

MANYLEB BERSONOL

Therapydd Therapi Ymddygiad Gwybyddol (CBT) - Band 7 Gwasanaethau Iechyd Meddwl Plant a Phobl Ifanc- Sir Ddinbych

	Hanfodol	Dymunol	Dull asesu
Addysg a Hyfforddiant	Bydd gan ddeilydd y swydd broffesiwn craidd cydnabyddedig megis Nyrsio, Therapi Galwedigaethol, Gwaith Cymdeithasol neu Seicoleg. Seicotherapydd CBT Achrededig BABCP (neu fwrdd cyfatebol).	Cymhwyster uwchraddedig, lefel Meistr cydnabyddedig yn Seicotherapiau Ymddygiad Gwybyddol Tystiolaeth o ystod eang o seicotherapiau sy'n seiliedig ar dystiolaeth. Tystiolaeth o hyfforddiant a datblygiad bellach mewn dulliau CBT therapiwtig penodol.	• Cymhwyster • Cofrestrriad
Profiad Gwaith	Tystiolaeth o brofiad clinigol eang o blant a phobl ifanc sydd ag anghenion iechyd meddwl cymhleth. Darparu Seicotherapiau Ymddygiad Gwybyddol i'r grŵp o gleientiaid hwn. Profiad sylweddol mewn ymarfer clinigol ar ôl cael cymhwyster neu mewn ymarfer glinigol therapiwtig.	Profiad o weithio mewn rôl glinigol benodol yn berthnasol i CAHMS Profiad CAMHS arbenigol blaenorol gan gynnal asesiadau risg gyda'r grŵp bregus neu risg uchel hwn.	• Ffurflen Gais • Cyfweliad
Sgiliau	Gallu cynnal asesiadau seicolegol cynhwysfawr drwy ofyn cwestiynau addas ac effeithiol, arsylwi a chofnodi cywir. Gallu adnabod ystod o gyflyrau iechyd meddwl. Gallu casglu a dehongli gwybodaeth i gynllunio fformweiddiadau manwl a chynlluniau triniaeth. Gallu cyfathrebu'n effeithiol a darparu seicotherapiau ymddygiad gwybyddol sy'n seiliedig ar dystiolaeth yn effeithiol i blant, pobl ifanc a'u teuluoedd sydd â phroblemau seicolegol cymhleth iawn. Gallu dangos a dysgu dulliau CBT i weithwyr proffesiynol eraill. Gallu gweithio'n annibynnol i	Sgiliau goruchwyllo. Sgiliau addysgu a hwyluso Gwybodaeth o TG Yn gyfarwydd â dulliau asesu ffurfiol graddfeydd mesur a holiaduron	• Ffurflen Gais • Cyfweliad

Sgiliau par.	gymryd cyfrifoldeb am eich llwyth gwaith eich hun. Gallu gweithio fel rhan o dîm amlddisgyblaethol.		
	Hanfodol	Dymunol	Dull asesu
Gwybodaeth	Gwybodaeth dda o ystod eang o anhwylderau iechyd meddwl. Gwybodaeth weithio dda o ICD-10 a DSM-IV. Gwybodaeth dda o ddeinamig teuluol a'r problemau sy'n gysylltiedig â gweithio gyda theuluoedd. Gwybodaeth arbenigol o Seicotherapiau Gwybyddol ac Ymddygiadol. Dealltwriaeth o weithdrefnau amddiffyn plant. Gwybodaeth ddiweddar a dealltwriaeth o ddatblygiadau ac ymchwil yn y Seicotherapiau Ymddygiad Gwybyddol. Gwybodaeth ddiweddaraf o ddeddfwriaeth o ran y grŵp cleientiaid penodol ac iechyd meddwl.	Gwybodaeth dda o ystod o seicotherapiau sy'n seiliedig ar dystiolaeth Dealltwriaeth generig fanwl o iechyd meddwl plant a phobl ifanc Ychydig o wybodaeth a phrofiad o ddulliau ymchwil seicolegol	• Cymhwyster • Ffurflen Gais • Cyfweliad
Rhinweddau Personol (Amlwg)	Gallu ymgysylltu â grŵp cleient anodd o bosibl. Sgiliau trefnu a rheoli amser da. Dull systematig a threfnus i waith therapiwtig ond gyda'r gallu i fod yn hyblyg. Sgiliau cyfathrebu a thrafod da		• Ffurflen Gais • Cyfweliad • Cymhwyster
Gofynion Perthnasol Eraill	Gallu i deithio i amryw o leoliadau.		• Ffurflen Gais • Cyfweliad • Geirda

PERSON SPECIFICATION

Cognitive Behavioural Therapy (CBT) Therapist – Band 7

Child and Adolescent Mental Health Service – Denbighshire

	Essential	Desirable	Methodology of assessment
Education and Training	The post holder will have a recognised core profession such as Nursing, Occupational Therapy, Social Work or Psychology. BABCP (or equivalent board) Accredited CBT Psychotherapist.	A recognised post-graduate, Masters-level qualification in the Cognitive Behavioural Psychotherapies Evidence of broad range of evidence based psychotherapies. Evidence of further training and development in specific therapeutic CBT approaches.	• Qualification • Registration
Work Experience	Evidence of broad clinical experience of children and young people who are experiencing complex mental health needs. Providing focused Cognitive Behavioural Psychotherapies to this client group. Substantial experience in clinical practice post qualification or in therapeutic clinical practice.	Experience working in a specific clinical role relating to CAMHS. Previous specialist CAMHS experience carrying out risk assessment with this vulnerable or high risk group.	• Application • Interview
Skills	Able to carry out comprehensive psychological assessments through appropriate and effective questioning, observations and accurate recording. Able to identify a range of mental health conditions. Able to collate and interpret information to devise detailed formulations and treatment plans. Able to communicate effectively and deliver effective evidence based cognitive behavioural psychotherapies to children, young people and their families with highly complex psychological problems. Able to demonstrate and teach CBT approaches to other professionals.	Supervisor skills. Teaching and facilitator skills. IT literate. Familiar with formal assessment tools rating scales and questionnaires	• Application • Interview

Skills cont.	Able to work autonomously to take responsibility for own caseload. Able to work as part of a multi-disciplinary team.		
	Essential	Desirable	Methodology of assessment
Knowledge	Good knowledge of a broad range of mental health disorders. Good working knowledge of ICD-10 and DSM-IV. Good knowledge of family dynamics and the issues of working with families. Expert knowledge of the Cognitive and Behavioural Psychotherapies. Understanding of child protection procedures. Up-to-date knowledge and understanding of the developments and research in the Cognitive Behavioural Psychotherapies. Up-to-date knowledge of legislation in relation to the specific client group and mental health.	Good knowledge of a range of evidence based psychotherapies Detailed generic understanding of child and adolescent mental health Have some knowledge and experience of psychological research methods	• Qualification • Application • Interview
Personal Qualities (Demonstrable)	Able to engage with a potentially difficult client group. Good organisation and time management skills. Systematic and methodical approach to therapeutic work but the ability to be flexible. Good communication and negotiation skills.		• Application • Interview • Qualification
Other Relevant Requirements	The ability to travel to a variety of locations.		• Application • Interview • Reference