

Division of Health Research
Faculty of Health and Medicine
Lancaster University

Clinical Tutor
Increasing Access to Psychological Therapies (IAPT)
Ref: A1025

Grade 8
Part Time
Fixed Term

The Division of Health Research (DHR) within Lancaster University's Faculty of Health and Medicine is seeking to appoint a Clinical Tutor to supervise IAPT trainees on the IAPT CBT training programme. The post is fixed term until 31st May 2015. The post holder is expected to provide a high standard of CBT supervision to small groups of IAPT trainees and clinical skills tutorials as part of the IAPT training programme.

Faculty of Health and Medicine

Established in 2008, the Faculty of Health and Medicine brings together a critical mass of expertise in teaching, research and outreach from four established departments and their associated centres: Biomedical and Life Sciences; CETAD; Health Research and Lancaster Medical School.

The Faculty provides research and teaching in an innovative and distinctive blend of subjects across the health and medicine spectrum. We have established links with private, public and third sector healthcare organisations and work closely with institutions in the region and beyond. We have successfully built our reputation in several key areas such as mental health, neurodegenerative disease, end-of-life care, developmental biology and disability research, where our academic staff are at the forefront of their fields.

The Faculty offers a diverse range of both undergraduate and postgraduate taught and research programmes in biology, biomedicine, medicine and the social aspects of health. We deliver innovative distance-learning courses and are working with healthcare organisations to provide customised Continuing Professional Development.

Since 2008, staff in the Faculty have attracted over £10 million in research funding, and facilities range from recently refurbished laboratories and equipment in Biomedical and Life Sciences to the Clinical Anatomy Learning Centre in Medicine. Many of the research areas within the Faculty are related to fundamental issues, with major research topics including the study of end-of-life care, disability, mental health, epidemiology, cancer biology, neurodegenerative disease, immunology and microbiology.

Division of Health Research

Established at Lancaster University in 1996, the Division of Health Research (DHR) is a multidisciplinary department that promotes health-related research and education across the University, the North West, nationally and internationally. DHR has a vibrant research community comprising of over 50 academics from a range of academic and applied

backgrounds: sociology, social policy, geography, public health, psychology, health economics and nursing. We share an interest in the perspectives that the social sciences bring to an understanding of health and health inequalities, disability, illness, the delivery of health and social care and interventions and actions to promote population health and health equity.

The Division is host to a number of specialist groups including the Spectrum Centre for Mental Health Research, the Centre for Ageing Research, the Centre for Disability Research, the Centre for Organizational Health and Well-being, the International Observatory on End of Life Care, and the Centre for Health Equity Research and Knowledge Exchange (CHERKe). Research interests include mental health and wellbeing, the social determinants of health (in)equity, the evaluation of public health policy and practice, end of life care, disability studies including learning disabilities, and the social aspects of ageing. In the 2008 Research Assessment Exercise 95% of the Division's research was rated as of international importance or higher. The Division works in partnership with a wide variety of academics, clinicians, policy makers and practitioners within and outside the University locally, regionally, nationally and internationally. The Division also hosts the regional co-coordinating centre for the NIHR Research Design Service for the North West. Our staff also contribute to the Cumbria and Lancashire local research design service, one of three local services in the region.

The educational programmes delivered by the Division range from postgraduate research degrees (PhDs), professional doctorates such as the Doctorate in Clinical Psychology, and a suite of distance-learning PhDs in palliative care, public health, organisational health and well-being and mental health. DHR has over 270 students registered on its full time and part time postgraduate programmes. We collaborate with Lancaster University Management School to deliver an innovative Masters in Hospice Leadership. We also contribute to undergraduate teaching in Biomedical and Life Science, Medicine and Psychology.

Lancaster University

Lancaster University is approaching its 50th anniversary with a world-class reputation as a centre for excellence in teaching, scholarship and research. Lancaster University is ranked in the top one percent of universities in the world and is listed at 145 in the Times Higher Education international table.

The growing reputation of Lancaster is reflected by high rankings year on year in each of the UK's major university league tables - The Times (12th), the Guardian (10th) and the Complete University Guide (11th).

The Lancaster University campus occupies a beautiful 360 acre parkland site at Bailrigg, just three miles from Lancaster City Centre. £450m has been invested into the estate since 2002, transforming the campus. Key developments include: new academic centres of excellence, student social facilities, improved teaching spaces and one of the largest student residences projects in the UK. Set near to the Lune Valley and the Forest of Bowland – areas of outstanding natural beauty – and on the edge of the Lake District, the campus is located a short distance from the vibrant and historic city of Lancaster, which has excellent schools. Lancaster is easily accessible by road (M6 Junction 33) and rail (West Coast mainline). It is approximately an hour to Manchester International Airport, and about 2.5 hours by train to London.

About the post:

This is a great opportunity to contribute to the IAPT training programme at Lancaster. The Lancaster training programme aims to provide a post-graduate training in evidence-based

CBT. The programme follows the curriculum developed by the department of health guidelines for High Intensity CBT training (DoH, 2008). The training aims to ensure that trainees reach a level of competence that will enable them to obtain the outcomes reported in the relevant NICE guidance. The programme places significant emphasis on the role of psychological formulation to inform CBT practice. We do not endorse medical paradigms of emotional distress and aim to train CBT therapists who are proficient in collaborative formulation rather than diagnosis.

The programme is staffed by clinical psychologists who are also accredited BABCP CBT therapists.

The programme requires a clinical tutor/supervisor to provide group based CBT supervision for IAPT trainees. The post holder will be an experienced CBT therapist who has experience of delivering and supervising NICE guideline CBT models of assessment/intervention. In addition to weekly clinical supervision, the post holder will contribute to assessment of trainee competence via the use of the CTS-R assessment tool and the assessment of clinical case assignments.

It is anticipated that this post will be required for two days per week (including a Thursday).