

## **CBT Therapist/Senior CBT Therapist (First Psychology Edinburgh)**

**Enjoy a rewarding, stimulating and busy independent practice as a self-employed practitioner working in partnership with a leading clinical organisation in Edinburgh**

- Suitable for qualified and experienced CBT professionals, with senior roles available for suitably qualified and experienced practitioners.
- Full-time or part-time roles available (minimum commitment of 0.3FTE), flexible days and times.
- Chance to become part of a busy and growing practice in Edinburgh with an expanding number of centres throughout the city as well as online.
- Provides mentoring and support in running your own independent practice in partnership, as well as CPD, peer-support and training opportunities.
- Offers the opportunity to generate a stable and significant income from your clinical work.

### **Introduction**

First Psychology Scotland is a leading independent provider of counselling and psychological therapies 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 counselling/psychotherapy, CBT, counselling psychology, clinical psychology and coaching. We have recently launched our First Psychology Institute to provide CPD and training opportunities to those working in partnership with us.

### **About the role**

This self-employed partnership role, based in our Edinburgh practice, will provide the opportunity to develop a therapeutic role specialising in delivering CBT to self-referred and organisationally referred clients. Some online work may be required. The ability to offer specialist skills/expertise in the areas of trauma/EMDR, complex presentations/neurodiversity or children and young people would be an advantage.

The role will commence as soon as possible and offers the potential to generate a significant income, which will depend on skills and experience.

### **Who should apply**

We will accept applications from any practitioner with a postgraduate qualification in CBT, along with significant clinical experience. We would normally expect practitioners working with us to hold accreditation with an appropriate professional body or to be significantly advanced in their pursuance of this.

Applicants should be able to demonstrate an outstanding ability to integrate clinical practice and professional learning, and to engage professionally within a highly reputable organisation. We are looking for practitioners with the following competencies:

- Highly developed clinical skills in CBT with an understanding of third-wave approaches such as MBCT, ACT or DBT.
- An ability to understand clinical presentations and needs, and to develop an effective approach to meeting these using established CBT interventions (where appropriate).
- An ability to undertake both short-term and longer-term therapeutic work with clients.
- An ability to work independently but also within a pluralistic, multi-profession 'psychological community'.
- Highly developed personal management and communication skills, including the 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 from a range of backgrounds.

### **How to apply**

To find out more and or to express an interest, please send copies of the following to [hello@firstpsychology.co.uk](mailto:hello@firstpsychology.co.uk)

- Your CV
- A brief statement detailing your relevant experience/qualifications and suitability for this role and any days of the week you would be unavailable to work due to other commitments
- A summary of your ongoing clinical, professional, learning and other work activities at present and as envisaged should your application be successful

You can also call us on 0131- 668-1440 to find out more.

**CLOSING DATE FOR APPLICATIONS – 12pm 7<sup>th</sup> May 2021**