



UNIVERSITY OF LEEDS

CANDIDATE BRIEF

Wellbeing Practitioner, Student Counselling and Wellbeing



Salary: Grade 6 (£27,511 – £32,817 p.a. pro rata)

Reference: SESSO1115

Ongoing

This post is 4.5 days per week, term time only (32 weeks per year) which is equivalent to 63%fte. Pay will be in equal instalments across 12 months and will include pay in lieu of annual leave.

Wellbeing Practitioner

Student Counselling and Wellbeing, Student Education Service

Do you have experience of providing mental health and/or wellbeing support? Can you manage a complex caseload? Do you want to provide support to students experiencing emotional distress?

The University is committed to delivering excellent and inspirational learning and teaching, research degree supervision and an exceptional student experience to all those who can benefit. The Student Education Service has been established, which brings colleagues from central teams together with colleagues from faculties and schools into a single integrated service.

As part of the Student Operations Directorate within the Student Education Service, the Student Counselling and Wellbeing Service provides a wide range of excellent and innovative support to help students manage psychological, emotional and psychiatric issues whilst at University.

You will work as part of a multi-disciplinary team of mental health advisors, counsellors, psychotherapists and wellbeing practitioners, providing professional, confidential assessment, triage and wellbeing support to undergraduate and postgraduate students who are experiencing emotional distress or difficulty.

Using your professional training and drawing on your experience and knowledge in mental health and wellbeing, you will manage a varied and complex caseload of students, provide initial assessments and appropriate interventions and deliver focussed group sessions.

What does the role entail?

As a Wellbeing Practitioner your main duties will include:

- Working within a pro-active, recovery based, brief intervention framework, encouraging and supporting students to maximise their self-care and develop positive problem solving skills and 'toolkits' for continued wellbeing. This work may draw on intervention frameworks and techniques such as CBT, Solution



Focused Practice, Dialectical Behavioural Therapy or tools such as the Recovery Star or Wellness Recovery Action Planning (WRAP);

- Managing a varied and often complex caseload of students, conducting robust initial assessments, locating all support within an educational context and determining appropriate interventions including web-based resources, guided self-help materials, low intensity CBT, wellbeing workshops or groups, mental health support, therapeutic counselling or referral to external support agencies;
- Managing urgent and complex clinical situations, including the assessment and management of risk, crisis planning and support;
- Working collaboratively within Student Counselling and Wellbeing, making appropriate referrals to University and/or external services and ensure, where appropriate, that joined-up multidisciplinary support is offered;
- Keeping accurate and confidential records and session case notes as required by data protection, including statistical records of work with clients;
- Offering focused group sessions on relevant issues affecting student life, e.g. anxiety, depression, stress, distress intolerance and personal resilience;
- Actively using agreed outcome measures with students and engaging with a variety of means of monitoring and evaluating the effectiveness of the work;
- Developing and maintaining close links with the Student Education Service, academic and faculty staff, and providing support and occasional training in the management of student problems;
- Contributing to team and service and policy review, sharing casework information and providing mutual support;
- Attending and engaging with regular clinical and line management supervision.

These duties provide a framework for the role and should not be regarded as a definitive list. Other reasonable duties may be required consistent with the grade of the post.

What will you bring to the role?

As a Wellbeing Practitioner you will have:

- A degree level or equivalent qualification and/or relevant professional training, experience and knowledge in mental health, emotional wellbeing and mental illness;



- Demonstrable knowledge and substantial experience of providing psychological interventions in the context of mental health and wellbeing focused recovery work;
- Substantial experience and confidence undertaking clinical assessment, triage and referral;
- Knowledge, skill and confidence working within a brief intervention framework (typically up to four sessions);
- Knowledge, confidence and experience in the assessment and management of risk, with appropriate onwards referral;
- The ability to manage and prioritise a complex workload, including competence in the associated organisational and administrative skills;
- A good understanding of the barriers and difficulties experienced by students within their academic environment and sensitivity to the diversity of student needs across the undergraduate and postgraduate community;
- The ability to develop and facilitate group work and devise and deliver staff training, including competence in the associated presentation and communication skills;
- Experience of working in multi-disciplinary settings and commitment to working flexibly as a part of an integrated Counselling and Wellbeing service.

You may also:

- Be a professionally qualified, registered/accredited mental health professional (e.g. social worker, occupational therapist, CBT practitioner, counsellor, mental health nurse, psychologist or similar);
- Have experience of providing wellbeing services in an educational environment, preferably higher education.

How to apply

You can apply for this role online; more guidance can be found on our [How to Apply](#) information page. Applications should be submitted by **23.59** (UK time) on the advertised closing date.



Contact information

To explore the post further or for any queries you may have, please contact:

Until 6th September 2019

Jane Harris UKCP, Assistant Head of Student Support (Counselling and Wellbeing)

Tel +44 (0)113 34 34106

Email: J.Harris1@leeds.ac.uk

From 6th September 2019

Ms Jeanette Youds, Mental Health and Wellbeing Team Manager

Tel +44 (0)113 343 7458

Email: j.youds@leeds.ac.uk

Additional information

Working at Leeds

Find out more about the benefits of working at the University and what it is like to live and work in the Leeds area on our [Working at Leeds](#) information page.

Candidates with disabilities

Information for candidates with disabilities, impairments or health conditions, including requesting alternative formats, can be found on our [Accessibility](#) information page or by getting in touch with us at disclosure@leeds.ac.uk.

Criminal record information

Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975

This post requires an enhanced criminal record check from the Disclosure and Barring Service (DBS), and any equivalent overseas authorities where relevant. The successful candidate will be required to give consent for the University to check their criminal record status. All applicants are required to make a self-declaration where applicable.



Any offer of appointment will be subject to the University being satisfied with the outcome of these checks, in accordance with our Criminal Records policy. You can find out more about required checks and declarations in our [Criminal Records](#) information page.

