

## ACE cognitive Behaviour Therapist – Person Specifications

| PERSON SPECIFICATION  | ESSENTIAL<br>or<br>DESIRABLE | ASSESSMENT<br>METHOD                         |
|---|------------------------------|--|
| <b>Qualifications</b>   |                              |  |
| Relevant Psychological degree/professional qualification certificate in cognitive behavioural therapy and professionally registered.<br>OR<br>Training to become a cognitive behavioural therapist. | Essential                    | Application Letter                           |
| Further qualification in therapies.   | Desirable                    | Application Letter                           |
| Accreditation with relevant professional body.  | Desirable                    | Application Letter                           |
| <b>Experience</b>   |                              |  |
| Experience of working with children and young people showing symptoms of anxiety or low mood.   | Essential                    | Application Letter                           |
| Experience of managing own caseload and time  | Essential                    | Application Letter                           |
| Evidence of measuring outcomes and impact   | Essential                    | Application Letter<br>Interview              |
| Experience of working productively with partners  | Essential                    | Application Letter<br>Interview              |
| Experience of assessing and managing risk of young person and to self and organisation.   | Essential                    | Interview                                    |
| Experience of working in mental health or related services  | Desirable                    | Application Letter                           |
| Experience of involvement with family of client   | Desirable                    | Application Letter                           |
| Experience of training or Supervision   | Desirable                    | Application Letter<br>Interview              |
| <b>Skills &amp; Competencies</b>  |                              |  |
| Skills in the use of complex methods of psychological assessment, intervention, and management, frequently requiring sustained and intense concentration.   | Essential                    | Application Letter<br>Interview<br>Reference |
| Ability to form a therapeutic relationship and use a diverse range of methods to work with a diverse range of young people to respond to their needs and preferred learning style.                  | Essential                    | Application Letter<br>Interview<br>Reference |
| Excellent verbal and written communication skills with a diverse range of people and able to use different communication methods.   | Essential                    | Application Letter<br>Interview              |
| Skills in providing consultation to other professional and non-professional groups.   | Essential                    | Interview                                    |
| Ability to monitor and evaluate work and submit written reports of progress.  | Essential                    | Application Letter<br>Reference              |
| Ability to work on own initiative.  | Essential                    | Application Letter<br>Reference              |
| <b>Knowledge</b>  |                              |  |
| Knowledge of the causes and presentation of young people with anxiety or low mood.  | Essential                    | Interview                                    |
| Know how to use cognitive behaviour therapies with young people and how this might differ from adults.  | Essential                    | Interview                                    |

|  |           |                                 |
|--|-----------|---------------------------------|
| Know how to risk assess and follow procedures to safeguard young people  | Essential | Interview                       |
| <b>Other Requirements</b>  |           |                                 |
| High level of enthusiasm and motivation  | Essential | Interview                       |
| Ability to work within a team and foster good working relationships  | Essential | Application Letter<br>Reference |
| Ability to use supervision and personal development positively and effectively.  | Essential | Interview                       |
| Ability to work under pressure   | Essential | Interview<br>Reference          |
| <p><b>To apply for this post please send a letter of application that addresses the person specification criteria and a brief CV with the name, addresses, e-mail addresses of two referees to: <a href="mailto:admin@a-c-e.org.uk">admin@a-c-e.org.uk</a></b></p> <p><b>Or post to: Achieve Change and Engagement,<br/>18 Sun Street<br/>Lancaster<br/>LA1 1UR</b></p> <p><b>Closing date 5.00pm Friday 4<sup>th</sup> February. Interviews will be on Tuesday the 8<sup>th</sup> February.</b></p> |           |                                 |