



My current post...

- 50% community mental health team, working with people with severe and enduring mental health problems
- 50% specialist substance misuse and dual diagnosis service, working with people with alcohol, drug and co-existing mental health problems

And....





My current post...

- 50% clinical psychology service!





What I actually do....

- Attend meetings
 - Multidisciplinary team meetings
 - Community mental health team
 - Substance misuse service
 - Psychology department [Various]
 - NHS Trust committees and working groups
 - Professional development group
 - NICE guidelines implementation group
 - Psychosocial interventions steering group





What I actually do....

- Client work in both clinical areas
 - Assessments in order to advise team members on suitable packages of care and treatment
 - Assessments with a view to psychological treatment
 - Therapeutic interventions using mostly cognitive behaviour therapy





What I actually do....

- Provide clinical supervision
 - Trainee psychologists
 - Clinical psychologists in other teams
 - Cognitive-behavioural nurse therapist
 - Mental health nurses in CMHT
 - Nurse practitioners in substance misuse





What I actually do....

- Contribute to the development of service policies, audits and evaluation.
- Train colleagues and other mental health workers in psychological skills and knowledge.
- Attend to my own continuing professional development.





Do I enjoy what I do?

Most of the work most of the time!





Do I enjoy what I do?

I feel very privileged to be let into the inner worlds of my clients.

I enjoy supervising, supporting and teaching other colleagues.





Do I enjoy what I do?

But please do not mention paper work !!

