



TRINITY HALL
CAMBRIDGE

Cognitive Behavioural Therapist (8 hours per week on Thursday)

Salary £9,985 per annum (FTE £43,685) plus pension and benefits

Trinity Hall is looking to recruit an experienced and dedicated individual to join the College welfare team, to provide appropriate Cognitive Behavioural Therapy counselling to our student population (undergraduates and graduates) and the wider college community.

The successful candidate must hold appropriate professional qualifications and possess the appropriate training that meet the BABCP standard for accreditation. The successful candidate will be required to undergo a DBS check for this position.

The closing date for the above posts is 5pm Monday 23 July 2018. Interviews will be held on Tuesday 31 July 2018.

Further details and an application form for all of the above positions are available at www.trinhall.cam.ac.uk/about/vacancies. Applications should be sent by email to jobs@trinhall.cam.ac.uk or posted to Junior Bursar's PA, Trinity Hall, Trinity Lane, Cambridge CB2 1TJ. *NB. CVs will only be accepted if accompanied by a Trinity Hall application form.*

Enquiries to jobs@trinhall.cam.ac.uk, tel. 01223 764660.

JOB DESCRIPTION

Job title:	Cognitive Behavioural Therapist
Responsible to:	Senior Tutor
Place of work:	Based at Trinity Hall
Objective:	To assist in the provision of appropriate welfare support, including CBT counselling, to our student population (undergraduates and graduates) and the wider college community.
Hours of work:	8 hours a week on Thursday
Experience:	Previous experience of working with students in an educational setting.

Main Duties & Responsibilities

- In close liaison with the other members of the College welfare team, respond to the needs of students and offer support to individuals with social, emotional, financial and other difficulties, and assist with resolving their problems so they can continue to pursue their studies successfully.
- Actively listen and give advice, in confidence, to all members of the college community (students, staff and Fellows); present opportunities for individuals to talk about personal issues including stress, general anxiety, and depression.
- Work closely with the College nurse and Mental Health Adviser to ensure that students receive consistent advice.
- Develop strong relationships with other members of the college's Tutorial support, and others concerned with student welfare.
- Refer, when necessary, aspects of academic-related problems to the appropriate member of the Tutorial team.
- Research and analyse students' problems and needs, and provide referrals and letters as necessary
- Attend / conduct student consultations to identify issues, concerns, and aspirations, and to work towards joined up solutions.
- Provide appropriate support relating to an array of difficulties such as relationship problems, mental health issues, alcohol abuse, while exploring alternative sources of specialist care/advice services available both inside and outside college; maintain suitable on-going support, including monitoring progress and making adjustments to interventions as necessary, referral to other modes of treatment and offering support to students with self-care, medication regimes and relapse prevention programmes.
- Assess the risk of students with problems, especially mental health issues and take immediate appropriate action; provide intensive short-term crisis counselling if required.
- Assist in developing, evaluating, and maintaining welfare resources and systems; maintain a shared approach to case management, particularly in more complex cases.

- In conjunction with the Tutorial team, provide workshops which focus on positive personal well-being, raising mental health awareness, anxiety and stress reduction, and building resilience
- Keep clear, detailed, accurate and confidential records of consultations and related information in compliance with data protection laws.
- Provide similar consultancy and advice to members of staff referred to you by the Junior Bursar or Mental Health Advisor.
- Undertake any other duties or responsibilities associated with the role, as directed by the Senior Tutor's Assistant and/or College Officer.
- Comply with the Code of Practice for the CBT Counsellor at all times.
- To observe both the College Equal Opportunities and Health and Safety Policies at all times.
- Any other duties and responsibilities consistent with the role of College Mental health Advisor as may reasonably be requested from time to time.
- Engagement in continuing professional development and in regular clinical supervision

Trinity Hall reserves the right to make changes or update this job description at any time. Changes will be introduced following discussions with the post holder.

PERSON SPECIFICATION

	Essential	Desirable
Qualifications/education	<ul style="list-style-type: none"> • Appropriate professional qualifications that meet the BABCP standard for accreditation • Maintenance of accreditation and registration with a professional body to a standard that meets the BABCP requirements • Professional indemnity insurance • A current enhanced DBS certificate with the College 	
Skills/knowledge/training	<ul style="list-style-type: none"> • Able to deal effectively and appropriately with a wide range of psychological and other problems presented; exercise initiative, discretion and sound judgement at all times and with all involved; • Be able to gain the respect and confidence of university students of all ages by demonstrating an approachable manner • Understand, and be confident to deal with, the differing range of issues/problems faced by undergraduate and graduate students; able to adopt various methods of support to help resolve problems • Experience and expertise in assessment of mental health needs and assessment of risk • Knowledge and understanding of the range of mental health services available including local mental health service provision • Excellent written and oral communication skills; • Accuracy is essential in the keeping of records of consultations and related information • Proficient computer skills; 	

Experience	<ul style="list-style-type: none"> • Experience of working with students in a collegiate or higher education environment • Experience of delivering training or similar workshops relating to mental health and personal wellbeing; 	
Personal attributes	<ul style="list-style-type: none"> • Flexible, well-organised and 'can-do' approach to a varied and demanding workload; • Discretion and confidentiality at all times regarding welfare matters • Mental resilience to carry out a counselling role for students 	

Last updated: July 2017