

## Level 6 Psychological Wellbeing Practitioner Apprenticeship

Graduate Certificate Psychological Wellbeing Practitioner



# PSYCHOLOGICAL WELLBEING PRACTITIONER AT THE UNIVERSITY OF EXETER



## Contact

For more information about this programme, contact:

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This apprenticeship for Psychological Wellbeing Practitioners (PWP) is fully informed by the curriculum established for the Improving Access to Psychological Therapies (IAPT) programme. Successful completion will enable trainees to work as fully qualified PWP within IAPT services with eligibility to apply for entry to the PWP register of the British Psychological Society. The success of the PWP psychological profession has spearheaded recognition of a wider Practitioner workforce by the Psychological Professions Network.

Over the course of the apprenticeship, PWP learn how to develop and apply knowledge and competency in Low-Intensity CBT (LICBT). By the end of training PWP will be competent and skilled in assessment and providing support for evidence-based CBT self-help technologies. PWP will develop competency in supporting CBT self-help interventions across a range of platforms to accommodate patient choice and improve access for a range of patient groups. The ability to reflect upon practice and use supervision is a core feature of training to enable continuing professional development and enhance

competency to respond to clinical challenges. Effective communication with patients and working collaboratively with other health and social care and community-based organisations is a key benefit of the training.

The PWP training programme has been delivered within Clinical Education Development and Research; Psychology (CEDAR) at the University of Exeter since the first year of the NHS commissioned programme. With training content and assessments informed by the IAPT 'national' curriculum, this apprenticeship is provided at Level 6 of the Academic Regulated Framework. With

the apprenticeship, CEDAR works in partnership with employers to combine training with learning within the workplace. Following successful completion of an End Point Assessment, apprentices will be eligible to work as fully qualified PWP within an IAPT service. Seeing the significant value of this new training route, we are now very pleased to be amongst the first providers of the PWP apprenticeship.



Teaching Excellence  
Framework assessment 2017



5 star rated from QS

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## WHY EXETER?

- The PWP Apprenticeship maintains full consistency with the IAPT 'national' curriculum and meets BPS accreditation standards.
- Led by Professor Paul Farrand (National Teaching Fellow), editor of the widely adopted PWP training text (*Low Intensity CBT Skills and Interventions: A Practitioners Guide*) whose training is informed by research and membership of PWP related national committees.
- Programme delivered by an experienced clinical academic team with Fellowship of the Higher Education Academy and clinical practice as PWP.
- Training organised around an established psychological therapies pedagogic approach based upon excellent clinical training and teaching resources that support a blended learning approach.
- Established track record of working closely with employers and in supporting your trainees through a comprehensive dedicated tutor system established for apprentices and employers.
- Dedicated Apprenticeship team with expertise in managing a range of apprenticeships within University of Exeter.
- Apprenticeship provided by a prestigious Russell Group university.

### Topics covered

Core common factor skills to enhance engagement and relationships for clinical work, professional understanding and reflective practice to consolidate clinical practice and as a source of continuing professional development. Develop knowledge regarding the IAPT programme, common mental health difficulties, theoretical rationale underlying LICBT interventions, collaborative care and specific challenges to clinical practice when working with diversity. Develop competency in patient-centred assessment, reaching an 'informal diagnosis' regarding presenting difficulty,

providing support for a range of LICBT interventions, adapting practice to work with people with diversity, working over different support modalities, assessing personal impact and identifying potential sources of support from health, social care and charitable organisations including those that can support returning to work and using supervision. Close supervision is provided by the training team to PWP trainees throughout the length of the Apprenticeship, in liaison with 'on-the-job' supervision provided by qualified senior PWPs in service.

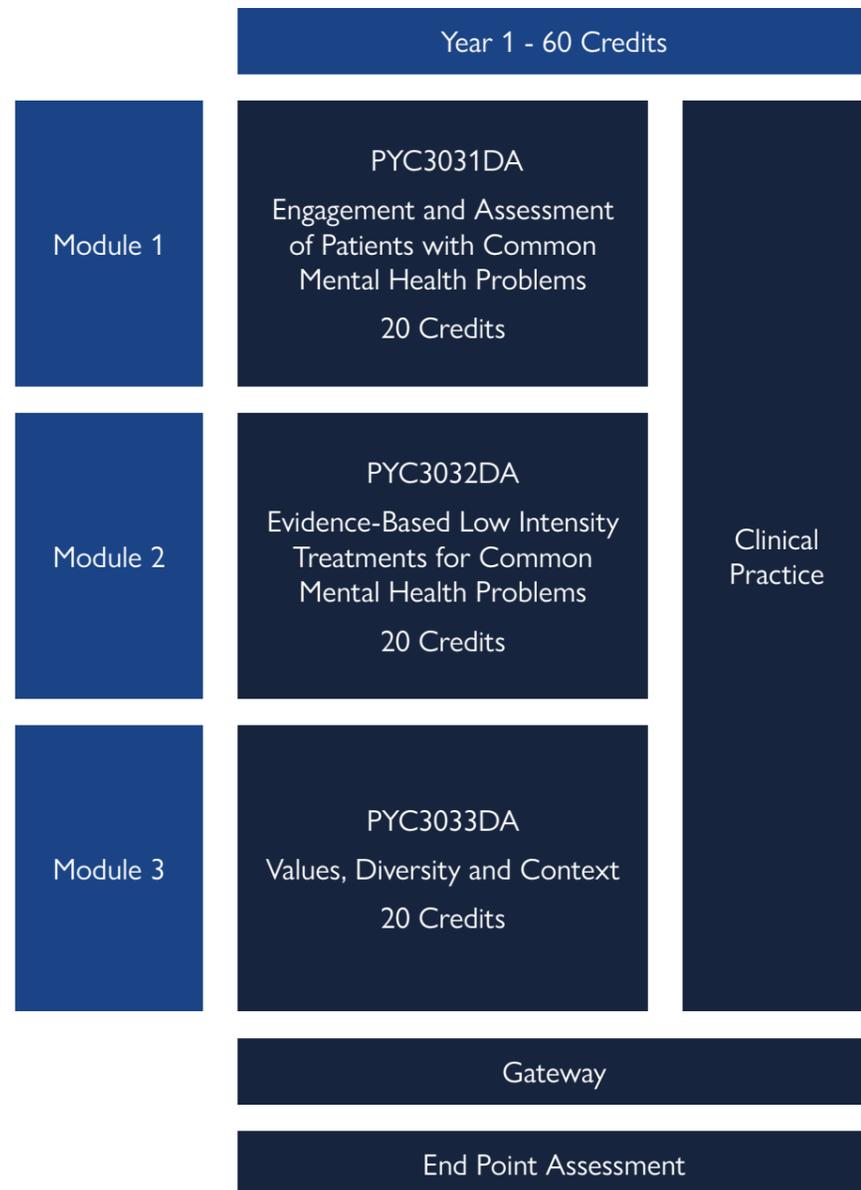
### Qualifications available

Level 6 Graduate Certificate Psychological Wellbeing Practitioner qualification provided by the University of Exeter.



## PROGRAMME STRUCTURE

### Programme Structure – Level 6 Psychological Wellbeing Practitioner



PWPs apprentices have on average a day a week 'off the job' training and a further day a week on average for independent 'University directed learning' related to the academic demands of a level 6 programme. Employers can expect apprentices

to be available for work within the clinical setting for three days a week on average during delivery of Modules 1-3 (approximately 8 months dependent on holiday periods), increasing to 4-5 days per week until the End Point Assessment at approximately

12 months. Apprentices will be available to do individual LICBT clinical practice with patients following successful completion of the competency assessment at the end of Module 1.

## MODULE STRUCTURE

The programme is delivered across a total of 12 months structured in three key modules and informed by the IAPT 'national' curriculum. Modules are delivered in a sequential order given that Modules 2 and 3 are built on competencies developed in the previous module. On average, modules run over the first 8 months of the apprenticeship until the gateway is achieved. Following end of Module 3 Gateway being successfully achieved, apprentices will then receive regular clinical skills supervision until End Point Assessment.

To assess the growing competency of apprentice PWPs as they progress through the practical training period, we

will work closely with you as an employer with each service allocated a specific Programme Tutor. When the trainee has successfully completed all programme assessments, they will have a further three months of supervision. At the end of this period the trainee should be able to pass the End Point Assessment to assure the employer that the apprentice meets full competency against the PWP Apprenticeship National Occupational Standards. It is expected therefore that the vast majority of apprentices will have completed the programme just after 12 months. Where individual circumstances are such that this may not be the case, we will continue to work closely with you as an employer to bring things to a successful conclusion.

The End-point Assessment is a highly structured practical assessment in which the apprentice answers questions related to clinical casework and undergo live assessment of their clinical skills via role-play exercises with actors. The End-point Assessment is conducted by BPS Assessment & Awards Limited, a subsidiary of The British Psychological Society acting as the External Assessment service for the apprenticeship being independent of the course and employer. All Assessors are qualified and experienced clinical professionals who are independent of the cohort being assessed and contracted by BPS Assessment & Awards.

## ENTRY REQUIREMENTS

Individual employers set the selection criteria for apprenticeships in discussion with the University. Applicants will have evidence of successful study at Level 5 in England, Wales and Northern Ireland, or equivalent, with a minimum of Level 2 English and Maths. Applicants should also have experience of paid or voluntary work in a setting where they have been likely to have had exposure to people experiencing mental health difficulties. However, there is no expectation they will already have any previous qualifications in psychology.

One of the key advantages of the PWP Level 6 Apprenticeship is the potential for attracting candidates from a wide variety of personal, academic or vocational backgrounds and/or with lived experience. As long as employers are able to accommodate apprentices to engage with the programme as required, the apprenticeship can be available for those working part-time.

# UNIVERSITY OF EXETER DEGREE APPRENTICESHIPS

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## Contact:

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Henry Marsh, Programme Development : [H.Marsh2@exeter.ac.uk](mailto:H.Marsh2@exeter.ac.uk) or 01392 727617

## Senior Leader Health Care

This programme will enable the apprentice to use compassionate, inclusive and effective leadership, inspiring the development of world-class care that is ethical, innovative and sustainable.

[exeter.ac.uk/degreeapprenticeships/employers/senior-leader-healthcare-msc/](https://exeter.ac.uk/degreeapprenticeships/employers/senior-leader-healthcare-msc/)

## Clinical Associate in Psychology

This programme will train apprentices in how to develop and apply psychological knowledge in order to become competent and skilled in the assessment, formulation and delivery of psychological treatment interventions in a range of clinical settings.

[exeter.ac.uk/degreeapprenticeships/employers/clinicalassociateinpsychologymsc/](https://exeter.ac.uk/degreeapprenticeships/employers/clinicalassociateinpsychologymsc/)

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