

Mental Health & Wellbeing Practitioner (MHWP)

What do MHWPs do?

MHWPs work with adults with severe mental health problems, alongside key workers and multidisciplinary teams, to address some of the common difficulties that can impact on a person's wellbeing.

They support adults of all ages and from many different backgrounds to live fulfilling lives.

As a MHWP, you will play a pivotal part in service users' journeys, by offering client-centred care.



MHWPs do not provide psychological therapy but they deliver specific wellbeing-focused psychologically-informed interventions aligned to cognitive-behavioural therapy (CBT) principles and based on the best available evidence.

They focus on areas where the person wishes to change how they feel, think or behave to help improve their quality of life

As a MHWP, you will:

- Conduct problem-focused assessments and goal setting to establish personalised needs
- Deliver appropriate interventions such as: Behavioural activation; Graded exposure; Problem solving; Recognising and managing emotions; Confidence building; Managing medicines; Improving sleep and Guided self-help for Bulimia and Binge-eating
- Work with service users in clinic spaces, their homes, by telephone or by videocall
- Work alongside healthcare professionals to deliver appropriate care
- Include carers and families as appropriate, to enable connectedness and informal support
- Collaboratively agree and coordinate care-plans
- Signpost to and support engagement with agencies and community organisations

How do I train?

The MHWP training programme is open to applicants with the right aptitude to learn how to work collaboratively in a mental health team. Most importantly, it is necessary to be able to demonstrate a willingness to engage in a hopeful and productive way with adults experiencing severe mental health illness.

- You will attend a 1-year Graduate or Postgraduate Certificate training programme at Oxford Health NHS Trust in Partnership with Buckingham New University
- Whilst training you will be employed as a trainee MHWP and paid at Agenda for Change pay Band 4
- You will spend up to 1 day a week studying at university, but will also be offered study days
- You will spend 3-4 days per week working in community mental health services
- You'll have a range of assessments throughout the course including written essays, case reports reflections exercises, role plays, recorded treatment sessions and a clinical portfolio
- As with all psychological professions, trainee and qualified MHWPs role attend regular supervision. This includes Line Management (monthly), Case Management Supervision (weekly) and Clinical Skills Supervision (biweekly)

Entry requirements/Previous Experiences Required

- For the Postgraduate route, you will need a bachelor's degree at 2:2 or above in any subject
- For the Graduate route, you will need to evidence your ability to study successfully at academic Level 5

For guidance on level 5 awards, see [gov.uk/what-different-qualification-levels-mean/list-of-qualification-levels](https://www.gov.uk/what-different-qualification-levels-mean/list-of-qualification-levels)

- No specific mental health experience is needed, but to apply for a trainee MHWP role at Berkshire Healthcare, you will need to demonstrate experience, either in an employed or formal volunteer role, helping people with psychological, interpersonal, or social problems

Career Prospects

The MHWP pathway is an emerging role with many potential prospects as it develops in line with other established Psychological Professions.

Potential professional development may involve becoming a senior MHWP, with supervisory, leadership or teaching responsibilities.

Some MHWPs may be eligible to pursue additional psychological professions training after several years' experience.

Please note, MHWPs, as with all NHS-trained psychological professionals, must wait two years from the date of completing their professional training, before being eligible for further NHS-funded training

Severe Mental Health problems include psychosis, bipolar disorder, 'personality disorder' and eating disorders; often occurring alongside mood difficulties including depression, anxiety, and PTSD.

The NHS Long Term Plan requires an unprecedented growth in the psychological professions. It is anticipated that this workforce needs to grow by an estimated 27,000 (WTE) new mental health posts, MHWPs are supporting the growth.

Useful resources

British Association for Behavioural & Cognitive Psychotherapies (**BABCP**) career information

babcp.com

babcp.com/Wellbeing-Registration/Wellbeing-Practitioner-Careers/Mental-Health-Wellbeing-Practitioners-MHWP

NHS Health Careers – Roles in the Psychological Professions

healthcareers.nhs.uk

healthcareers.nhs.uk/explore-roles/psychological-therapies/roles-psychological-therapies/mental-health-and-wellbeing-practitioner

NHS Jobs – NHS Jobs Website for job search and application process

jobs.nhs.uk/candidate

Psychological Professions Network (**PPN**): Career Maps MHWP

ppn.nhs.uk/

ppn.nhs.uk/resources-url/careers-map/mental-health-and-wellbeing-practitioner#read-career-path

Videos

NHS YouTube Trainee MHWP - NHS Video MHWP trainee experience

youtu.be/l04gVCCfRbk?feature=shared

NHS Video MHWP discussing current role

youtu.be/Z70nlg03ww?feature=shared



berkshirehealthcare.nhs.uk/work-for-us

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