

Advanced Skills Practitioner Programme

a guide for new and prospective colleagues



Advanced Skills Practitioner Programme - A Guide For New And Prospective Colleagues

Who are we?

First Psychology Scotland is a unique and specialist independent provider of psychological therapies and counselling in Scotland. With ten bespoke therapy centres located throughout the country as well as an established online portal, we deliver services to individuals and organisations. We work with over 100 practitioners from a range of backgrounds including applied psychology, counselling, psychotherapy, CBT, and coaching.

What is the ASP programme?

This one or two year programme is designed to provide a supportive and developmentally focused experience for those currently undergoing doctoral training in an applied psychology profession or those recently qualified in the counselling, psychotherapy, and CBT fields. It provides the opportunity to engage with clinical practice in the independent sector, alongside an experienced team of practitioners and support staff.

What will it involve?

Practitioners work for four clinics per week seeing between ten and 12 clients during this period. There will be opportunities to work with adult clients, as well as couples and young people/children (depending on your experience). Clients will be mainly self-referred with some referred from organisations and businesses. Some online work may be required. As part of the role, practitioners will also be given the opportunity to engage with a development project, on a topic of clinical relevance.

The programme structure

Working pattern

The role is for two days per week (16 hours). Normally this will be one morning/afternoon and afternoon/evening in the week. Saturday clinics may be required. Precise times/days for working will be agreed in advance with successful candidates.

Supervision and support

There will be weekly, one-to-one supervision supplemented with a monthly, facilitated peer supervision group for all practitioners which will take place online. There will also be an experienced counselling psychologist acting as line manager/mentor who will offer guidance and support. An



additional and bespoke programme of CPD and training is also provided to enhance skills and support professional development/career planning for those on the programme.

Salary and holidays

The role is salaried (reviewed yearly) and appointees will be eligible for 28 days' (*pro rata*) paid holidays and may also join the First Psychology Pension Scheme.

Location

The ASP programme is based in our centres in Glasgow, Edinburgh, Aberdeen, Dundee, Perth, Inverness and the Scottish Borders, also online.



Who should apply?

- Applied psychology trainees who have successfully completed stage-one of their doctoral training, with a minimum of 150 hours of therapeutic practice
- Students who are registered on the BPS qualification in counselling psychology or another applied psychology route
- Recently qualified counsellors/psychotherapists or CBT therapists with 150 hours of clinical practice

We are looking for practitioners with the following competencies:

- Highly developed clinical skills in one or more models of therapy
- An ability to understand and ‘formulate’ a client’s presentation and needs, and to develop an effective approach to meeting these
- An ability to work independently but also within a dynamic team and as part of an organisation
- Highly developed personal management and communication skills, including effective use of IT

- Flexibility and adaptability in approach, with an advanced ability to learn and develop new skills and understandings
- A mature and highly professional approach in working with clients

What’s in it for you?

- A chance to work within a leading specialist provider of therapy, learning on the job within a multi-profession environment
- An opportunity to undertake a supported programme of CPD and learning in addition to building clinical experience
- A paid opportunity to do what you love!



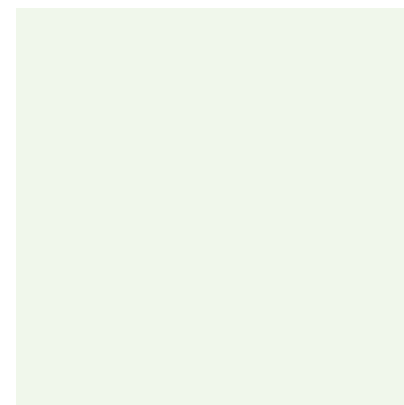
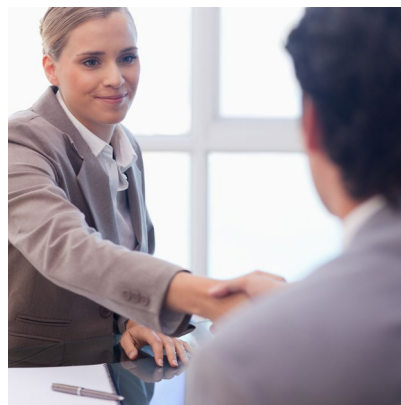
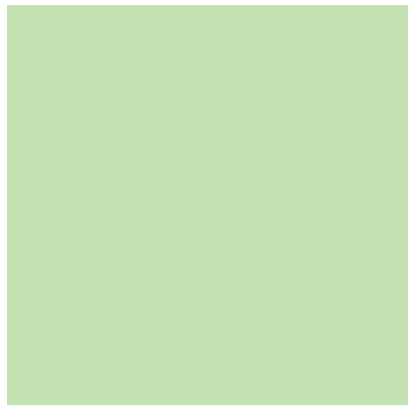
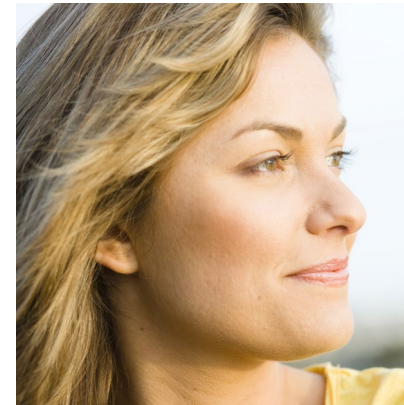
What previous ASPs say about their experience

“ Working at First Psychology in the final year of training had a tremendously positive impact on my development as a psychologist. Not only through learning how to manage my own caseload, client logs, therapeutic resources, and clinical projects, but most significantly through the development of my own personal identity as a psychologist. „

“ I really enjoyed my time as an ASP - I felt supported, welcomed, and appreciated every step of the way. In terms of the programme, the highlights for me were the group supervision meetings and the opportunity to meet the other ASPs. The other major benefit of working with FP has always been the extremely efficient and helpful team. There is a genuinely supportive and open atmosphere in FP and a real sense of transparency and fairness. „

“ I was able to build upon my skill set and knowledge base while ‘testing the waters’ of private practice. First Psychology provided excellent support and guidance via formal supervision groups and informal email support. Having the reassurance that someone was there to assist and answer any question or query, regardless of how insignificant you felt it might be, was incredible. „

“ Overall, it was a challenging but hugely beneficial and educational experience. The ASP programme allowed me to have both fellow ASPs and other FP colleagues present to support me through the transition from student to counsellor. The experience allowed me to develop as a practitioner, focus on my clients and learn the ropes of private practice knowing that I was supported both professionally and personally with any issues that arose. „



First Psychology Scotland offers:

Therapy & coaching services for women, men, couples, children, young people & families.

Employee support & assistance, training, consultancy, assessment, & performance development services for organisations & businesses.