

Job Profile: High Intensity Trainee

Tamsin initially trained as a Psychological Wellbeing Practitioner (PWP) and was in the role for 2 years prior to applying to be a High Intensity Trainee.

A day in the life of a High Intensity Trainee...

The yearlong process of training to become a High Intensity Therapist is a truly eye opening experience. It takes you from a place of being unaware of what you don't know, to suddenly being faced with a wealth of information in regards to different protocols used to treat a wide range of disorders. It is a truly fascinating course which allows you to now only develop adherence to different protocols across disorders, but also reflect on and refine your own general therapeutic skill set. The training consist of attending University 2 days a week and 3 days in service taking on a caseload yourself to aid your learning.

The teaching is broken up into different formats. Initially lectures begin which are based on how to assess for different disorders using the Diagnostic and Statistical Manual (DSM), explanation of the different protocols that can be used and how to select an appropriate treatment plan. Skills practice then allows you to role play and discuss how to use these treatment plans for different cases in a clinical setting. There is also group supervision which allows you to discuss specific cases and further support into selecting treatment plans and dealing with any difficulties you may experience during therapy sessions. Supplementing this is field supervision within your service and engaging in around 150hrs hours of reading outside of University.

What do you enjoy most about being a High Intensity Trainee?

I very much enjoyed learning more about the different disorders and understanding more about their presentations. It was very rewarding being able to apply what I had learnt to therapy sessions and see the impact this could have on individuals recovery.

Challenges...

The course is fast paced and you have to balance clinical work with assignments. It is often challenging applying learning into a clinical setting to begin with; this is because it takes time to work out how to move from theory to practice.

Support...

You are supported at University by your supervisors, lecturers and a dedicated personal advisor. Within service you are supported by your supervisor and line manager, amongst other colleagues and managers.

Key skills and knowledge...

It is important to be organised, empathetic, caring and to be inquisitive. To be dedicated to the continuous improvement of your skills using reflection and continued learning.

Future opportunities...

It is important to be organised, empathetic, caring and to be inquisitive. To be dedicated to the continuous improvement of your skills using reflection and continued learning.

What advice would you give to a prospective a High Intensity Trainee?

To just go for it and apply, you will not regret taking the step to broaden your knowledge and horizons. Although it is a challenging year, it is manageable. You just have to remind yourself keep organised, to take one step at a time and remind yourself of achievements along the way.

It is a hugely rewarding course and allows you to further realise how you can help those who are struggling with mental health.