward-thinking services delivering evidence-based psychological therapies across a large part of multi-cultural North London. Both services are seeking highly committed, enthusiastic, and forward-thinking people to join their teams. We would particularly like to encourage applications from suitable candidates who can speak fluently in a second language to English, particularly Turkish/Kurdish (Enfield service), and Farsi (Barnet service).

Provision of supervision for all our staff, including our trainees, is a key part of the work of our senior staff. As well as regular individual supervision sessions, we have a duty supervisor available every day to discuss any urgent issues. Both services offer a program of continuous professional development to all qualified staff, as well as monthly business and separate step meetings for all.

Barnet Enfield and Haringey Mental Health Trust have been running NHSTT services since the wave 3 roll out in 2010 and now provide highly successful integrated step 2 and step 3 NHSTT services, working in partnership with local third sector organizations as well as with a number of digital therapy services including IESO and Xyla. We currently employ over 150 staff, delivering treatments to over 12000 people a year.

Mind in Bexley

Mind in Bexley's service model is an NHS Talking Therapy-compliant, stepped care model including primary care counselling services, operating from remote locations, local GP surgeries, and the central hub location at Mind.

Residents are also able to receive support in the comfort of their own homes via Microsoft Teams. This offers borough-wide coverage via a single point of access, with outreach to local GP practices, children's centres and community venues.

The service provides Psychological Therapy services for people experiencing mild to moderate Depression and Anxiety. All adults resident in Bexley are eligible. Exclusion criteria are clients presenting with: a) formal diagnosis of Personality Disorder, Schizophrenia or Bipolar Disorder, which would be more suited to secondary services; or b) at severe risk of self-harm or harm to others.

The service's main hub is located in a building fit for purpose in central Bexleyheath, on many bus routes and within walking distance of Bexleyheath railway station, making it an accessible point from anywhere in the borough. The service is open until 8pm on four days, and also on Saturday mornings, enabling people to attend outside normal working hours.

The NHS Bexley Talking Therapies team comprises High Intensity Cognitive Behaviour therapists and Counsellors, EMDR and BABCP registered Low Intensity therapists (Psychological Wellbeing Practitioners) and Employment Support. In addition, we have a small

team of Person-Centred, Integrative and Psychodynamic counsellors working in GP surgeries as well as at the main hub.

There are a variety of treatment offers in the form of group treatment as well as one to one sessions. Treatment follows NICE guidance and typically works towards an average of 10 sessions.

Continuous Professional Development is provided via regular supervision, internal skills training sessions, statutory training in-house, and external CPD training.

In addition to qualified and experienced therapists, Mind in Bexley offers clients groups and workshops in our Recovery College. Clients referring in for Talking Therapies can also have access to the following:

- Mental Health Carers and Family Support
- Digital Hub (support with all things digital)
- Social and Peer Support
- Welfare benefits support for individuals with a diagnosed Serious Mental Illness
- Employment Support for individuals with mental health issues
- IPS – Individual Placement Support (open to Oxleas)
- Education workshops
- Bexley Community Pantry

We are also integrated with the Oxleas Wellbeing Hub to ensure that the referrals from primary to secondary care occur seamlessly.

NHS Talking Therapies Bexley also has an integrated long-term conditions pathway. Our pathway is currently forming links with and is working alongside local physical health teams in the borough. On the pathway therapists who have completed nationally recognised training in therapeutic adaptations for long term physical health conditions will provide treatment for clients with an LTC diagnosis when they present with depression or an anxiety disorder. In addition to this the therapists on this pathway provide treatment to help manage physical conditions where CBT has been found to be clinically ineffective such as IBS and chronic pain. Therapeutic interventions on the LTC pathway include Adapted guided self-help, adapted CBT, mindfulness, ACT and CFT, interventions are provided one to one and in a group format.

The Talking Therapies team are also committed to supporting Clients in the ante-natal, peri-natal and postnatal period. We work closely with supporting neighbouring services such as South East London Mind and The Perinatal team at Queen Mary's (Oxleas) to offer an integrative service.

In addition to being the sole provider for Talking Therapies in the borough, Mind in Bexley are also offering a Guided Self-Help Service in partnership with National Mind. We are also working with SEL Mind in offering support around suicide prevention.

Our crisis team are also on hand every evening from 6pm -10pm to support clients in the evening if required.

This ensures a comprehensive integrated coverage of patients' needs beyond psychological services.

Brent Talking Therapies

The Brent Talking Therapies Service is a large, busy, and well established NHSTT service which serves a culturally diverse population and meets a high level of need. The team provides high and low intensity interventions, including counselling and provides services from its two hubs at Kingsbury and Willesden. The team has a good reputation for training and supervision, staff development and staff retention, plus initiatives on team wellbeing.

The service currently is working on-site and remotely, and step 3 interventions are provided both face-to-face based on service user choice and need, as well as via video. HI trainees are expected to provide both and also have some site-based presence to carry out these interventions.

There are clear and well-defined systems for triaging and screening of incoming referrals, allocation of service user to Step 2 and Step 3, management of waiting lists and stepping up and stepping down service users as appropriate. Regular case management and clinical skills supervision are provided to all staff and there is a good system for peer support. The staff group is culturally diverse, representing the population of the borough which enables the team to reach a varied client group.

The central hubs are comfortable buildings with the required IT resources. The Brent Talking Therapies Service also works closely with other NHSTT services under Central and North West London NHS Foundation Trust.

Bromley Talking Therapies (BTT)

Bromley Talking Therapies (BTT) is the NHS Talking Therapies service for anxiety and depression which is delivered by Bromley Healthcare.

At Bromley Talking Therapies we pride ourselves in putting our patients first and at the heart of everything we do. We offer a range of easily accessible effective evidenced based therapies, including self-help resources, online support, group treatments; and individual face-to-face, telephone and video sessions. All of our treatment options have been reviewed and recommended by the National Institute for Health and Care Excellence (NICE) as effective for use in the NHS.

Our team is made up of psychological wellbeing practitioners, cognitive behavioural psychotherapists and counsellors. Every clinical member of staff is trained to deliver specific treatments for specific problems, ensuring the highest quality of support for every individual patient's needs. Trainees will receive expert supervision from accredited, experienced supervisors, and will be guaranteed a diverse and stimulating learning experience.

Bromley Healthcare is a community interest company providing a wide range of services including community nursing services such as district nursing, health visiting to specialist nurses, as well as therapy services for children, young people and adults. Being born from NHS Bromley's community provider unit we have been providing community services to the people of Bromley for many years and we have a wealth of experience.

Bromley Healthcare is a great place to work. The unique way we deliver services and offer everyone who works here a voice, means that your career with us will be rewarding. Social Enterprises are a fairly new and exciting way to deliver healthcare, offering many of the traditional advantages of the NHS (such as excellent training and development) with the freedom for innovation by being able to reinvest any surpluses we make into the community.

You can get a flavour for what it's like to work for Bromley Healthcare by viewing the following YouTube link:

https://www.youtube.com/channel/UCXqdJm17dcbXnfvh98qlJ0g

Bromley Healthcare provides an excellent benefits package including various pension schemes, discounted gym membership, cycle to work scheme, discounted electronics, access to EAP, high street discounts, Blue Light Card eligibility, opportunity to apply for low interest personal loans and an excellent lease car scheme and we are constantly looking to expand our staff benefits.

All offers of new employment with Bromley Healthcare are subject to a six-month probation period.

Camden & Islington Talking Therapies

Camden and Islington are exciting and diverse inner-city Boroughs. We would recommend you looking at our website www.icope.nhs.uk to get a sense of the range of clinical services we offer. Currently all our staff are working both remotely using video and telephone consultations as well as face to face.

We have leads and champions across many areas of service – older adults, EDI, physical health specialists, drug and alcohol, children and young people and a community trauma clinic – bridging the gap between the internationally renowned Traumatic Stress Clinic and the local iCope provision.

We have a strong track record of research, development and service innovation in primary care mental health and psychological interventions, facilitated by our close links with University College London.

Feedback from our staff is that our services pay a high level of attention to staff wellbeing with numerous initiatives and programs aimed at fostering team morale and engagement.

We are looking for bright and motivated people who are keen to train in CBT based interventions and who want to practice these in primary care and community locations in Camden or Islington. Following completion of the NHSTT course, we support continuing

professional and career development including training in other modalities such as couples therapy, interpersonal therapy, dynamic interpersonal therapy and EMDR.

We want to further increase the diversity of our staff and ability to speak other languages fluently is an advantage (we have a particular need for Turkish, Sylheti and Somali speakers).

We have HI trainee (band 6) posts across the Camden and Islington services for this October intake. The posts are fixed term contracts for 12 months.

Croydon Talking Therapy Psychological Therapies & Wellbeing Service

Croydon NHS Talking Therapies is one of four Talking Therapies services run by South London and Maudsley NHS Foundation Trust (SLaM). We are an enthusiastic, motivated team and feedback from previous trainees has been that Croydon NHS Talking Therapies is a very supportive and friendly service to train in. We place high importance on staff well-being and recently won a trust award for our well-being initiatives.

Interventions include CBT, EMDR, Couple therapy, guided self-help; online CBT, psycho-educational workshops and groups together with telephone triage, signposting and employment support. We have a Long-Term Conditions (LTC) project working with people who have heart disease, diabetes and COPD alongside mental health difficulties. We are developing initiatives for hard to reach groups, including older adults, BME communities and offenders. Working closely with the voluntary sector in Croydon we have Mind in Croydon with whom we co-work. The interface with secondary care services is positive and growing stronger.

Croydon is a large and diverse London borough. We operate extended opening hours with therapy venues in East Croydon and at our team base at the Bethlem Hospital. Trainees will be expected to provide some evening clinics and to be flexible in working across different locations. We currently operate a mixture of homeworking and office work and trainees are encouraged to see the majority of their clients face to face.

The service is provided by SLaM and improving access to psychological therapies is a high priority for health care commissioners in Croydon. Training contracts will be for the length of training. NHS salary scales and terms and conditions apply. Please refer to our website for further information: Croydon Talking Therapies.

Ealing Talking Therapies

Ealing NHSTT is one of the first NHSTT pilot sites established. Since 2008, we have been delivering and improving the evidence-based psychological treatment within the borough. We are one of three NHSTT services provided by West London NHS Trust, Hounslow and Hammersmith & Fulham being the others, which enables us to share the improvement initiatives and resources.

As a team, we are always improving and are passionate about enabling access to psychological therapies to the diverse population of Ealing we serve.

Why choose us?

We will support you and prepare you to be a competent CBT Therapist!

Structured clinical and line management supervision system forms part of our success. As a Trainee High Intensity Therapist you will benefit from weekly clinical supervision, monthly line management supervision, and monthly step 3 clinical skills group.

We place emphasis on appropriate identification of psychological difficulties and correctly indicated treatment.

A dedicated team of clinical supervisors, who have graduated from the programme, are passionate about supporting trainees in their development. In addition to regular supervision, we operate a duty system on a daily basis, supporting clinicians with urgent queries.

The management team at Ealing NHSTT is committed to staff wellbeing and we have recently commissioned a QI project on staff wellbeing, led by staff across the different staffing groups within the team. Staff wellbeing team help organise away days, staff competitions and staff socials! You will be able to relax in an open space staff room during your breaks.

Our main base is in West Ealing, easily accessible from West Ealing station and Ealing Broadway station.

We support gradual caseload increase, preparing trainees for a qualified role in a graded manner. The working week is split between the University attendance, working from home and working from the office.

The service offers a variety of therapy options to the patients and we are very proud to be consistently offering all the IAPT-approved therapies, such as, EMDR, DIT, IPT, BCT, CfD and CtfD. To that effect, we are committed to Continuing Professional Development (CPD) of our staff and training in additional NHSTT modalities is highly encouraged.

We have close links with our neighbouring NHSTT services and share our CPD events with them, providing an opportunity to link up with our colleagues across the Trust.

Over the last year, our staff have attended training in complex PTSD, LTC, OCD and others, delivered by the experts in those fields.

To increase access and engage all groups of our community, we operate evening clinics (up until 8pm) Monday – Thursday. The post holder will be required to work one evening shift a week (12-8pm).

For more information about our service please visit our website on www.ealingiapt.nhs.uk

Greenwich Time to Talk NHS Talking Therapies

Greenwich Time To Talk (GTTT) is a well-respected and high performing NHS Talking Therapies service. GTTT offers an integrated Step 2 and 3 service, with a purpose-built team based in Eltham as well as satellite hubs throughout the Royal Borough of Greenwich.

We have provided the NHS Talking Therapies service for the population of Greenwich, in South East London since 2009.

We see clients in GP practices and community venues across the borough including Greenwich, Eltham, Charlton, Woolwich, Plumstead and part of Thamesmead.

We have a large team of Step 3 clinicians (Clinical and Counselling Psychologists and CBT Psychotherapists), Counsellors and Psychological Well-Being Practitioners.

Greenwich is a diverse borough and applicants who speak another language in addition to English will be particularly welcome to apply, however this will not be a shortlist criteria.

The trainee feedback for the Greenwich service is always excellent and we have a good track record with trainees successfully completing their courses. Our training posts are fixed term contracts for 12 months. The employer is Oxleas NHS Foundation Trust http://oxleas.nhs.uk/

Within this team we have a Clinical Lead, a Deputy Clinical lead, a PWP Lead and Senior CBT Psychotherapists who are all BABCP Accredited.

The majority of our CBT psychotherapists are also BABCP accredited. We deliver NICE recommended treatments and do not have arbitrary cut-offs for numbers of treatment sessions.

We highly value supervision and ongoing staff development.

We work with clients who are aged 16 and over with a dedicated team for the 16 and 17-year-old clients.

Dr Stavros Markatselis, Clinical Lead, Greenwich Time to Talk March 2025

Hammersmith & Fulham Back on Track

Hammersmith & Fulham Talking Therapies is well established and high performing service. The community is at the heart of what we do, and we pride ourselves on working collaboratively service users, referrers, and commissioners to achieve the best we can for anyone who needs us.

Why choose us?

Hammersmith & Fulham Talking Therapies provides the best possible training experience for all of our trainees. From having an experienced recruitment lead who will guide you through the on-boarding experience, to experienced staff who can support you every step of the way, our service is well-placed to empower you to become the CBT Therapists you are striving to be.

As part of our commitment to trainees, we run workshops in collaboration with Ealing and Hounslow Talking Therapies to prepare new trainees for the course and again at the end to prepare trainees for qualified life as they get closer to the end.

Effective supervision is an essential part of our success, and we have several different systems in place. As well as weekly individual clinical supervision sessions, we always have a duty system available to discuss any urgent issues. There are weekly assessment supervision slots to ensure that any new assessments are discussed promptly, and decisions are made quickly to help move our service users along the most appropriate care pathway. We strongly believe that these systems make our service an ideal place for trainee High Intensity therapists to develop their skills.

You will also be supported by a manager to:

- Ensure that your wellbeing is managed throughout the year
- Support you with the highs and lows of the course and how to keep on track
- Building up your confidence throughout the year

Every trainee in Hammersmith & Fulham Talking Therapies also has a buddy who has been through the training process and can provide additional tips and shadowing opportunities to enhance your experience. However, we are always keen to improve the experience and review the trainee experience on a consistent and regular basis.

Your role

We offer a caseload of 12 clinical contacts per week. Our trainees work 2 days in the office (based in Hammersmith and Fulham) and 1 day working from home. To ensure the service is accessible to those that cannot make daytime appointments, we operate evening clinics four days a week. The post-holders will therefore be required to work one evening per week based on site (12-8pm).

The team

We aim to combine meeting the needs of the community alongside staff wellbeing. Our team has an array of experience, which is consistently enhanced by our commitment to offering continued professional development. With this in mind, we find time to connect away from our clinical work by arranging at least 2 events per year where staff can connect in a non-clinical setting during work hours. Our most recent event was an afternoon of celebrating successes and eating pizza in December 2025!

You will work in a supportive and well-resourced service partnered with a local counselling organisation (West London Centre for Counselling) and with employment advisors from Twining Enterprise, who are embedded in the team.

We strive to engage groups who often have barriers thrown in their way when trying to access psychological therapies. This has involved us developing our outreach programme (including innovative and bespoke community engagement projects). We have also expanded the range of evidence-based treatment modalities available for our service users to include EMDR, mindfulness based cognitive therapy (MBCT), Behavioural Couples Therapy (BCT), Dynamic Interpersonal Therapy (DIT), and Interpersonal Therapy (IPT). Though there is always more to be done, the service encourages our team to create time to problem solve areas to improve, as well as celebrate our successes.

The Trust welcomes applications from all sections of the community who fulfil the criteria for the post. We are keen to ensure that our workforce reflects the community it serves, particularly in terms of ethnicity, gender, disability, and experience of mental illness.

For more information about our service please visit our website: www.westlondon.nhs.uk/handf-talking-therapies

Haringey Let's Talk Talking Therapies

Haringey Talking Therapies is a lively, forward thinking service delivering evidence based psychological therapies across the multi-cultural borough of Haringey. We are one of the original sites, having started in 2008. We have developed and thrived over the years since we began. We have a strong and committed staff team dedicated to delivering high quality psychological interventions to our patients and we regularly achieve excellent recovery rates. As a team we are friendly, supportive, and welcoming.

We offer the following treatments for anxiety and depression disorders:
Guided Self-Help, Cognitive Behaviour Therapy (CBT), Counselling and digital treatments. Our more specialist treatments include Behavioural Couples Therapy for Depression, Dynamic Interpersonal Therapy (DIT), Interpersonal Therapy (IPT), Narrative Exposure Therapy (NET) and EMDR (Eye Movement Desensitisation Reprocessing).

LTC Work
In addition, we work with patients experiencing Long Term Health Conditions (LTC). We offer step 2 and step 3 treatments for patients experiencing difficulties managing their health in a range of conditions such as diabetes, COPD, heart disease and MSK Chronic Pain alongside their anxiety and depression. Additional training is provided for working with these patients.

Outreach Work
The service runs an active Outreach programme led by dedicated Outreach Community PWPs as part of our commitment to engage hard to reach groups.

Life as a HI Trainee

As a HI CBT trainee you will receive weekly, individual, good quality clinical supervision and a monthly management meeting with one of our senior team. As a team we meet for regular team meetings and peer supervision. We also provide a full range of in-service CPD for staff and encourage self-development through further training and skills development. Our more experienced therapists are encouraged to become involved in screening supervision, training, and other projects in the service, including taking on lead roles such as perinatal, equality and diversity, wellbeing etc. We have a good track record of retaining our trainees after qualification and encourage our team to apply for vacancies that arise.

We work across the borough of Haringey in varied settings, with our main admin base at Crouch End. We currently offer a mixed working model; staff do a combination of office-based in person appointments and home-based remote working. All our team do an out of hours (12-8) shift one day per week.

Want to join us?
If you are committed, enthusiastic and keen to contribute, we encourage you to apply.
We welcome applications from everyone in the community who fulfil the criteria and we are keen to recruit staff who reflect the community we serve in terms of ethnicity, gender, and diversity. The ability to speak another language (in particular Turkish, Spanish, Farsi, Polish and Albanian) is an advantage and welcomed.

The posts are on 1-year fixed term contract.

For further information please visit our website:
https://www.whittington.nhs.uk/haringeytalkingtherapies

We hope to welcome you to our service soon!

Harrow Talking Therapies

Harrow Talking Therapies Service is provided by Central and North West London NHS Foundation Trust (CNWL) in partnership with Harrow in Mind for the Step 2 service. It also provides specialist employment services by our partner organisation Twining Enterprise.

With a population of over 242,000 living in an area of just under twenty square miles, Harrow is one of the most ethnically diverse population nationally with established Gujarati and Irish communities and more recently Asian, African, Eastern European communities.

Improving health and wellbeing for the residents of Harrow is important to manage the diverse health care needs of the population including long term conditions. We work collaboratively with other health care professionals in the community to provide an efficient and timely service.

We are committed to the professional development of our therapists and offer a CPD programme which includes several one-day CBT workshops over the course of the year, including free access to Bespoke (CBT) and Contextual Consulting (ACT) online training events,

and monthly in house CPD sessions. We also offer our qualified CBT therapists the opportunity to train and practice in other evidence-based treatment modalities including EMDR, mindfulness based cognitive therapy (MBCT), Behavioural Couples Therapy (BCT), and Interpersonal Therapy (IPT)). In addition to weekly individual CBT supervision our CBT therapists have access to in house monthly specialist PTSD group supervision and teaching facilitated by a National expert in the field.

We would welcome applications from candidates who have diverse language skills.

See our website: https://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/harrow-talking-therapies

Hackney Talk Changes

Talk Changes is a dynamic and high performing NHSTT service that achieves recovery rates well above the national average even though Hackney has high levels of social deprivation.

The service is led by a Clinical Lead, two Deputy Clinical Leads and a Service Manager who provide clinical, operational and strategic leadership. We have a strong supervision structure from a team of Senior CBT Therapists and supervisors. The service has an emphasis on continuing professional development with a programme of regular clinical skills workshops offered throughout the year. We provide the supervision and CPD required to enable our therapists to gain and maintain BABCP accreditation.

We operate a clear stepped care model and have strong links with the Low Intensity training course at UCL, where some of our staff are also course tutors. The majority of patients are offered Low Intensity interventions as a first line treatment, although some presentations (e.g. PTSD and social anxiety) go straight to High Intensity.

We are part of Homerton University Hospital NHS Foundation Trust, which means that we are particularly well placed to integrate NHSTT services for people with Long Term Medical Conditions. We also have strong links with other providers of psychological therapy in the borough as part of the City and Hackney Psychological Therapies Alliance. Since the start of the Covid-19 pandemic we have been offering a dedicated pathway for NHS and social care staff.

There is a strong research culture within the service, and we take an active role in the North Central and East London NHSTT Research and Service Improvement Network. The service is currently collaborating with Leeds University in a trial of the use of Outcomes Feedback Technology to improve CBT outcomes.

In addition to CBT the service also offers Behavioural Couples Therapy, Interpersonal Therapy, Mindfulness Based Cognitive Therapy and Eye Movement Desensitization and Reprocessing Therapy and for the last year we have introduced treatment for mild to moderate eating disorders.

We have recently significantly expanded our Employment Support team as part of a DWP pilot project to increase the number of Employment Advisor's working within NHSTT to a ratio of 1 Employment Advisor to 8 therapists.

We are well resourced with both clinical rooms and office space available at our base, the Louis Freedman Centre for Wellbeing at St Leonard's Hospital. We have 30 rooms for direct clinical work and one group room. In addition to this many of our therapists also provide clinical sessions in GP practices throughout the borough. Staff have ready access to administration space at all times as well as a central staff kitchen with tea and coffee making facilities.

Havering Talking Therapies

Havering Talking Therapies (IAPT) provides Step 2 and 3 interventions for adult clients presenting with Axis I mild to moderate Depression and Anxiety Disorders within the stepped care model.

The Havering Talking Therapies service treats clients within Clusters 1-3, presenting with mild and moderate to severe Depression, Generalized Anxiety Disorder, Panic Disorder (with or without Agoraphobia), Specific Phobias (i.e. spiders, blood, needles, etc.), Obsessive Compulsive Disorder, Health Anxiety, Social Anxiety, Post-Traumatic Stress Disorder (The NHSTT remit is simple trauma, which is defined by DSM-V as one incident of trauma, without multiple exposures), Stress, Loss, Grief, Relationship Difficulties, Separation and Long-Term Health Conditions

At Havering Talking Therapies the Step 2 team offers low-intensity CBT interventions and workshops, which include face-to-face contact and telephone support. The Step 3 team offers the following high-intensity interventions; Individual Cognitive Behavioural Therapy (CBT), Group CBT (Long Term Health Conditions, OCD and Mindfulness Based Cognitive Therapy (MBCT)), Behavioural Couples Therapy, Couples Counselling for Depression, Counselling for Depression (CfD), Interpersonal Psychotherapy (IPT), Dynamic Interpersonal Therapy (DIT) and Eye Movement Desensitization and Reprocessing (EMDR).

Havering Talking Therapies operates 5 days a week (Monday-Friday) and offers extended hours from 8 am to 8pm (Monday- Thursday) and the post holder will be expected to work until 8pm on one evening per week. The main base for Havering Talking Therapies is at the Petersfield Centre, Petersfield Avenue, Harold Hill, RM3 9PB. The service is also co-located in several GP surgeries, health centres and other community venues. All staff work 1 day a week onsite and the rest is remote. We offer virtual 1:1 and group therapy as well as face-2-face.

Hillingdon Talking Therapies

Hillingdon Talking Therapies is a clinically focussed, innovative and high-performing NHS service provided by Central and North West London (CNWL) NHS Foundation Trust. We value our staff, their clinical development, ongoing learning and well-being. We have a strong track record of retaining staff and expect to retain CBT trainees in the service post-qualification.

Our step 2 provision complements a range of NICE compliant therapies at step 3 including High Intensity CBT, EMDR, Behavioural Couples Therapy, Counselling for Depression, Dynamic Interpersonal Therapy and Couple Therapy for Depression.

We have strong links with the North West London Maternity network that supports our extensive Perinatal provision and have led in providing Post-Covid treatment groups and interventions. Hillingdon also piloted Long Covid pathways support, LTC work with community nursing teams and GPs to develop multimorbidity clinics in PCNs. Our service provides clinical support to clinicians and key workers in health, social care and the voluntary sectors through a dedicated Keeping Well for staff service. We are collocated with primary care Eating Disorders teams, employment coaches and working collaboratively on the Young Adults (16-25s) pathways. We have an extensive and exciting Outreach programme.

Trainees will have opportunities to work with a range of clients and across interesting service developments, as well as building strong clinical skills. Supervision is provided by experienced CBT practitioners with BABCP accreditation.

We work to a mixed clinical model of remote and site-based therapies, depending on service user needs. The main service hub is in central Uxbridge with excellent transport links to central London (Metropolitan and Piccadilly Lines). Hillingdon, in West London, has a diverse and growing population and is easily accessible by road, bus and tube/rail.

Trainees are expected to contribute to some extended hours to provide flexible treatment hours as the service works between 8.30 and up to 8pm on some evenings. Salary terms and conditions apply.

Contact for queries: Bhumika Shah bhumika.shah@nhs.net

For more information, please refer to the CNWL website:
http://www.talkingtherapies.cnwl.nhs.uk/

Hounslow Talking Therapies

We are Hounslow Talking Therapies, a close-knit and friendly team who provide a dynamic and innovative service to our community in partnership with Twining Enterprise (employment support). We are focused on delivering high quality, client-centred care in line with our Trust values.

We are one of the three services provided by West London NHS Trust, Ealing and Hammersmith & Fulham being the others.

Why choose us?
We are a well-established, supportive, friendly, and diverse service, priding itself on supporting the development and wellbeing of our staff through:

- Weekly clinical supervision, monthly Reflective Practice and line management supervision; daily duty/debrief system to address risk or safeguarding issues – making the service an ideal place for trainees to develop their skills with substantial support around.

- A dedicated wellbeing team who promote a healthy work-life balance and organise regular team events. Bi-monthly face-to-face team meetings is often followed by team socials which allows for integration into the team and opportunity to network with colleagues.

- Flexible/agile working policy, with staff combining working from home and on site. Opportunity to work across a widespread borough offering access to a diverse client demographic (our main base is in Isleworth, with community locations from Chiswick, through Hounslow Central, and Feltham, many close to lovely independent cafes and businesses – we often allocate these considering people's preferences).

- Opportunities for career progression, with staff having progressed from trainees to seniors. Additional second modality training available to qualified clinicians, such as EMDR, IPT, Behavioural Couples Therapy and MBCT.

- Commitment to the Continuing Professional Development of our staff. Access to live and on-demand training via Bespoke with 5 full days annual CPD allocation for qualified staff.

- Wide offering of groups and workshops for our clients at both step 2 and step 3 with opportunities to facilitate these once qualified.

- Close working relationships with local perinatal, long-term condition and secondary mental healthcare services. Regular outreach workshops are facilitated to increase access to under-represented client groups.

To ensure the service is accessible to those that can't make daytime appointments, we operate evening clinics four days a week and all team members work one evening per week (12-8pm) to support this.

Hounslow is a diverse borough with a large Asian community (34.4%) and over 120 community languages, with Urdu, Punjabi and Polish being the most commonly spoken first languages after English. The majority of our referrals come from GPs, but we also have referral pathways and close links with local perinatal and long-term conditions services.

We are committed to providing an equitable service for all our clients and have an active Equity, Diversity and Inclusion group and Community Engagement Team, ensuring we are visible and engaged with different communities.

Quality Improvement is integral to our innovative and progressive approach to service development, resulting in a range of projects and initiatives and opportunities for staff to broaden their knowledge and skills.

You will be joining a service that is passion about providing high quality, patient-centred care to our community and creating a positive and supportive environment for clinicians.

For further information, please see our website Hounslow talking therapies

Community Living Well (Kensington & Chelsea Talking Therapy Service)

Community Living Well is an NHS Talking Therapies service for people aged 16 and over who need support with their mental health and wellbeing. It is for people registered with a GP in the Royal Borough of Kensington and Chelsea, or the Queen's Park and Paddington areas of Westminster. The service helps people who are experiencing mild to moderate symptoms of depression and/or anxiety, including GAD, PTSD, Health Anxiety, OCD, Social Phobia, Panic Disorder and Specific Phobia.

The service runs to the national NHS Talking Therapies Programme and provides a range of psychological treatments for people with common mental health problems. We use the Stepped Care Model to inform the care provided to our patients; with the PWP team offering low intensity CBT-based interventions at step 2 and High Intensity CBT Therapists and Counsellors making up the teams at Step 3. There are clear and well-defined systems for triaging and screening of incoming referrals, allocation of clients to step 2, and 3 and management of waiting lists and stepping up and stepping down clients as appropriate.

We offer treatment in different formats, individual, group, face-to-face, via telephone or video, and online to best suit people's needs and aims for treatment. We also have an ambitious perinatal service and an extensive Outreach program. We also employ a physical activity coordinator and aim to integrate physical activity as part of our treatment offer.

We offer rewarding opportunities for clinicians looking to gain and build on their clinical experience in a supportive NHSTT service with excellent BABCP accredited supervision and ongoing Continuing Personal Development. The service was an early implementer for LTCs and has an integrated Long-Term Health Conditions pathway and well-developed links with services including diabetes, pain management, cancer, COPD, IBS, Long Covid

We have established close working relationships with the Community Living Well Mental Health 'Hubs', which comprise a Psychology Team, as well as other mental health services such as Complex Emotional Needs and Music & Arts Therapies Pathways. We are proud also to offer specialist support to people in other areas that may be affecting their mental health, like employment, housing, benefits, debt and isolation, by linking them up with our 'Wellbeing Services', also under Community Living Well.

The team has a service development programme to meet new demands and the needs of the local population, including working with health providers across acute, community and primary care settings. We place importance on working together as a team and hold regular NHSTT meetings, Reflective Practice and Journal Club to complement/accompany clinical work (in a way that's relevant and applicable). We pride ourselves in offering an excellent service for people along all the steps of their treatment journey and always keep the clinical

need at the Centre of what we do and how we operate.

Kingston iCope

Kingston Talking Therapies is a supportive team of PWPs and High Intensity Therapists working both closely together in one base at Hollyfield House, in Surbiton or remotely from home. The service is part of South West London and St Georges NHS Trust. We are looking for enthusiastic and motivated applicants who are keen to train in high intensity CBT based interventions. We offer our trainee therapists weekly clinical supervision with BABCP accredited therapists, we also offer a regular Step 3 clinical skills/reflective practice group. Kingston Talking Therapies has close links with the university, and our trainees build their caseloads gradually over the year with support from their supervisor and line manager. There is a pool of training cases in which trainees can source suitable cases. We offer a supportive environment for our all trainees, and we welcome applicants who are passionate about the role and value teamwork. Our trainees are well integrated into the service, and many have opted to apply for qualified roles within the Trust at the end of their training contracts. Kingston Talking Therapies has consistently provided high levels of care for our patients, and we pride ourselves in offering patient choice, and a patient centred approach which is reflected in our consistently high recovery rate. We offer all IAPT interventions including Behavioural Couple's Therapy, EMDR, IPT and DIT, and we work closely with Secondary care services. We have a well-established Long-term conditions pathway and well-developed links with services including Diabetes, COPD and Cardiac Rehab.

Surbiton station is the nearest station (12 min walk; 3-5 min bus ride to the base) and is on a direct line from Waterloo (15-20 mins). The Trust welcomes applications from all sections of the community who fulfil the criteria for the post. We are keen to ensure that our workforce reflects the community it serves, particularly in terms of ethnicity, gender, disability, sexuality and lived experience of mental illness.

Lambeth NHS Talking Therapies (Lambeth IAPT)

About the team
Lambeth NHS Talking Therapies is a well-established and successful service with over 100 members of staff. We are a friendly, creative and sociable team consisting of Clinical Support Workers, Psychological Wellbeing Practitioners, High Intensity Therapists and admin staff.

Lambeth NHS Talking Therapies Service Mission:
Working with people to reduce the distress and practical problems caused by common mental health problems; by developing and supporting staff who are dedicated to providing high quality care, and continuously improving psychological services to all of Lambeth's diverse population.

Why join us?
We are committed to helping to develop the people that come to work with us. We know our service can only be as good as the people who work here, and we will invest in you to maximise that potential.

We believe strongly in staff development and have excellent opportunities to develop this through CPD opportunities across SLAM. The Centre for Anxiety Disorders and Trauma (CADAT) is part of the service and brings nationally and internationally recognised expertise in Cognitive Behaviour Therapy. High Intensity trainees usually have a 6-month placement at CADAT as part of their training year.

We are a high-performing service, recognised as one of the best in London. A major reason for this is that we listen to our staff, take their wellbeing very seriously, and continually involve them in the development of the service. We are an active and sociable team, and staff consistently describe Lambeth NHS Talking Therapies as a great place to work. Our main team bases are near Brixton tube, and we have two smaller bases in Streatham and Stockwell.

Other requirements:
Lambeth is a borough of high social and psychological needs with considerable cultural diversity. We strongly believe in having an Anti-Racist Practitioner Ethos across all staff. We would particularly welcome candidates who are fluent in Portuguese (we have a large Brazilian and Portuguese community), Spanish (for our Latin American clients) and Mandarin or Cantonese (for our Chinese clients). We would also welcome applicants from the Global Majority who represent our community.

Contract and Working hours:
The contract is a Band 6 fixed term one-year training contract. We require all staff to work a regular evening a week in a shifted day (12-8pm). We have embraced homeworking and virtual therapy in our pandemic response, and your training year will involve both. The current expectation is that you will be on site for face-to-face work 2 days a week.

See our website Lambeth NHS Talking Therapies

SLAM Benefits
We are committed to ensuring our staff get the most out of their benefits package and understand the importance of a healthy work life balance. There is an extensive range of excellent benefits for you and your family. We want you to feel like you are part of a close-knit team at SLAM. It's important to us that you valued and appreciated and that are why we have a comprehensive benefits package on offer.

Some of our benefits are highlighted here:

- Generous pay, pensions and leave, we offer a comprehensive pay, pensions and leave package which is dependent on the role and length of service.
- Career development, there are plenty of opportunities to progress your career and we support your development through a number of programmes such as mentoring, coaching, positive people management, collective leadership and other talent programmes.
- CPD opportunities can include HI Top Up training, skills and reflective groups. If offered a permanent qualified position, post training we will support staff to also train in other modalities such as EMDR, IPT and Couples Therapy for Depression.

- Accommodation, our staff benefits from keyworker housing available which is available on selected sites.
- NHS discounts, with discounts up to 10% from a variety of well-known retail brands though Health Service Discounts website.

Other benefits include:

- Counselling services
- Wellbeing events
- Long service awards
- Cycle to work scheme
- Season ticket loan
- Childcare vouchers
- Staff restaurants

Lewisham NHS Talking Therapies

Lewisham NHS Talking Therapies is a busy and thriving service that offers a broad range of NICE recommended treatments for common mental health problems across the diverse borough of Lewisham. We have a cohesive and dedicated clinical team of psychological wellbeing practitioners, CBT therapists, counsellors, psychologists and employment workers. We are based across four main sites throughout the borough. As part of the South London & Maudsley NHS trust we have strong links with the Institute of Psychiatry, Psychology and Neuroscience and the Centre for Anxiety Disorders and Trauma (CADAT). We have a long tradition of offering training placements within our service. A number of our High Intensity CBT trainees spend six months 'on site' in Lewisham and six months at CADAT. Supervision is provided by very experienced accredited CBT therapists.

The training will involve working on-site face to face with patients as well as some remote working developing skills in delivering therapies via video appointments. It is essential that you are available to work on-site in Lewisham in any of our bases, which will be determined by service needs.

We are looking to recruit enthusiastic, committed and skilled High Intensity CBT trainees to join our service. We are seeking trainees who have an understanding and an interest in the service model of delivering psychological therapies and also a passion for developing competence in delivering cognitive behavioural therapy. Lewisham is a culturally rich and diverse borough, and we would welcome applicants who reflect that diversity and have an interest in working in the borough.

Merton Uplift

This position is for a 12-month fixed-term training post. Upon successful completion of the course, you to become a qualified HI Therapist.

Merton is a diverse borough and we would particularly welcome applications from clinicians who are able to deliver interventions in Polish, Urdu, and Tamil.

About the team:

Merton Talking Therapies is the South West London & St. George's Mental Health NHS (SWLSTG) Trust's primary care mental health service for the adult population of Merton. Merton Talking Therapies incorporates a Wellbeing Service and an Employment Service. Merton Talking Therapies aims to support the mental health and wellbeing of the local community through provision of wellbeing support, self-management courses, and psychological therapy.

The high performing Talking Therapies team provide evidence-based psychological treatments (CBT, IPT, DIT, BCT, EMDR) to people with common mental health problems including depression, anxiety disorders and PTSD within a stepped-care model. We are a large and experienced team including qualified Clinical and Counselling Psychologists, CBT Therapists, and Psychological Wellbeing Practitioners (PWPs), who provide psychological interventions in line with NICE guidance.

About the role

We are looking for enthusiastic and skilled HI trainees to join our committed and friendly team of clinicians. You will be providing Step 3 assessments and evidence-based CBT treatment to clients aged 18 and over presenting with depression, anxiety disorders and PTSD.

High quality supervision and CPD are a priority for the team. You will receive regular weekly individual clinical supervision from one of our Clinical/Counselling Psychologists or CBT Therapists working within the service. You will also have the opportunity to attend monthly clinical training sessions and reflective practice sessions facilitated by lead clinicians from across the SWLSTG Trust and to attend CBT training workshops led by highly respected clinicians in their field, for example, we have previously welcomed Andrew Beck, Anke Ehlers and Martina Mueller. As a well-established service, we are committed to creating a positive training environment and have a proven track record in supporting our high and low intensity trainees to succeed.

Qualified HI therapists can become involved in the clinical supervision of Psychological Wellbeing Practitioners, Low Intensity Trainees and High Intensity Trainees, for which training will be provided, if successful at securing a Band 7 HI Therapist role post qualification. Qualified HI Therapists who secure Band 7 roles also benefit from opportunities to develop areas of interest such as working with long term health conditions, working with clients with learning disabilities, working with perinatal clients, by contributing to project groups or taking a Champion role. The five Talking Therapies services in SWLSTG Trust work closely together to develop care pathways and share expertise. Qualified HI Therapists are supported by employers to undertake and obtain accreditation in further treatment approaches, e.g., IPT, BCT, and the majority of Talking Therapies clinicians in the Trust have received funding to train in further modalities of interest to them. Additional specialist supervision is available for these approaches both during training and once it has been completed. We have also recently

started developing secondment opportunities for clinicians interested in working in other teams in the Trust, which has been positively received.

You will work clinically within primary care settings and be required to work flexible hours in line with the improving access agenda. The service operates from 8am to 8pm Monday to Thursday, and 8-5pm on Friday, and you will be required to work at least one evening per week. Working patterns can be negotiated to allow for a better work/life balance. The service currently offers the opportunity to work remotely, with an expectation that everyone is in the office for two days per week to meet the demand for face-to-face appointments. It is likely that agile working will continue to be part of the job role moving forward.

We are mindful that working in a fast-paced service with people experiencing psychological distress can be challenging as well as rewarding. We have recently introduced several wellbeing initiatives to support our teams. Staff are supported through monthly line management supervision and our newly established active staff wellness groups organise staff wellbeing events including social gatherings and reflective groups.

About the location:

Merton Talking Therapies currently has services located in The Generator Business Centre, Cricket Green Medical Centre, Riverhouse Surgery and The Wilson Hospital in Mitcham, with the Trust headquarters based at Springfield University Hospital.

Springfield University Hospital, Tooting

Our largest, 19-ward site is in Springfield Village, created following our £150m investment into two new world class mental health facilities. A 32-acre public park, shops and cafes are coming soon. Close to shops, cafes and Tooting Bec on the Northern Line plus Earlsfield and Tooting rail stations and bus routes.

Wilson Hospital, Mitcham

The Wilson Hospital is home to a number of our community services including Merton Home Treatment Team, Wimbledon and Morden Recovery Support Team, Sutton and Merton Early Intervention Team, and Merton Talking Therapies. It is situated near Mitcham Junction rail station and near Cranmer Green Nature Reserve.

About SWLSTG Trust

We are Proud to Belong at South West London and St George's Mental Health NHS Trust.

We have expert services, a rich history and a clear commitment to providing the best quality care for those with mental ill-health. The Care Quality Commission already rates our services as 'good' - we aspire to be 'outstanding'.

This is a great time to join us. We are transforming the way we care for our communities to support our mission of Making Life Better Together. We have built two brand new mental health facilities at Springfield University Hospital, which are amongst the best in the world. More developments are planned across our sites and services.

We are inclusive and diverse and strive to be actively anti racist. We want to attract people from all backgrounds and experiences to enrich the work we do together. We are proud to co-produce and involve our local communities in all that we do.

We offer flexible working, career development and a variety of benefits to enable a positive, welcoming environment in which our people and their careers can thrive.

Come and join our inclusive teams and help our patients on their recovery journey.

Newham Talking Therapies

Newham Talking Therapies is an exceptional talking therapies service with excellent development opportunities. As one of the pilot NHSTT sites, we have developed and spearheaded new and exciting ways of working both for our clients and our staff. The service offers a comprehensive package of tailored programmes for clients through a stepped care treatment model. Low intensity and high intensity cognitive behavioral therapy packages are delivered through individual or group formats and in addition to CBT, there is an extensive range of other therapies offered at step 3 including EMDR, Dynamic Interpersonal Therapy (DIT), Behavioral couples therapy, Interpersonal Therapy (IPT) and Systemic therapy.

We are committed to the progression of our team and constantly strive to ensure a positive working environment for all our team members. Working as part of Newham Talking Therapies offers numerous opportunities for learning and development through strong team support and clinical supervision. The service offers a fantastic workshop programme, therefore offering the chance to develop group skills and work alongside colleagues to deliver innovative treatment programmes. The service treats all common mental health problems and there is particular expertise in PTSD, Long Term Health Conditions and Eating Disorders. Due to the very diverse populations in Newham, there is a unique opportunity to work with clients from a wide variety of cultural backgrounds.

Being part of Newham Talking Therapies will offer a range of experiences and allow trainee therapists to be part of an innovative, evolving service as well as offering a solid, supportive foundation to build clinical skills. We are a very enthusiastic team with a lot of experience in offering trainee placements and can ensure a very supportive, positive learning environment.

Redbridge Talking Therapies

The Redbridge Talking therapies service is part of NELFT. We are a team of HI and PWP therapists and we all value close working relationships based on support, flexibility, opportunities for development and ensuring the wellbeing of the entire team.

We help people who experience problems including Depression, Panic, Phobia, Agoraphobia, Social phobia, Health anxiety, Obsessive compulsive disorder, Post traumatic disorder, Body dysmorphic disorder, Habit disorder, Medically unexplained physical symptoms, Long-term conditions. We offer an extensive digital program that includes

Silvercloud as well as webinars and Podcasts.

We offer the greatest support to our trainees, ensuring that we follow the directions from the course so as the individuals will have the easiest training journey possible. To all trainees we offer the opportunity to stay and work for the team, after successful completion of the training.

Further details of the service and what we offer can be found on:
www.talkingtherapies.nelft.nhs.uk/redbridge

Southwark Talking Therapies

We are an NHS Talking Therapies for depression and anxiety service based in Southwark, one of the 4 boroughs covered by the South London and Maudsley NHS Trust. There are 3 team bases – Maudsley Hospital in Camberwell, Tessa Jowell Health Centre in East Dulwich, and Guy's Hospital in the London Bridge area. Therapy sessions take place at the team bases and are also offered remotely by video/telephone. We aim to provide a patient-centred, inclusive, responsive, and high-quality service for Southwark patients seeking talking therapies for common mental health difficulties. We would like to offer training placements to enthusiastic and committed trainees who are passionate about working in NHS Talking Therapies and developing their skills in CBT in order to help improve the lives of others. We value the contribution of trainees to the service and our close relationship with the high intensity CBT course at King's College London.

Sutton Uplift

Sutton Talking Therapies is the South West London & St George's Mental Health NHS Trust's (SWLSTG) primary care mental health service for the adult population in the London borough of Sutton. Incorporating a wellbeing service and an employment team, it supports the mental health and wellbeing of the diverse local community through provision of wellbeing support, employment support, self-management courses, and psychological therapy.

The high performing Talking Therapies team provide evidence-based psychological treatments (CBT, IPT, DIT, BCT, EMDR, NET, CfD) to people with common mental health problems, depression and anxiety disorders, within a stepped-care model. We are a friendly, supportive and experienced team including qualified clinical and counselling psychologists, CBT Therapists, and psychological wellbeing practitioners (PWPs), who provide psychological interventions in line with NICE guidance.

Our main base is at the Jubilee Health Centre East in Wallington, which is located on a small busy high street with ample free parking spaces in the community and public transport links, with Wallington Station being a 5-minute walk away as well as being on several well served bus routes.

We are keen to support team members to grow and develop within the service through training in additional NICE guideline therapy modalities as well as encouraging all to pursue training opportunities that will enhance their practice and support career aspirations. Our staff receive weekly one to one supervision from a senior member of the team and have access to regular ongoing CPD and staff wellbeing sessions.

Since the pandemic our Trust is operating a hybrid way of working which includes the opportunity to work from home for some of the week as well as at base, currently 2 days a week at base for fulltime members of the team.

The training posts are offered as fixed term contracts for 12 months which cover the duration of training. On condition of successful completion of the course, trainees are transitioned into permanent contracts (with a 6-month probationary period) for High Intensity CBT therapist posts within the Trust. We look forward to welcoming your application to our team.

For further information you may wish to look at our website https://swlstg.nhs.uk/sutton-talking-therapies

Tower Hamlets Talking Therapies

Tower Hamlets Talking Therapies (THTT) is one of three NHS Talking Therapies services (previously called IAPT) provided by the East London Foundation Trust (ELFT). Working throughout the borough in community locations and a wide range of GP surgeries, the service offers a comprehensive range of low and high intensity treatments at both individual and group level. Modalities offered include cognitive behavioural therapy (CBT), interpersonal psychotherapy (IPT), dynamic interpersonal therapy (DIT), Behavioural Couple therapy, and eye movement desensitization and reprocessing (EMDR).

Tower Hamlets is a diverse, vibrant and exciting place to work with one of the highest deprivation levels in the country. Commitment to creative ways of working with hard-to-reach groups and a curiosity about the presentation and treatment of mental health problems in culturally diverse populations is essential for anyone who works with us.

Trainees will have the opportunity and develop and hone their skills, through working with a team of highly experienced clinicians while attending training.

We have one high intensity training place available and particularly welcome applications from local residents and Sylheti or Bengali speakers.

Tower Hamlets Talking Therapies uses a hybrid working model, with staff working from the office one day a week currently, and working from home for the rest of the week. This will ensure that trainees have the opportunities to provide talking therapy modalities remotely (via Microsoft Teams and telephone) and face to face.

If you are interested in learning more about the service, please do find our website on: https://towerhamletstalkingtherapies.nhs.uk/

The high intensity trainee post are offered as fixed term contracts for 12 months.

Waltham Forest Talking Therapies (IAPT)

Waltham Forest Talking therapies (IAPT) is an established service which is based in the borough of Waltham Forest and is part of North East London NHS Foundation Trust. Our Talking therapies service is a large team providing a service to a highly culturally diverse population providing a range of NICE recommended interventions for those suffering from mild to moderate depression and anxiety disorders. We offer face to face interventions as well as use video and telephone. The service operates from its base in Leytonstone, community centres and some GP surgeries. The service currently operates Monday to Thursday from 8.00 am to 8.00 pm and Fridays 8.00 am to 5.00 pm working out of hours to improve access to the service.

We encourage applicants who can speak in different languages other than English.

The posts are fixed term training contracts for 12 months.

Wandsworth Talking Therapies

We are offering a fixed term 12-month training post. Wandsworth Talking Therapies is one of 5 boroughs delivering Talking Therapies under South West London & St Georges Mental Health trust. If there are HI vacancies in any of the boroughs that SWLSTG cover then we will let our trainees know of them at the point they are qualifying.

Wandsworth is a diverse borough and we would particularly welcome applications from clinicians who are able to deliver interventions in Polish, Urdu, and Tamil.

About the team:

Wandsworth Talking Therapies is the South West London & St. George's Mental Health NHS (SWLSTG) Trust's innovative primary care mental health service for the adult population of Wandsworth. Wandsworth Talking Therapies aims to support the mental health and wellbeing of the local community through provision of wellbeing support, self-management courses, psychological therapy, and mental health assessment and recovery support. Our community work is a recognised strength.

The high performing NHSTT team provide evidence-based psychological treatments (CBT, IPT, DIT, BCT, EMDR) to people with common mental health problems including depression, anxiety disorders, PTSD and eating disorders within a stepped-care model. The NHSTT team consists of approximately 90 staff including qualified Clinical and Counselling Psychologists, CBT Therapists, and Psychological Wellbeing Practitioners (PWPs), who provide psychological interventions in line with NICE guidance.

About the role

We are looking for enthusiastic and skilled HI trainees to join our committed and friendly team of clinicians. You will be providing Step 3 assessments and evidence-based CBT treatment to clients aged 18 and over presenting with depression, anxiety disorders, PTSD and eating disorders.

High quality supervision and CPD are a priority for the team. You will receive regular weekly individual clinical supervision from one of our band 8a or 8b Clinical/Counselling Psychologists or CBT Therapists working within the service. You will attend a monthly clinical training session facilitated by lead clinicians from across the SWLSTG Trust and to attend CBT training workshops led by highly respected clinicians in their field, for example, we have previously welcomed Andrew Beck, Anke Ehlers and Martina Mueller. As a well-established service, we are committed to creating a positive training environment and have a proven track record in supporting our high and low intensity trainees to succeed. We are now running a preceptorship program for all our qualifying trainees that join our team adding an additional layer of support to help your move into a qualified role.

Following successful completion of HI training, the Band 7 role will involve the clinical supervision of Psychological Wellbeing Practitioners, Low Intensity Trainees and High Intensity Trainees, for which training will be provided. There will be opportunities to develop areas of interest such as working with long term health conditions, working with clients with learning disabilities, working with perinatal clients, by contributing to project groups or taking a Champion role. The four NHSTT services in SWLSTG Trust work closely together to develop care pathways and share expertise. Post successful completion of HI training, you will be supported to undertake and obtain accreditation in further treatment approaches, e.g. EMDR, IPT, BCT, and the majority of NHSTT clinicians in the Trust have received funding to train in a number of further modalities of interest to them. Additional specialist supervision will be available for these approaches both during training and once it has been completed. We have also recently started developing secondment opportunities for clinicians interested in working in other teams in the Trust, which has been positively received.

You will work clinically within primary care settings and be required to work flexible hours in line with the improving access agenda. The service operates from 8am to 8pm Monday to Thursday, and 8-5pm on Friday, and you will be required to work at least one evening per week. Your working pattern can be negotiated, and many of our clinicians prefer to work condensed hours to allow for a better work/life balance. The service is currently offering the opportunity to work remotely, with an expectation that everyone is in the office for two days per week to meet the demand for face-to-face appointments. It is likely that agile working will continue to be part of the job role moving forward.

We have recently introduced wellbeing initiatives to support our teams. Staff are supported through monthly line management supervision, and our newly established active staff wellness groups organise staff wellbeing events including reflective groups and yoga classes.

About the location:

We are based in an office space opposite Tooting Broadway tube station.

Our Trust headquarters is located within the impressive grounds of Springfield University Hospital in Tooting, and we also operate in nearly 100 other locations throughout the UK. This is easily accessible via the Northern Line (Tooting Bec Station) and via private transport. The Trust provides subsidised parking fares for all our substantive staff. The trust headquarters is located immediately next to Tooting High Street where staff can easily access a range of shops, cafés, restaurants etc.

Benefits:

SWLSTG Trust offer a number of excellent staff benefits and understand the importance of a healthy work life balance. Some of our benefits are highlighted here:

- **Generous pay, pensions and leave,** we offer a comprehensive pay, pensions and leave package which is dependent on the role and length of service.
- **Work life balance,** we support a range of flexible options, such as part-time working, job sharing, term-time working, compressed hours and working from home.
- **Career development,** there are plenty of opportunities to progress your career and we support your development through a number of programmes such as mentoring, coaching, positive people management, collective leadership and other talent programmes
- **Subsidised car parking** - You can park at any of our sites at a reduced rate of £20/month.
- **NHS discounts,** with discounts up to 10% from a variety of well-known retail brands though Health Service Discounts website.

Other benefits include:

- Eye examinations
- Looking after your health
- Cycle to work scheme
- Car lease scheme
- Season ticket loan
- Childcare vouchers
- Staff restaurants

For a full list of our benefits please visit https://www.swlstg.nhs.uk/about-the-trust/why-work-for-us/staff-benefits

We look forward to receiving your applicatio

Westminster Talking Therapies

Westminster Talking Therapies service is part of Central and North West London NHS Foundation Trust (CNWL), providing a wide range of services to people aged 16+ who are living, working, studying or registered with a GP in Westminster. Services include specialist employment support and counselling services provided by our partner organisation, 'All Kind'.

We support people who are experiencing mild to moderate mental health symptoms of anxiety, low mood, stress, and depression. This includes difficulties such as panic, PTSD, OCD, social anxiety, health anxiety, and specific phobias. Our aim is simple: to help people feel better and develop practical ways to manage what they are going through

We are part of the national NHS Talking Therapies programme and provide a range of evidence-based psychological treatments for common mental health problems. Our service uses a stepped care model to guide the support we offer. This means people are matched to the level of care that best suits their needs. From low intensity CBT-based support with our Psychological Wellbeing Practitioners (PWPs) at step 2, to more in-depth therapy with High intensity CBT therapists and counsellors at step 3.
Confidential support is offered in a wide range of ways including one-to-one sessions (in person, phone, or online), guided self-help, group programmes and workshops. And if English isn't your first language, we will provide interpreters including British Sign Language interpreters for all your appointments.

We also have a dedicated outreach team who actively work in the community to make our service more visible and accessible and to reduce the stigma surrounding mental health. This includes working with local organisations, delivering workshops in community spaces such as local libraries and attending events to reach people who may not access support. We have supported a range of communities across Westminster including those who may face additional barriers to accessing our service.

Westminster is one of the most unique boroughs in London. Around 211,000 people live here, but over a million people come into the area each day to work, visit, and study. It's a borough of contrasts, with areas of both significant wealth and high deprivation. Many residents speak English as a second language, and many were born outside of the UK. Communities in the borough consist of long-standing residents as well as those who are new to the city including refugees and asylum seekers.

This diversity means people's experiences of mental health, and access to support, can vary widely, and we work to make our service as accessible and inclusive as possible!
See our website https://talkingtherapies.cnwl.nhs.uk/westminster .