

Which PSYCHOLOGICAL PRACTITIONER role?

Roles working with Adults

Psychological Wellbeing Practitioner (PWP)

PWPs predominantly work within NHS

Talking Therapies for anxiety and depression – NHS TTad (previously Improving Access to Psychological Therapies - IAPT) services using a brief therapy model. Working as part of a system of care to allow for stepping up/down, according to client need.

They offer a comprehensive patient-centred assessment and support the delivery of a range of low-intensity Cognitive Behavioural Therapy (CBT)-informed evidence based interventions within a remit of guided self-help, for people experiencing mild to moderate symptoms of depression and anxiety disorders.

PWPs work with people across a range of modalities including in person, telephone, video platforms, psycho-education groups and also supporting people to access computerised CBT programmes.

Mental Health and Wellbeing Practitioner (MHWP)

MHWPs are based in the community mental health teams, they will support adults of all ages.

They provide evidence-based interventions and support care plans for adults with severe mental health problems, with the aim of helping people recover and improve their lives.

MHWPs work within their teams with clients, but also staff, to promote good mental health and recovery from severe mental health problems and psychological understanding.

Associate Psychological Practitioner (APP)

APPs are trained to offer brief psychological interventions at a low intensity level, across a wide variety of services.

APPs can deliver interventions which include Cognitive Behaviour Therapy skills, Dialectical Behaviour Therapy skills and Compassion-Focussed Therapy skills.

APPs have a specific mental health prevention and promotion remit, and can work with teams, community groups, faith groups and charity organisations to promote mental health and wellbeing.

Roles working with Children and Young People

Children and Young People Wellbeing Practitioner (CWP)

CWPs work within a community mental health, CAMHS, primary care, local authority, or voluntary sector organisation, based in GP practices, healthcare centres or other community venues.

They work as part of a wider team supporting children and young people and their families and/or carers with common mental health difficulties, particularly mild to moderate symptoms of anxiety, depression and behavioural difficulties

CWPs are trained to both assess and offer evidence-based interventions that are based on cognitive behavioural therapy and guided self-help.

Education Mental Health Practitioner (EMHP)

EMHPs work across education and healthcare to provide mental health support for children and young people (CYP) in schools and colleges, within Mental Health Support Teams (MHSTs).

They support children and young people with common mental health difficulties, particularly mild to moderate symptoms of anxiety, depression, and behaviour difficulties.

EMHPs offer assessments, a range of CBT informed Low Intensity interventions, guided self-help and collaborative support for the development of a whole school approach to wellbeing.

EMHPs aim to help CYP and their families in the self-management of their wellbeing through workshops, one-to-one support and the delivery of school/college-wide tools and resources to help promote wellbeing within education settings.

Youth Intensive Psychological Practitioner (YIPP)

YIPPs are based in inpatient and intensive home treatment services, supporting young people towards recovery.

Working within a multi-disciplinary team, they provide psychological assessment and psychologically informed interventions to support young people with severe mental health needs.

The role involves assessment, engagement and formulation skills, supporting young people with psychologically informed interventions, active risk management and strategies for daily living and self-care.

	Psychological Wellbeing Practitioner PWP	Mental Health and Wellbeing Practitioner MHWP	Associate Psychological Practitioner APP	Children and Young People Wellbeing Practitioner CWP	Education Mental Health Practitioner EMHP	Youth Intensive Psychological Practitioner YIPP
Age Range	Adult (16+)	Adult (16+)	Adult (16+)	5-18 years 100 % of your caseload should be with age under 26 years. Any work undertaken with adults within the system must be focused on their role as parent, carer or guardian of the child or young person who is primarily being supported	5-18 years 100 % of your caseload should with age under 26 years. Any work undertaken with adults within the system must be focused on their role as parent, carer or guardian of the child or young person who is primarily being supported	12-17
AfC Training Qualified Senior Further Progression	4 5 6 (Experience, course available in some areas) 7+ Various Clinical and Operational roles	4 5 Developing - 6	4 5 Developing - 6	4 5 6 (Senior Practitioner Course)	4 5 6 (Senior Practitioner Course)	4 5
Registration	Required Regulated by the BPS and BABCP	MHWP courses are currently going through the accreditation process with the aim of achieving registration and regulation by the BPS and BABCP	APPs are a NW Regional Innovation – there is no trainee funding available for this role from 24/25. They are not currently subject to registration Must hold a psychology degree	Required Regulated by the BPS and BABCP	Required Regulated by the BPS and BABCP	YIPPs are in Pilot Stage (under evaluation) with no trainee funding for 24/25. They are not currently subject to registration Must hold a psychology degree – minimum level of 2:2
Supervision	Qualified: A minimum of one hour per fortnight of Case Management Supervision. A minimum of one hour per fortnight Clinical Skills Supervision. In trainee year: A minimum of one hour per fortnight of Case Management Supervision. A minimum of one hour per fortnight Clinical Skills Supervision. Practice Skills Assessment Document meetings and support as required by University and Service.	Qualified: Weekly individual case management supervision. Fortnightly individual or group-based clinical skills supervision In trainee year: A minimum of 40hrs clinical skills supervision, of which at least 20 hours should be case management supervision and at least 20 hours should be clinical skills supervision.	Qualified: 30 minutes-one hour a week case management supervision (depending upon caseload) 2 hours a fortnight group clinical skills supervision In trainee year: A minimum of 25 hours of supervision by the time the final course assessment is submitted (around 10 months training), of which around half should be case management (i.e., risk management, case load review) and half should focus on clinical skills review and practice	Qualified: A minimum of one hour per fortnight of Case Management Supervision. A minimum of one hour per fortnight Clinical Skills Supervision In trainee year: A minimum of one hour per fortnight Clinical Skills Supervision (until first six months post qualification experience) and one hour per month Clinical Skills Supervision (until after six months post qualification experience) should be received. CWP Supervisor Training Curriculum	Qualified: A minimum of one hour per fortnight of Case Management Supervision. A minimum of one hour per fortnight Clinical Skills Supervision In trainee year: A minimum of one hour per fortnight Clinical Skills Supervision (first six months post qualification experience) and one hour per month Clinical Skills Supervision (after six months post qualification experience) should be received.	Qualified: Under supervision of a Clinical Psychologist In trainee year: Under supervision of a Clinical Psychologist
Average number of sessions	Brief psychological interventions in line with NICE Guidance - 30min sessions Face to face, Telephone, Video, Computerised CBT, Psychoeducational Groups	Not specified	4-6 sessions	Up to 12 sessions per case (four and eight sessions are anticipated) Session lengths lasting up to one hour for assessments but between 15-45 mins for intervention sessions.	Typically four to eight sessions; however, some children and young people may require fewer contacts or EMHPs should be able to offer up to 12 support sessions where appropriate.	20hrs client contact per week
Evidence based Interventions	Patient centred Assessment – COM-B, 5 Areas, 5 P Formulation – in a case management model CBT based interventions: 1. Behavioural activation 2. Graded exposure 3. Cognitive restructuring (including behavioural experiments) 4. Worry management 5. Problem-solving 6. Promoting good Sleep 7. Promoting physical activity 8. Medication support 9. Signposting Link to National curriculum	Patient centred Assessment – 5 P Formulation, can contribute to care planning Wellbeing-focused psychologically-informed interventions that support connectedness, hope, identity, meaning and empowerment (CHIME factors) Seven specific wellbeing-focused psychologically-informed interventions: a. Behavioural Activation and Graded Exposure using the “GOALS” programme b. Teaching problem-solving skills c. Improving sleep d. Recognising and managing emotions e. Guided self-help for bulimia and binge-eating f. Building confidence g. Medication support – based on information-giving. Link to National curriculum	Patient centred Assessment – 5P, CBT, other formulation models • 'COM-B' as a framework for behaviour change • Motivational Interviewing/Socratic Questioning • CBT based interventions • Emotional Regulation • ACT based interventions • SFT based interventions • CFT based interventions • Behavioural Activation/Graded Exposure • Psychoeducation • Setting up & Working with Groups Link to National curriculum – not currently available	CYP-IAPT Assessment of Need CBT and social learning theory informed, 1:1 assessment and interventions for a range of presenting problems (low mood, anxiety and challenging behaviour), targeted and universal group interventions, information giving and signposting. CWP Curriculum Module Aims and Content updated December 2020 v4.pdf CWP Diploma Final 18.7.22.pdf Link to National curriculum for CYP-IAPT Children and young people's mental health Health Education England (hee.nhs.uk)	CYP-IAPT Assessment of Need The clinical practice should include delivery of the following: 1:1 assessment and CBT-informed interventions for anxiety and low mood, and Social Learning Theory informed interventions for behavioural difficulties, including Parent-Led interventions. Whole school/college approaches delivering psychoeducation workshops to children, young people, parents/carers and school and college staff Delivering targeted and universal group-based interventions Link to National curriculum	Assessment, engagement and formulation skills, Supporting young people with psychologically informed interventions, active risk management and strategies for daily living and self-care During the one-year postgraduate certificate with the University of Exeter, YIPPs will develop knowledge and skills to provide young people with psychological assessment and psychologically informed interventions aligned with the competence framework for children and young people's mental health inpatient services
Usually located in	NHS Talking Therapies for Anxiety and Depression Prisons LTC Services	Specialist Adult CMHTs Drug & Alcohol Perinatal	Primary care (e.g., PCNs) & Secondary care (e.g., Living Well services), though can adapt to a variety of different settings (e.g., inpatient settings) so long as remit of	Children and Adolescent Mental Health Services (CAMHS)	Mental Health Support Teams (MHSTs)	CYP intensive community and inpatient settings