

## Job Profile: Psychological Wellbeing Practitioner (PWP)

Sheryl is a Psychological Wellbeing Practitioner (PWP). Sheryl joined IAPT in 2017 as a trainee PWP and has now been working for HPFT for 2 and half years.

### A day in the life of a PWP ...

A typical day will include completing at least 2 initial assessments. Assessments usually last around 45 minutes/1hour and can be face to face or telephone. In addition, a PWP will usually engage in around 4 treatments sessions a day. Usually about 30 minutes long where you will deliver CBT treatment protocols you have learnt at university. In between appointments we will be sending letters to patients, their GP and other services, calling patients back to discuss treatment plans and complete risk reviews and sending patients information such as: booklets and worksheets/ access to online programmes, providing helpline/crisis numbers and signposting to other services for additional support. Finally, PWPs also regularly attend a variety of meetings including supervision and clinical skill training

### What do you enjoy most about being a PWP?

What I enjoy most about the role is interacting with people- it's very sociable role and you're chatting to people all day! More specifically I enjoy helping people on their journey to recovery and having an impact on their lives. I also like working in a team- everyone is so helpful and friendly! Secondly, I really enjoy learning and there are lots of opportunities to learn and develop your skills. As a PWP you will be developing all sorts of skills from delivering assessments, knowledge and implementation of treatments, psychopathology and diagnosis, delivery of presentations and going out in to the community to deliver workshops.

### Challenges...

One of the main challenges of the roles is time management and prioritisation of the work and caseload. The role is quite fast paced and there are lots of tasks to complete in your working week so you need to develop strategies to keep on top of it and have good diary management.

### Support...

As a PWP there are several different ways you are supported individually and also in order to support your patient in the best way, including:

- Weekly supervision with a supervisor
- Regular meetings with the service manager
- Monthly reflective group meetings, PWP meetings and clinical skills sessions
- Finally and maybe the most important is the support from your fellow colleagues

### Key skills and knowledge...

The most important skills and knowledge for this role would be good organisation and time management, and strong communication and interpersonal skills. As the role of the PWP does involve a variety of different tasks and there is quite a lot of learning and development it is important to stay on top of things and be flexible in your approach.

### Future opportunities...

There are lots of areas to develop into following PWP, including; supervisor/senior psychological wellbeing practitioner, high CBT therapist training, clinical doctorate and engaging in outreach workshops - where you deliver presentations in the community.

### What advice would you give to a prospective a PWP?

I would strongly recommend the PWP role if you are people person and you are interested in psychology and enjoying helping people with their mental health. It is a challenging role but it is exciting and very rewarding knowing you are making a difference to someone's quality and enjoyment of life.