

London IAPT Site Descriptions-IAPT HI Trainee post applicant information

Please find in the following pages the London IAPT Site Descriptions in relation to the HI IAPT Trainee posts.

Barking & Dagenham (North East London Foundation Trust)
Bexley (Mind in Bexley)
Brent (Central and North West London NHS Foundation Trust)
Bromley (Bromley Healthcare)
Camden & Islington CANDI (Camden & Islington NHS Foundation Trust)
Croydon (South London and Maudsley NHS Foundation Trust)
Ealing (West London NHS Trust)
Greenwich (Time to Talk, OXLEAS NHS Foundation Trust)
Hammersmith & Fulham (West London MH NHS Trust)
Harrow (Central and North West London NHS Foundation Trust)
Hackney (Talk Changes, Homerton University Hospital 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)
Richmond (East London NHS 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)

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Site and banding preference

Please read this information as this will help you to decide which of the London IAPT services that you would like to request a preference for being employed in. Please note that the majority of posts available are band 6 positions but there are a few services that are able to offer band 7 training posts to suitably qualified applicants. You will need to indicate your site and banding preference within the application form.

LONDON IAPT SERVICES

Talking Therapies Barking & Dagenham

Talking Therapies Barking & Dagenham provides psychological treatment for people with mild to moderate anxiety disorders and depression who have a GP in Barking and Dagenham.

Talking Therapies Barking & Dagenham can provide help for people who experience problems including: Depression, Panic, Phobia, Agoraphobia, Social Phobia, Health anxiety, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Body Dysmorphic Disorder, Medically Unexplained Symptoms, Long Term Conditions.

CBT trainees can expect to learn from experienced CBT practitioners, clinical and counselling psychologists, all of whom have either completed their training at the IOP or have BABCP accreditation.

We offer weekly hour-long CBT supervision, in house training and actively promote clinicians Continuing Professional Development (CPD). We promote the use of taped sessions to support supervision and clinical development in-line with BABCP guidelines.

We acknowledge the tensions of working in a busy service with the need to meet KPIs. We 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. 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.

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), Couples therapy for depression and Behavioural Couple therapy.

High Intensity group interventions include:

Low mood, OCD and Childhood Trauma groups.

Step two interventions include: guided self-help, individual and group behavioural activation, a wellbeing workshop, living with chronic pain group and a relaxation course. We also offer regular webinars for residents of Barking & Dagenham and Trust staff to help them to deal with the impact of the current pandemic

As the service offers out of hours appointments, the post holder will be expected to work one evening per week.

The post-holders will be given a fixed term high intensity trainee post at band 6.

Mind in Bexley

Mind in Bexley's service model is an IAPT-compliant, stepped care model including primary care counselling services, operating from a central hub location at Mind in Bexleyheath Broadway. 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 registered with a Bexley GP are eligible. Exclusion criteria are clients presenting with a) severe mental health problem more suited to secondary services; or b) at 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 on Saturday mornings, enabling people to attend outside normal working hours.

Mind in Bexley (IAPT) services are also delivered from several GP surgeries across the borough. Currently, the Mind in Bexley (IAPT) service is also being delivered from several children's centres in the borough, ensuring that parents of babies and young children can access services in an environment specifically compatible with their needs.

We will also ensure equity of access by delivering services in non-health settings, where appropriate. For example, Saturday workshops will be held in community centres throughout the borough, extending the geographical reach of the Mind in Bexley service.

The Mind in Bexley team comprises a total of High Intensity therapists Low Intensity therapists and Employment Support. In addition, we have Person-Centred, Integrative and Psychodynamic counsellors working in GP surgeries as well as at the main hub.

Continuous Professional Development is provided via regular supervision, internal skills training sessions, statutory training in-house, and external training. In addition to qualified and experienced therapists, Mind in Bexley staff include Health Trainers, Holistic Wellbeing, and Employment Support workers, ensuring comprehensive integrated coverage of patients' needs beyond psychological services.

Mind in Bexley was commended in the London IAPT Clinical Assurance report for its ability to provide an appropriate training environment for staff learning. We have post-graduate CBT trainees and counsellors on placement, with qualified and experienced staff offering appropriate levels of supervision.

www.mindinbexley.org.uk

Brent IAPT Service

The Brent IAPT service is a large, busy, and well established IAPT 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, physical health centres, community organisations and GP practices. The team has a good reputation for training and supervision, staff development and staff retention, initiatives on staff wellbeing as well as meeting service targets.

Due to the COVID pandemic, the service currently is working on site as well as remotely and step 3 interventions are provided both face to face based on patient 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 clients to step 2 and step 3, management of waiting lists and stepping up and stepping down clients 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 IAPT service also works closely with other IAPT services under Central and North West London NHS Foundation Trust.

Talk Together Bromley

Talk Together Bromley (TtB) is the Bromley IAPT service which is delivered by Bromley Healthcare. TtB provides psychological therapeutic support to adults, registered with a Bromley GP, to cope with and recover from mild to moderate mental health difficulties, including anxiety disorders and depression.

TtB aims to increase access to highly effective evidenced based psychological therapies as part of a national drive to give mental health the same focus as physical health. At TtB we pride ourselves on putting our patients first and at the heart of everything we do. We offer a range of easily accessible effective therapies, including self-help resources, online support, group treatments, and face-to-face, telephone and video sessions on a one-to-one basis with trained therapists and/or counsellors. All 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.

The team is made up of psychological wellbeing practitioners, cognitive behavioural psychotherapists, and counsellors. Every clinical member of staff is trained to specialise in certain treatments for specific problems, ensuring the highest quality of support for each 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 is like to work for Bromley Healthcare by viewing the following YouTube link:

<https://www.youtube.com/channel/UCXqdJm17dcbXnfvh98qIJ0g>

Excellent benefits package available including various pension schemes, discounted gym membership, cycle to work scheme, discounted electronics, opportunity to apply for low interest personal loans and an excellent lease car scheme.

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

iCope Camden & Islington

Camden and Islington are exciting and diverse inner-city Boroughs - a microcosm of the full spectrum of London life. The Camden and Islington NHS Foundation Trust has been running IAPT services since 2008 and currently covers three services. We would really recommend you looking at our website www.icope.nhs.uk to get a sense of the range of our clinical services. Currently all our staff are working remotely using video and telephone consultations and we have developed a number of new services for patients, and front-line staff in response to the pandemic.

What sets us apart from some other IAPT services are our very strong links with primary care – each surgery has identified clinicians who are often based in the practices and we cultivate relationships with GP's and others to guide their referrals, our treatments and mutual service development. We also have formal partnership arrangements with voluntary sector counselling services, as well as connections to all other local mental health providers. We see our IAPT teams as a key part of the local primary care mental health provision within the boroughs.

We also have the ability to see people with somewhat more complex presentations (we call them IAPT plus). We believe this is both good for the local population and for our clinician development post-qualification.

We have leads and champions across many areas of service – older adults, BAME, 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 and 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 practice these in primary care and community locations in Camden or Islington. Following completion of the IAPT course, we support continuing professional and career development including training in other modalities such as couples therapy, interpersonal therapy etc.

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 ten HI trainee (band 6) posts across the Camden and Islington services for this October intake. The posts are fixed term contracts for 12 months – but we are negotiating with our commissioners to have these made into permanent contracts with a ‘gateway’ of passing the course.

Croydon IAPT Psychological Therapies & Wellbeing Service

Croydon IAPT Psychological Therapies and Wellbeing Service is one of four IAPT 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 IAPT 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 Purley, 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. The service is provided by SLaM and improving access to psychological therapies is a high priority for health care commissioners in Croydon and the IAPT service is likely to keep growing to meet 25% of known demand by 2021/22. 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 <https://slam-iapt.nhs.uk/croydon/welcome-to-croydon-iapt/>

Ealing

Ealing IAPT was one of the first IAPT services to launch in 2008 and is one of the three services provided by West London NHS Trust. We are a large team of approximately 100 members of staff and look to expand further. Our main base is in West Ealing and in addition to this, we run clinics at GP surgeries across the borough, covering areas such as Southall, Acton, and Chiswick. The service is well-established and many of our staff have been with us since the beginning.

Clinical and line management supervision is part of our success, and as a trainee high intensity therapist you will benefit from weekly clinical supervision, monthly line management supervision, and monthly step 3 clinical skills. We have a dedicated team of supervisors who have graduated from the programme and are passionate about supporting trainees in their development. In addition to this, we operate a duty system on a daily basis with daily debrief to make sure that all new assessments are discussed promptly.

Ealing IAPT is passionate about offering a great quality therapy to our patients and we are very proud to be able to consistently offer all the IAPT-approved therapies, such as EMDR, DIT, IPT, BCT, and CfD,. To that effect, we are committed to Continuing Professional Development (CPD) of our staff and training in additional IAPT modalities is highly encouraged. We have close links with our neighboring services (H&F and Hounslow) 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 in-house training in complex PTSD, LTC, OCD, perinatal, and many others. In addition to the standard talking therapies, our service is one of only two IAPT services in London that offer an exercise group for our patients (Running to Better Health), which is consistently achieving high recovery rates and is highly regarded.

The management team at Ealing IAPT is committed to staff wellbeing and we have recently commissioned a QI project on staff wellbeing, led by staff across the different staff groups within the team. To that effect, Ealing IAPT recently won team of the month (February 2020) in the Trust. We are passionate about engaging all groups of our community, and as such, 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

Greenwich Time To Talk (GTTT) is an integrated Step 2 and 3 NHS service, with a purpose-built team base at Eltham High Street as well as satellite hubs throughout the Borough of Greenwich.

We have provided the IAPT service for the population of Greenwich, in South East London since 2009. GTTT is a high performing, well-resourced and well-respected IAPT service.

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 psychologists, Counselling Psychologists and CBT Psychotherapists), Counsellors and PWPs.

Within this team we have a Clinical Lead, a Deputy Clinical lead, PWP Lead and 6 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 Clinical Psychology team for the 16 and 17-year-old clients.

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/>

Hammersmith & Fulham Back on Track

Back on Track (Hammersmith & Fulham IAPT), one of the second wave IAPT sites in London, is a very well established and high performing service. The service is respected among service users, referrers and commissioners and has received additional investment as a wave two early implementer site to increase access for those with long term health conditions and at the end of this year it will be expanding to see 25% of the population of Hammersmith and Fulham. The service is committed to continuing professional development and you will work in a very friendly, supportive, and well-resourced service with close links to the Doctorate and IAPT training programmes. The service is partnered with a local counselling organisation (West London Centre for Counselling) and with employment advisors from Twining Enterprise and Richmond Fellowship, who are embedded in the team. We will also be working very closely with the new mental health, integrated network teams (MINT) as part of the new exciting integration of primary and community mental health care.

Provision of supervision is an essential part of our success and we have a number of different systems in place. As well as weekly, individual supervision sessions, we always have a duty system available to discuss any urgent issues. In addition, there are daily assessment 'debrief' sessions to ensure that any new assessments are discussed immediately, 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 with substantial support around them.

In this service we are passionate about increasing access to psychological therapies for the local population. 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 (12-8pm) with the option to also work one early shift per week (8am – 4pm).

We are committed to engaging groups that find it hard to access psychological therapies, which involves outreach, innovative community engagement projects and bespoke approaches to treatment that meet the specific needs of local communities. 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), Interpersonal Therapy (IPT) and Cognitive Analytical Therapy (CAT).

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.

Harrow IAPT Service

Harrow IAPT 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 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).

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 IAPT 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 IAPT 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 IAPT 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.

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 IAPT 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.

Covid-19 Update: We are currently providing all our assessment and treatment sessions via telephone and video conferencing. Staff are currently working from home, but we are planning to return to the office and offer face to face therapy subject to Government guidelines.

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 IAPT 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.

Talking Therapies Hillingdon

Hillingdon Talking Therapies (IAPT) is an innovative, high-performing, and clinically focussed service provided through Central and North West London (CNWL) NHS Foundation Trust. 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, Brief Dynamic Interpersonal Therapy and Couples Counselling for Depression. We have strong links with the North West London Maternity network to support our Perinatal therapeutic work and our LTC, Post-Covid Recovery and LTC-multimorbidity interventions are provided as part of a

dedicated integrated partnership working in a Hillingdon Health and Care Partnership with GPs, the acute hospital, voluntary sector and community nursing teams. 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.

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.

Through Covid, the service delivery has been largely remote using online, telephone and video for clinical but with government guidance on easing Covid measures, we expect to transition to a mixed clinical model of remote and site-based therapies, depending on service user needs. The service's main hub is in central Uxbridge which is a short walk from the town centre 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. Trainees will be appointed on fixed-term 1-year contracts initially. Salary terms and conditions apply.

For more information, please refer to the CNWL website:

<http://www.talkingtherapies.cnwl.nhs.uk/>

Hounslow IAPT Service

The Hounslow service is one of three IAPT services provided by West London Health Trust. We are one of the newer IAPT services and have been delivering the service in Hounslow since 2011 in partnership with the Anchor Counselling service and Twining Enterprise. Our main base is in Isleworth and we run clinics and groups across the borough from Chiswick to Hounslow Central to Feltham. Our service has developed and expanded each year and its strong performance during this time has resulted in us being re-awarded the IAPT contract following a competitive tendering process and securing additional funding from the CCG last year.

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. The additional investment into the service has enabled us to do more health promotion work and set up large scale Stress Control courses run in community venues.

We are committed to the Continuing Professional Development of our staff. Over the last year this has included training on Body Dysmorphic Disorder and a series of webinars to help

transition to online working. We have also expanded the range of therapies that we offer to include EMDR, IPT and Behavioural Couples Therapy, as well as refining the therapeutic groups that we provide. We offer a wide variety of groups at different times of day and in the evenings. We are a growing team of 20 CBT therapists and 13 PWP's. We have adapted to online working and hold the majority of therapy sessions over telephone or video calls and this includes groups during the current times.

For further information please see our website www.hounslowiapt.nhs.uk

Kensington & Chelsea IAPT Service

Community Living Well is a new 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.

Along with teams from neighboring Boroughs, the service was awarded Wave 2 Early Implementer for LTC status. We also have an ambitious perinatal service, an extensive Outreach programme, and offer rewarding opportunities for clinicians looking to gain and build on their clinical experience in a supportive service with excellent BABCP accredited supervision and ongoing Continuing Personal Development.

The service runs to the national IAPT programme and provides a range of CBT-based interventions for people with common mental health problems. Alongside high and low intensity CBT interventions, our service also benefits from Step 3 Counselling, Step 4 Psychology, Primary Care Psychiatric Nurse Liaison, and a comprehensive Community Living Well programme, including help with employment and support with debt, housing, and benefits issues. Individual and group-based treatments are provided.

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. There are clear and well-defined systems for triaging and screening of incoming referrals, allocation of clients to step 2, 3 and 4, management of waiting lists and stepping up and stepping down clients as appropriate.

Kingston IAPT Service

Kingston iCope is a small and 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 Camden & Islington NHS Foundation 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 staff members, alongside fortnightly clinical skills groups. Kingston iCope 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 at the end of their contracts. We have also developed methods of remote induction to help new staff feel settled during lock-down.

Kingston iCope has consistently provided high levels of care for our patients, and we pride ourselves in offering patient choice, and a patient centred approach. We offer all IAPT interventions including Behavioural Couple's Therapy, IPT and DIT, and we work closely with Kingston's Primary Care Mental Health Team.

Surbiton station is the nearest station (12 min walk; 3-5 min bus ride) 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, and experience of mental illness.

Lambeth Talking Therapies

Profile:

Lambeth is a diverse central London borough with a rich mix of cultures. 3/5s of its residents describing their ethnicity as other than White British. It contains areas of high deprivation alongside more prosperous wards.

Overview:

South London and Maudsley NHS Foundation Trust provide the Lambeth Talking Therapies (IAPT) service.

Why join us?

Lambeth Talking Therapies is committed to clinical excellence. 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 Talking Therapies as a great place to work. Staff work in a variety of settings, in GP surgeries, and team bases. Our main team base is near Brixton tube (Victoria line), we have two smaller bases in Palace Road, Streatham and in

Stockwell. We have embraced homeworking and virtual therapy in our pandemic response, and your training year will involve both.

Other requirements:

We would particularly welcome candidates who are fluent in Spanish or Portuguese (for our Latin American clients), or who represent our black and ethnic minority population.

Working hours:

We require all staff to work a regular evening a week in a shifted day (12-8pm), to facilitate access, or to occasionally work Saturday mornings - one Saturday morning in 5 (or more if convenient) in order to co-facilitate a Saturday morning workshop in the community. The postholder must be available to do either, depending on the service need. The contract is a fixed term one-year training contract. Most of our trainees go onto permanent positions in our service.

We have Band 6 and Band 7 posts available (Band 7 for qualified Clinical Psychologists). See our website www.slam-iapt.nhs.uk

Lewisham IAPT Service

Lewisham IAPT 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 and embedded within GP practices 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. 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.

Due to COVID-19 our therapists have been working remotely and developing skills in delivering therapies via video and telephone and this is likely to be a feature of the upcoming training.

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 IAPT service model of delivering psychological therapies and also a passion for developing competence in delivering cognitive behaviour 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

South West London & St. George's Mental Health NHS Trust (SWLSTG) provides mental health services at primary, secondary and tertiary levels to the residents of Sutton, Merton, Kingston, Richmond, and Wandsworth. Merton Improving Access to Psychological Therapies (IAPT) service forms part of Merton Uplift. Merton Uplift is a primary mental health service, which incorporates a Wellbeing Service, the Merton IAPT service, and a Primary Care Recovery Support Team. The Merton IAPT service delivers a range of evidence-based psychological interventions (e.g., CBT, IPT, EMDR) to people with common mental health problems (i.e., depression, anxiety disorders and eating disorders) within a stepped-care model. We are a busy and experienced team who see people aged 18 and over for psychological assessment and treatment. Merton IAPT is professionally managed by a Consultant Clinical Psychologist and operationally managed by a Service Manager. The clinical team includes qualified Clinical and Counselling Psychologists, IAPT High Intensity CBT Practitioners and Psychological Wellbeing Practitioners who provide evidence-based psychological interventions in line with NICE guidance. Merton IAPT is a well-established service with a proven track record in supporting our trainees to succeed. In order to improve access, the service offers out of hours appointments and the post holder will be expected to work at least one late evening during the working week. For further information you may wish to look at our website <https://www.mertonuplift.nhs.uk/>

Newham Talking Therapies

Newham Talking Therapies is an exceptional talking therapies service with excellent development opportunities. We are committed to the progression of our team and constantly strive to ensure a positive working environment for all our team members. The service offers a comprehensive package of tailored programs 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.

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 program, therefore offering the chance to develop group skills and work alongside colleagues to deliver innovative treatment programs. The service treats all common mental health problems and there is particular expertise in PTSD within the team as well as a very comprehensive range of interventions for long-term health conditions. 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 IAPT Service

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

Richmond Wellbeing Service

The Richmond Wellbeing Service (East London NHS Trust) is seeking IAPT trainees to join their High Intensity IAPT team. The post holders will provide assessments (when ready) and high intensity cognitive behavioural therapy (CBT) to individuals. The post holders will work with clients who have a range of complex anxiety disorders and depression-related problems for which CBT is demonstrated to be clinically effective.

The post holders will work with people from different cultural backgrounds and ages, using interpreters when necessary and work in various community settings (including GP surgeries and other community settings). The post holders will be expected to work Monday, Tuesday, and Wednesday with two days 9.00am – 5.00pm and one day (likely to be Monday or Tuesday) from 12pm - 8pm.

Richmond Wellbeing Service is an NHS primary care talking therapy (IAPT) and specialist psychiatry liaison service. The post holders will be based in the Borough of Richmond and may work from the main base and from other locations within the Borough.

We are a friendly, supportive team and highly committed to Clinical excellence.

Talking Therapies Southwark

The IAPT service for Southwark, Talking Therapies Southwark, is provided by partnership led 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 as well as in GP surgeries across Southwark. 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 developing their skills in CBT 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 the Institute of Psychiatry.

Sutton IAPT Service

Sutton Uplift consists of 6 teams including the IAPT service who provide mental health support to the diverse patients within the London Borough of Sutton. The Uplift team consists of a wide range of practitioners including: mental health nurses, a psychiatrist, occupational therapists, trainee GP’s, counselling psychologists, clinical psychologists, CBT therapists, psychodynamic counsellors, psychological Wellbeing Practitioners, wellbeing navigators, and employment specialists. The step 3 team is a small, friendly and supportive team who strive to provide treatments that are most beneficial for patients in our borough. 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 National rail, Wallington Station being a 5-minute walk away, as well as being on a busy bus route.

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 HI trainees receive weekly one to one supervision from a senior member of the team and also have access to team training sessions, group supervision and staff wellbeing sessions.

Due to the current pandemic, we are currently offering the opportunity to work from home for some of the week and at base no more than 2 days a week.

We look forward to welcoming your application to our team.

For further information you may wish to look at our website www.suttonuplift.co.uk

The posts are fixed term contracts for 12 months.

Tower Hamlets Talking Therapies

Tower Hamlets Talking Therapies (THTT) is one of four IAPT services 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 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 3 high intensity training places available and particularly welcome applications from local residents and Sylheti speakers.

Following Government advice, Tower Hamlets Talking Therapies has rapidly adapted to offer all talking therapy modalities remotely (via webex and telephone) and high intensity trainees would be supported in providing these also.

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

The 3-x high intensity trainee posts are offered as fixed term contracts for 12 months.

Waltham Forest IAPT Service

Waltham Forest Talking therapies (IAPT) is an expanding service which is based in the borough of Waltham Forest and is part of North East London Foundation Trust. Our IAPT service provides a service at both high and low interventions to a highly culturally diverse population. In the current pandemic services is provided remotely through video, telephone and now we are moving towards face-to-face interventions. The service operates from its base in Leytonstone, community centres and GP surgeries. We provide a range of NICE recommended therapies at both high and low interventions for those suffering from mild to moderate depression and anxiety disorders. 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.

The posts are fixed term contracts for 12 months.

Wandsworth IAPT Service

Wandsworth is a second wave IAPT service, providing evidence based psychological therapies within a stepped care framework to the adult population of Wandsworth. We are based at Springfield Hospital in Tooting, but you would be working in a variety of locations across Wandsworth. Our aim is to improve the mental health and wellbeing of Wandsworth's diverse communities, as well as supporting people into employment. Our community work is a recognised strength, and we have recently added mindfulness to our group programme, with great success. Our team comprises clinical/counselling psychologists, cognitive behavioural psychotherapists, psychological wellbeing practitioners and employment specialists.

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. Of our original cohort of 28 high and low intensity trainees, 27 successfully completed their training with us. We currently have 4 high intensity trainees who are on track to pass their course (October cohort) and 2 recently started (March Cohort).

The posts are fixed term contracts for 12 months.

Talking Therapies Westminster

The CNWL Talking Therapies Westminster service is delivered by Central and North West London NHS Foundation Trust (CNWL), with specialist employment and vocational advice services provided by our partner organisation Jobs in Mind.

Westminster is an area of contrasting affluence and deprivation and the extent of health inequalities that we need to address is among the widest in the country. Westminster has approximately 230,000 residents. More than a million people come to work in or visit the borough every day. This diversity and transience bring with it hugely diverse health needs.

More than half of our population was born outside the UK, with more than 150 languages spoken in our schools alone. There are a significant number of refugees and asylum seekers in Westminster and many people have also migrated from the new European Union member states.

Westminster has a large Arabic-speaking population, and applications from Arabic-speaking candidates would be particularly welcome.

Trainees are recruited on a fixed-term basis for one year.

See our website www.westminsterIAPT.org