

The Minster Centre

Tutor: CBT weekends

Job Description

Salary: PAYE at a rate equivalent to £300 per contact day

Contract: Casual contract for academic year 2017/18

Days of work: Up to 5 x two-day weekend modules per academic year. The proposed dates for 2017/18 are to be confirmed but likely to be 25 & 26 November 2017, 27 & 28 January, 3 & 4 February, 19 & 20 May and 16 & 17 June 2018 (Saturdays and Sundays: 10am-5pm)

Reports to: Director

Job Summary

In consultation with the Director and existing tutors, to review and revise the module outlines for CBT weekend courses for our second year and finalist integrative counselling and psychotherapy trainees.

In the second year to teach the fundamental theory of CBT and describe some more recent developments in CBT, and to introduce the students to standard CBT techniques and skills, giving them the opportunity to try them out. The learning aims of the weekend are to equip trainees with sufficient understanding

- to refer clients to CBT appropriately,
- to have a sense of the experience of clients who may have had CBT previously, and
- to consider CBT's relevance for integrative therapy.

Deliver the Finalist year weekends that aim to build upon the second year teaching to give Finalist students, who wish to, a chance to further develop their understanding of CBT and the use of specific skills and techniques for working with depression, anxiety and panic, which could be appropriate as part of an integrative approach. The module also gives a historical overview of CBT in relation to its place in psychotherapy.

To maintain attendance sheets; to ensure that the students complete evaluation forms for the weekend/s, and complete any additional paperwork required by the Minster Centre

To give an evaluation of the weekend to the Head of Year, in particular, to feed back issues of concern about the students whether as individuals or as a group.

Indicative Content of the Weekends:

Second year

- Basic principles of CBT and the general model of relationships between cognitions, affect, behaviour and physiology

- Distinctive features of the practice of CBT including case conceptualisation and case assessment with case examples e.g. CBT in the treatment of anxiety and depression disorders.
- Recent developments in CBT (Mindfulness, DBT, Schema therapy, EMDR)
- Relevance of CBT to other modalities and integrative thinking.
- Standard CBT techniques and skills (thought records / journals, activity scheduling, behavioural experiments).
- What can CBT contribute to an integrative approach?

Finalist weekend

- A historical overview of CBT and its development through to modernity. To look at the key moments in recent times and how CBT has developed into its current position within IAPT, NHS and BABCP.
- Key behavioural concepts especially various forms of conditioning and how they relate to an understanding of the development and maintenance of anxiety, depression and panic disorders and behavioural addictions.
- To build on and revise the material from the previous weekend especially around depression, anxiety and panic.
- A deeper understanding of the use of CBT with a range of presenting issues and in line with NICE guidelines.

The post holder is expected to comply with all relevant Minster Centre policies, procedures and guidelines, including those relating to Equal Opportunities, Health and Safety and Data Protection Act, and clinical governance including research governance. The postholder is required to comply with requirements of the relevant national registering body to ensure continued registration.

Person Specification

	ESSENTIAL	DESIRABLE
Education/ Qualifications	<p>UKCP or equivalent accredited training and two years post-qualification experience</p> <p>A recognised psychotherapist who has undertaken training and/or a formal course of theoretical study at Masters level.</p> <p>Qualification/significant training in CBT</p> <p>Knowledge of the integrative approach to psychotherapy</p>	<p>Masters qualification</p> <p>Teaching qualification</p>
Skills/Abilities	<p>Ability to organise own time and workload effectively.</p> <p>Good communication skills both verbal and written.</p> <p>IT skills.</p>	<p>Research skills.</p>
Relevant Experience	<p>Substantial experience of working psychotherapeutically using a CBT approach</p> <p>Experience of working with a wide range of students/people</p> <p>Previous experience of work in a training related capacity</p>	<p>Experience of delivering psychotherapy training</p>
Qualities/ Disposition	<p>Friendly pleasant Manner.</p> <p>Forthright and attentive personality</p>	

Please apply by sending an up-to-date CV and a cover letter stating the post you are interested in and how you meet the person specification to Lissie Wright
lissie@minstercentre.org.uk

Applications should be submitted by 9am Monday 28th August 2017.

Interviews are expected to be held in the afternoon on Friday 8th September.

