
**JOB OPPORTUNITY – COGNITIVE BEHAVIOUR THERAPIST (CBT)
TWO POSTS AVAILABLE – NORFOLK AND SUFFOLK**

Due to increase in demand for our services, we currently have vacancies at Walnut Tree Health and Wellbeing CIC for two Cognitive Behaviour Therapists (CBT). You can find out more about us here: www.walnuttreehealthandwellbeing.co.uk

Ideally, we are looking for individuals with a knowledge of trauma work who can work in a holistic, mindful and client-centred way. However, if you have an interest in trauma and it is an area you would like to explore, we would be interested to meet you. Recognised CBT accreditation and appropriate registration is required.

Terms:

We are offering a self-employed contract, with payment on a pro-rata basis. These positions would, for example, suit professionals wanting additional work alongside other part-time work or transferring from statutory service work into the private sector, or a parent wanting to return to work following maternity/paternity leave.

Hours:

These are part-time opportunities, with hours to be mutually agreed. One therapist will be primarily based at Ketteringham, near Wymondham, Norfolk (approximately a 20-minute car drive from Norwich), with the other therapist working primarily from our Cambridgeshire office, at Fordham, on the Norfolk/Suffolk/Cambridgeshire border.

Requirements:

We are looking to recruit two experienced and emotionally mature Cognitive Behaviour Therapists with appropriate CBT accreditation, who feel comfortable working in an integrative, broad-based and holistic way.

It would be an advantage to have previously worked with the following groups: military veterans, police officers, NHS staff and other first responders.

The work will involve:

- Treating adults with a range of psychological problems such as: depression, anxiety disorders, eating disorders, psychological management of chronic illnesses
- Treating adult survivors of trauma, both single incident trauma and prolonged and repeated trauma (complex trauma) and dissociative symptoms
- Working closely together with other members of the team, including some shared therapeutic work
- Sharing the responsibility of maintaining and updating therapeutic records

Essential attributes and skills:

- Sensitivity, compassion, insight, understanding and a sense of humour
- A commitment to providing an excellent therapeutic service that is responsive to the individual client's needs
- Knowledge and experience of using CBT with an openness to using a broader therapeutic approach
- Interest in trauma work and understanding of issues relating to trauma, abuse and dissociative symptoms, as well as the risk of potential secondary traumatising of clients
- Good communication and people skills
- Enthusiasm, motivation and a positive attitude to work
- Being able to work as part of a small team, which requires flexibility and the preparedness to help out and respond to service demands when needed.
- Contributing to the overall working atmosphere in a positive, open and non-competitive manner
- A sense of self-motivation, resourcefulness and openness to new opportunities, as they arise
- An understanding of the business implications involved in running an independent service such as Walnut Tree

We offer:

- flexibility in working hours via part-time self-employment
- work in a pleasant, caring and supportive professional environment
- A strong commitment to an environment that has been especially created to provide a safe and healing place for clients and team members
- Regular, monthly individual and additional group supervision with access to immediate debriefing for challenging or distressing therapeutic situations
- Possibility of occasional in-house, specialist training
- An interesting mix of client responsibilities

If you are interested in becoming part of the team, please email for further information and/or send a covering email and CV to: admin@walnuttreehealthandwellbeing.co.uk

We look forward to hearing from you and thank you for your interest in Walnut Tree Health and Wellbeing.

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