

# **I want to be a.....**

## **Psychological Wellbeing Practitioner (PWPs)**

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If you want to work within mental health as a therapist but you are not sure if clinical psychology is right for you, it's worth considering the growing role of the Psychological Wellbeing Practitioner.

### **Overview of the role**

PWPs are trained to assess and support people experiencing common mental health problems such as anxiety disorders and depression – in the self-management of their recovery, via a range of low-intensity, evidence-based interventions, informed by underlying cognitive/behavioural principles.

PWPs work with groups of people as well as with individual patients on a one-to-one basis. Support is provided by telephone and increasingly through electronic media as well as face-to-face. You'll work with adults, children and young people.

You'll typically work within an Improving Access to Psychological Therapy (IAPT) service which may be within a clinical commissioning group, specialist mental health trust or in the third or private sector.

You don't have to have a degree in psychology to get onto a PWP training programme, as they are offered at Level 6 and Level 7, however many psychology graduates do pursue this role as a career and progress to high intensity therapist roles.

### **Qualifications and training**

For psychology graduates entering this profession, you need to apply for a post as a trainee PWP in order to access the relevant training and be offered a place on one of the courses.

Once in post, you will be employed in a trainee PWP role and paid a salary (band 4 NHS or equivalent) for the duration of your training. The training is commissioned by the NHS and delivered by local universities. Those with a degree will typically undertake a postgraduate certificate (one day per week), accredited by the British Psychological Society (BPS).

A list of BPS accredited course can be found here:

<https://beta.bps.org.uk/public/become-psychologist/accredited-courses>

### **Where to find experience and vacancies**

Direct experience of working with people with mental health problems is essential. Volunteer with mental health charities and aim to progress to paid work. Look for opportunities in primary care services such as community support worker roles. Trainee vacancies can be found on the NHS website [www.jobs.nhs.uk](http://www.jobs.nhs.uk) or on local job sites, Indeed [www.indeed.co.uk](http://www.indeed.co.uk) and Glassdoor [www.glassdoor.co.uk](http://www.glassdoor.co.uk) and charity websites such as MIND – [www.mind.org.uk](http://www.mind.org.uk). Rethink – [www.rethink.org](http://www.rethink.org), Turning Point – [www.turning-point.co.uk](http://www.turning-point.co.uk)  
Self Help Services - [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk) and Anxiety UK [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## Find Manchester graduates doing this role

### LinkedIn

Use LinkedIn to see and connect with other psychology graduates from UoM who have gone into this and other roles. You can filter for “Psychology” graduates on the second page of the alumni tab, or just search for the job title you are looking for.  
[www.linkedin.com/school/university-of-manchester/](http://www.linkedin.com/school/university-of-manchester/)

Join the **Psychology Graduate Network** just for Manchester students & graduates on LinkedIn and view members here too: [www.bit.ly/psychologynetwork](http://www.bit.ly/psychologynetwork)

NB) You can also use LinkedIn to click through to the organisations where people work in this role, connect with other people who work there and view any job vacancies.

The alumni office run **The Manchester Network** which is a similar platform for all Manchester alumni. You can also use this tool to send alumni any questions about their work. [www.network.manchester.ac.uk](http://www.network.manchester.ac.uk)

### More information about the role

For more information see the NHS Health Careers website  
[www.healthcareers.nhs.uk/explore-roles/psychological-therapies/psychological-wellbeing-practitioner](http://www.healthcareers.nhs.uk/explore-roles/psychological-therapies/psychological-wellbeing-practitioner)

Read the Prospects job profile: [www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner](http://www.prospects.ac.uk/job-profiles/psychological-wellbeing-practitioner)