Psychology
Graduate Internships
Information for applicants 2016
Our Internship Programme

Thank you for your interest in our Psychology Graduate Internship Programme.

We know that it can be hard to get started on a career in applied psychology and that one of the bottlenecks is access to suitable experience. As a teaching Trust we are addressing this by offering co-ordinated opportunities for graduates to gain relevant experience in Sussex Partnership services. And this isn’t just about helping you out: our service users benefit significantly from the quality enhancements to our activities that volunteer graduates can offer.

Our Trust is regularly contacted by psychology graduates seeking relevant professional experience to assist them as they embark on careers in mental health. The Psychology Graduate Internship Programme offers a co-ordinated approach to this form of volunteering, aiming to ensure maximum equality of opportunity and that both the intern and the Trust benefit from the arrangement.

The Psychology Graduate Internship Programme provides a framework for Psychology graduates to volunteer with teams for a minimum of one day a week, for a period of 3-12 months. In return for your time, as an intern you will learn skills and gain experience which we hope will help support your career progression.

This year we are very excited to be able to offer over 40 high quality internships across Sussex. These positions support specific projects across our clinical, training, audit and research activities. We will undertake to provide specific experience as detailed in each of the internship outlines in this booklet, and to sign off a reference detailing this and your performance at the end of your time with us. In exchange we ask you for a commitment to volunteer with us for 3-12 months, depending on the specific requirements of each role, for a minimum of one day per week.

Please see the following pages for details of our Psychology Graduate Internships and for details of how to apply.

We look forward to meeting and working with you!

Kind regards,

Dr Adrian Whittington
Director of Education and Training
Consultant Clinical Psychologist
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What is a Psychology Graduate Internship?

An internship is where an individual undertakes voluntary work to gain relevant professional experience before embarking on a career. Internships are arrangements where the intern gains valuable experience and skills whilst volunteering for a fixed period of time. In order to ensure best practice, the Trust approach to Psychology Graduate Internships complies with the Gateway to the Professions Collaborative Forum Best Practice Code for High Quality Internships¹.

### Psychology Graduate Internship

<table>
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<th>Purpose:</th>
<th>Individual undertakes voluntary work to gain relevant professional experience before embarking on a career</th>
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| Eligibility criteria | • Psychology honours degree minimum 2.2 with GBR status (or equivalent conversion course/equivalent degree for non-UK applicants)  
• Legally eligible to remain and work in the UK |
| Recruitment | • Recruitment to internships is based on the principle of maximising equality of opportunity. Internships are subject to fair and transparent recruitment and selection processes. |
| Duration of internship | • Starting October 2016  
• 3-12 months, specified for each role. |
| Time commitment | • Minimum 1 day per week  
• Maximum 3 days |
| Supervision | • Named supervisor to provide a minimum of 1 hour of formal supervision every 2 weeks  
• Plus additional one hour of informal contact as needed (e.g. ad hoc consultation) every two weeks |
| Work Plan | • Tasks are clearly defined and integrated into a structured work plan. The internship arrangements include negotiated flexibilities to support other aspects of the intern’s development such as attendance at training or job interviews or to accommodate personal or paid work commitments |
| Travel expenses | • This year all internships will reimburse travel expenses for home to base return travel, plus any within placement travel. Up to £18 a day can be reimbursed for home to base travel expenses, which would be approximately 40 miles of car travel. |

¹[www.bis.gov.uk/policies/higher-education/access-to-professions/gateways-to-professions](http://www.bis.gov.uk/policies/higher-education/access-to-professions/gateways-to-professions)  
²Criteria for eligibility can be viewed at this link: [http://www.bps.org.uk/what-we-do/membership/graduate-member-mbpss/graduate-member-mbpss](http://www.bps.org.uk/what-we-do/membership/graduate-member-mbpss/graduate-member-mbpss)
Intern Responsibilities

A Psychology Graduate Intern can:

- Collect, manage and analyse data for routine clinical evaluation, audit, service or training evaluation or research
- Conduct literature searches, develop materials and information and write reports to support clinical, training or research projects
- Manage materials and equipment for clinical, training or research use
- Support group or individual clinical work alongside a qualified practitioner, for example gathering specific information, making recordings, contributing specific planned input to a group or individual intervention under live supervision
- Assist qualified practitioners in delivering training for other professionals
- Undertake specified administrative support tasks e.g. minuting meetings, data entry

A Psychology Graduate Intern does not:

- Provide an alternative to an essential qualified or unqualified member of staff – interns provide additional activity to enhance the quality of what the Trust offers
- Only do administration – this can be part of the role, but not all of it
- Have an entitlement to further training or paid employment – the experience can enhance your CV, but does not provide a direct pathway into work
Adult and Ageless Services
Description of role:

- Sitting in on joint assessments for mindfulness and other psychological interventions with lead supervisor and with other members of the multi-disciplinary team
- Sitting in on multi-disciplinary team meetings e.g. triage, business and formulation meetings.
- Co-running psychoeducation groups in the Group Treatment service where available.
- Collating clinical data on clients to be assessed.
- Writing up reports on clients assessed using formulation skills.
- Setting up mindfulness all days, drop ins, master classes and various other events linked to mindfulness training.
- Attending short (1-2 day) trainings in mindfulness and other therapeutic models where available.
- Creating fliers for such events and leading on the marketing for them.
- Collating and presenting evaluations of training events.
- Undertaking small research projects around aspects of mindfulness provision.
- Contributing to the good governance processes around mindfulness in the Trust e.g. updating data bases on mindfulness provision and supervision, generating surveys on mindfulness provision.
- Preparing teaching materials for training events - possibly for other therapeutic modalities than mindfulness.

Person specification:

Knowledge:
- Knowledge of mindfulness-based approaches would be helpful, and ideally experience of having done an eight week MBCT/MBSR course as a participant.

Skills:
- Good communication and liaison skills (diplomatic, persistent, proactive, friendly, courteous).
- Standard IT and administrative skills.
- Skills with social media and marketing desirable.
- Patient, conscientious, reliable, good sense of humour.
- Ability to drive and have own car would be helpful but not essential.

Values:
- Putting patients first.
- Respect.
- Belief in the value of the founding principles of the NHS.
- Enthusiasm/passion for the work.

What can an intern expect to gain from your internship?

- Exposure to various aspects of mindfulness provision, including theoretical, clinical, training, governance and audit.
- Experience of direct client contact though observation of the work of another trained professional, usually a clinical psychologist and some direct work in group settings with a group leader.
- Experience of a multi-disciplinary NHS mental health service and NHS organisational issues.
- Contact with a wide range of clinical psychologists and other clinical specialists - the opportunity to build connections, see how different people work, and the different cultures of the different mental health professions.
- Regular supervision with a clinical psychologist.
- Experience of an Education & Training dept.
- Opportunity to attend some training events for free and to see how they are planned, organised and evaluated.
2. Chichester Assessment and Treatment Service

**Supervisor profession:** Clinical Psychologist  
**Location:** Chapel Street Clinic, Chichester, PO19 1BX  
**Duration:** 12 months  
**Working days:** 2 days per week  
**Accessibility:** No car required

**Description of role:**
- Assisting with continuation of a patient involvement project concerning evaluation of ‘patient experience’ – potentially to include: interviewing of service users, holding of focus groups, linking with third sector organisations, designing of evaluation measures, training and support to service users involved in evaluation
- Assisting in developing an ongoing service user group to provide feedback on the service and to contribute to the development and implementation of service improvements
- Assisting in administering the Friends and Family test
- Assisting in implementing the Triangle of Care process in the Western area
- Assisting with the introduction of Patient Related Outcome measures in ATS therapeutic interventions
- Assisting with other clinical audits that may be identified during the course of the year

**Person specification:**

**Knowledge/Experience:**

**Essential:**
- Knowledge of research methods consistent with the successful completion of a psychology degree
- Some knowledge of mental health disorders and issues

**Desirable:**
- Previous experience volunteering in a mental health setting

**Skills:**
- IT and administrative skills
- Confident with collecting and auditing quantitative and qualitative data re patient related outcome measures and service improvement
- Good personal skills suitable for relating compassionately to a wide range of patients within secondary mental health
- Effective communication skills both written and oral for gaining confidence of professionals and presenting results in lively way
- Personal organisation and time management

**Values:**
- Shows awareness of and demonstrates Better By Experience values of SPFT in attitudes and behaviours.

**What can an intern expect to gain from your internship?**
- Wide range of experience in audit projects which have service improvement and patient and carer experience as their core values
- Opportunity to design and implement an audit project and to contribute to service improvement projects
- Opportunity to work within a setting where MDT teamwork is key to success
- Opportunity to observe different clinicians undertaking assessments or other clinical activities, and to participate in some clinical meetings
- Supervision and support in developing a professional approach to engagement and problem-solving within a complex NHS organisational setting

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- Supervision and support in developing a professional approach to engagement and problem-solving within a complex NHS organisational setting
3. East Brighton Recovery Team

**Supervisor profession:** Clinical Psychologist

**Location:** East Brighton Community Mental Health Centre, Brighton General Hospital, Elm Grove, Brighton, BN2 3EW

**Duration:** 12 months

**Working days:** 2-3 days per week

**Accessibility:** No car required

**Description of role:**

**Clinical**
- To assist psychologists and psychotherapists with psychological assessments where appropriate, including assistance with the use of psychometric and outcome measures (e.g. administering and scoring tests where appropriate)
- To contribute to one to two clinical cases in the Assessment & Treatment Service by carrying out a piece of structured, time-limited work, such as graded exposure or behavioural activation, as part of the service user’s care plan, and in conjunction with the lead practitioner/care co-ordinator
- To work jointly with a psychologist to provide psychological interventions where appropriate
- To assist with the administration, organisation, running and evaluation of group interventions provided by psychologists and psychotherapists

**Audit, service evaluation & research**
- Support any audit and service evaluation work within the service, for example, looking at outcomes for the psychology and psychological therapy work within the Brighton Assessment and Treatment Service
- Assist with psychology-related administrative duties (e.g. data collection; database management; collection and follow-up of audit and research data; monitoring of psychology equipment needs)

**Person specification:**

**Knowledge/Experience:**
- Good honours degree (2:1) in psychology
- Graduate membership of the BPS or eligibility for this
- Experience of working with vulnerable groups, either through paid work or voluntary work experience

**Skills:**
- Good communication skills
- Skills in audit work
- Good interpersonal skills
- Good team work skills
- IT skills
- Research and data analysis skills
- Ability to organise and manage workload under supervision
- Ability to be flexible and manage multiple demands
- Ability to write clear and concise reports related to clinical and research activities

**Values:**
- Commitment to providing high quality mental health services
- Commitment of delivering client-led, recovery-oriented services
- Commitment to ethical practice and to working within professional and organisational guidelines.
- Commitment to NHS and SPFT values
- Commitment to equal opportunities and working with diversity and disadvantaged populations
What can an intern expect to gain from your internship?

Opportunity to:
• gain experience of working in the NHS and to develop an understanding of current NHS structures and pressures
• gain experience of working with adults of all ages, including later life and dementia
• gain insight into a range of severe and complex mental health difficulties and a wide variety of psychological treatment modalities
• gain insight into the roles and contributions of applied psychologists and psychotherapists in secondary mental health care and how psychological theory is applied in practice
• be part of the Assessment & Treatment Services and contribute to supporting the development of these services via audit and service evaluation work and clinical work under supervision
• work as part of a team and to participate in multidisciplinary team meetings, reflective practice groups, supervision groups, clinical review meetings and other activities (e.g. triage; team training events)
• shadow members of the multidisciplinary team and to gain insight into the roles of different professions
• gain supervised clinical experience, as appropriate, with up to two service users at any one time
• carry out joint assessments and interventions with psychologists where appropriate, including with couples and families
• develop a range of applied psychology skills, including development of psychological formulation skills and assessment and interventions skills
• develop audit, research and service evaluation skills in an applied setting
• be part of a local group for interns run by a psychologist in the service, providing peer support and guidance
Description of Role:

- Administer outcome measures to clients, including measures of quality of life and recovery. These are administered to clients on admission and discharge.
- Maintain a database of these outcome measures and produce reports as needed.
- Contribute to literature searching as needed to inform clinical work, training and research.
- Summarise client histories by accessing electronic and paper notes, systematically analysing these, and writing thorough reports.
- Carry out structured 1-1 interventions with clients including behavioural activation and graded exposure. Appropriate training will be offered and close supervision will be provided.
- Contributing to assessment of clients including cognitive assessments under close supervision.
- Contributing to groups and other activities on the ward.

Person specification:

Knowledge:
- As well as a psychology degree, it would be preferable for the person to have some experience of working with people with mental health problems.

Skills:
- It would be helpful for the person to have basic administrative and computer skills, as well as competency in literature searching. Some basic clinical skills, e.g. engaging clients, would also be ideal.

Values:
- It would be helpful for the person to be diligent, thorough, and committed to principles of person-centred care for people with mental health problems.

What can an intern expect to gain from your internship?

- They would gain skills in evaluation and research, including literature searching, as applied in a clinical environment.
- They would gain experience of inpatient rehabilitation for people with severe mental health problems.
- This would include aspects of multidisciplinary practice including group work, goal setting meetings, care planning meetings, etc. They would also have the opportunity to observe and learn from a range of other professionals.
- They would be able to observe the work of a clinical psychologist, and would gain experience of basic clinical skills such as assessment (including cognitive assessment) and behavioural interventions.
- They would have the opportunity to reflect on professional and ethical issues such as recovery-oriented practice, equal opportunities, and the application of clinical psychology within a medically-oriented team.
Description of role:

- To support the work of qualified psychologists and psychotherapists within a multidisciplinary team in an Assessment and Treatment Service
- To gain experience of secondary mental healthcare and of the various roles within the service
- To attend a range of meetings and to contribute clinically as and when appropriate
- To contribute to research and education as appropriate (e.g., literature searches, preparing teaching aids)

Person specification:

Knowledge
- An honours degree in Psychology – usually an upper second class degree as a minimum
- Some experience of working in a ‘caring’ role within the NHS or voluntary sector

Skills:
- Good interpersonal skills
- Good basic research skills and experience of IT skills used in research and evaluation
- Ability to produce written reports to a high standard
- Ability to prioritise and manage a range of demands
- Good time keeping

Values:
- Commitment to learning and development
- A respectful attitude towards individuals with mental health problems and some awareness of the importance of working with principles embodied in policies of equal opportunities and diversity

What can an intern expect to gain from your internship?

- Supervision with a psychologist
- Experience of a MDT and secondary mental healthcare
- Direct and indirect experience of clinical work

5. Hastings & Rother Assessment and Treatment Service

Supervisor profession: Clinical Psychologist
Location: Cavendish House, Breeds Place, Hastings, East Sussex, TN34 3AA
Duration: 48 weeks
Working days: 2-3 days per week
6. Health in Mind Primary Care, Hellingly

**Supervisor profession:** Counselling Psychologist or Senior CBT therapist  
**Location:** Health in Mind, Woodside, The Drive, Hellingly  
**Duration:** 12 months  
**Working days:** 1-3 days per week  
**Accessibility:** It is hard to get to Hellingly without a car but it is possible. We can also look for the main part of the work to be in another area in Health in Mind so that it is easier to access if required

**Description of role:**
To conduct audit and evaluation on Step 2 courses offered in Health in Mind.  
- Attending meetings related to offering courses  
- Data entry for course data  
- Responsible for audit and evaluation of course(s) Stress Control / Everyday Happiness / Confidence and Assertiveness / Stepps EI with the support and guidance of the supervisor

The intern may also have the opportunity to shadow and possibly co-facilitate some of these groups depending on intern preference and service need. The intern may also have the opportunity to work individually with some clients at Step 2 depending on experience and service need.

**Person specification:**

**Knowledge:**
- Some experience of working with vulnerable adults would be useful  
- Understanding of common mental health problems either from work experience or from personal experience  
- Experience of working in a primary care mental health team  
- Experience of working in a busy professional environment  
- A sound undergraduate understanding of psychology theory and a proven track record in working as part of a team and independently  
- Experience of working on projects with clear goals and outcomes

**Skills:**
- IT skills  
- Group work  
- Ability to communicate effectively both verbally and in written work  
- Organised and professional, an ability to work under pressure and to communicate

**Values:**
- Resilience  
- Commitment  
- Respect  
- Punctuality  
- Equality and inclusion  
- A strong commitment to working in a fast paced and demanding service, with an understanding and interest in a high referral, high volume NHS mental health service

**What can an intern expect to gain from your internship?**
- An understanding and experience of mental health services in Primary Care  
- An understanding and experience of offering mental health courses in primary care  
- Developing skills in audit and evaluation
7. Horsham Early Intervention in Psychosis Team

**Supervisor profession:** Clinical Psychologist  
**Location:** Horsham EIP team, New Park House, North Street, Horsham, West Sussex, RH12 1RJ  
**Duration:** 48 weeks  
**Working days:** 2–3 days per week

**Description of role:**

**Overall role:**
To work from New Park house in Horsham as principal base and support the Principal Clinical Psychologist working across the Horsham Early Intervention in Psychosis team and the developing youth mental health services, currently located in Crawley.

**Specific tasks to include:**
- Supporting improved outcome data collection for both the psychological therapies provided within Early Intervention, and the youth mental health service
- Help with development of patient information leaflets regarding psychological interventions and groups available
- Help with organisation, administration and evaluation of groups run
- Updating and improving resources held by the teams on local services available to service users
- Developing and distributing service user and carer questionnaires using SurveyMonkey
- Gathering historical information available in files and clinical information systems to help teams and psychologist with development of formulations especially those around risk
- Keeping notes during assessments regarding suitability for psychological therapy and write up in draft format

**Person specification:**

**Knowledge/Experience:**
- Previous experience of working with people with mental health difficulties
- Experience of working within a team setting
- Some previous experience of data analysis and preferably collecting data on service performance
- Basic knowledge of research methods and some past experience of designing and conducting audits
- Some previous experience of using databases and SurveyMonkey, and audit methods including SurveyMonkey and statistical tests

**Skills:**
- Able to communicate clearly and succinctly in verbal and written form
- With support, able to apply psychological theories and principles to clinical situations
- Able to use IT and statistical packages
- Able to work in a team setting
- With support, able to reflect on complex issues in a sensitive and considered manner
- Able to work relatively independently

**Values:**
- Believes in importance of recovery and benefits of early intervention for those who have had a first episode of psychosis

**What can an intern expect to gain from your internship?**
- Greater knowledge and some experience of how Early Intervention in Psychosis teams and the new Pathfinder youth mental health service in Crawley function
- Experience of issues attached to delivery of groups in Early Intervention teams
- Experience of assessments for psychological therapy in this setting
- Playing important information gathering role in process of devising psychologically based formulation
- Experience of designing, distributing and analysing audits
8. St. Marys Assessment and Treatment Team, Eastbourne

**Supervisor profession:** Clinical Psychologist  
**Location:** 52 St Leonards Road, Eastbourne, BN21 3UU  
**Duration:** 6 months  
**Working Days:** 2 days per week  
**Accessibility:** Car not required

### Description of role:

**Carer engagement projects:**
- Develop resources for information stand
- Co-deliver carer forum
- Carry-out staff self-assessment audit (data-collection to report-writing)
- Evaluate carer awareness training

### Person specification:

**Knowledge**
- Knowledge of needs of people with people with severe and complex mental health difficulties within secondary mental health services
- Some experience of working in a ‘caring’ role within personal, NHS or voluntary sector

**Skills:**
- Good basic IT skills
- Ability to produce written reports to a high standard
- Ability to communicate effectively and respectfully with carers of people with mental health difficulties
- Ability to work with autonomy on tasks, to plan and organise workload

**Values:**
- Understanding of the beliefs and values of working in partnership with carers and in NHS mental health services

### What can an intern expect to gain from your internship?

- Supervision with Psychologist
- Experience of co-delivering psychoeducational/support forum for carers
- Experience of role of carer within care partnership with service user and staff
- Experience of multi-disciplinary teams and secondary mental health care
- Direct and indirect experience of clinical work
- Experience of audit of staff practices, from data collection to report-writing
Description of role:

You will be based in Eastbourne with the Assertive Outreach mental health team. You will need to work Mondays with the team. The assertive outreach team works in the community with adults with psychosis who have not engaged with traditional mental health services.

- Support care co-ordinators with compiling client histories and developing formulations and care plans
- Participate in team reflective practice and formulation meetings
- Joint visits to see clients with members of the team as needed and depending on workload capacity
- Audit of the demographics of people using the service; what interventions they have received; and whether they have received the interventions recommended by NICE and commissioned as part of payment by results
- Other duties as required
- You will receive regular supervision from the team psychologist and from the team leader

Person specification:

Knowledge/Experience:
- 2:1 psychology undergraduate degree or equivalent
- Personal experience of mental health challenges or of friends or relatives with mental health challenges would be desirable
- Experience of working with or being with people with mental health challenges or other disabilities

Skills:
- Audit and evaluation skills including statistics
- Good relationship and communication skills

Values:
- Social inclusion and recovery
- Values and promotes diversity and human rights
- Commitment to service user and carer involvement
- Punctual and flexible across hours of work when required
- Team working

What can an intern expect to gain from your internship?
- Experience of making sense of clients’ lives and histories; formulation; face to face contact with people with mental health challenges; audit and evaluation; team work
Children and Young People Services
**10-16. East Sussex Children and Young Peoples Services/CAMHS**

**Supervisor profession(s):** Clinical Psychologist  
**Location:** Various, see below  
**Duration:** 12 months  
**Working Days:** Various, see below  
**Accessibility:** Car not required

**Hastings CAMHS**, St Annes Centre, Conquest Hospital,  
729 The Ridge, St. Leonards-on-Sea, TN37 7PT  
2 internships available, 2 days a week per internship.

**Ouse Valley/Uckfield CAMHS**, Orchard House, Victoria  
Hospital, Nevill Road, Lewes, BN7 1PF  
2 internships available, 2-3 days a week per internship.

**Eastbourne/Hailsham CAMHS**, Highmore, Western  
Road, Hailsham, BN27 3DY  
3 internships available, 2-3 days a week per internship.

Please state on your application form which 1 location you are applying for.

**Description of role:**

- Undertaking audit around particular care pathways into CAMHS e.g. ADHD, depression  
- Supporting administration and collection of outcome measures with children and adolescents  
- Developing resource packs for use with families and young people  
- Audit and resource development for group work

There are also opportunities to support the work of our Young People’s Participation Group and shadowing of clinical practice.

**Person specification:**

**Knowledge:**
- Previous involvement in audit and or research work  
- Familiarity with health settings  
- First degree in psychology is preferable  
- IT skills

**Skills:**
- Ability to work independently  
- Ability to communicate effectively with groups of colleagues and with young people and families  
- Good written communication skills  
- Ability to use IT including Excel etc.

**Values:**
- Respectful collaboration with children, Young people and families with mental health problems and CAMHS staff  
- Respectful of culture, ethnicity, religion/spirituality and awareness of discrimination issues and other potential sources of bias and stigmatisation, such as gender, religion and sexuality

**What can an intern expect to gain from your internship?**

Exposure to multidisciplinary work in busy tier 3 CAMHS, including clinical and team meetings, MDT discussions around cases, observation of clinical work and involvement in preparation of group work. Involvement in participation work with young people. Involvement in routine outcome measurement tools and audit work.
One internship available at each of the following 4 locations:

**Worthing CAMHS**, Worthing Hospital, Worthing
**Horsham CAMHS**, New Park House, Horsham
**Chichester CAMHS**, John Grenfell House, Chichester
**Mid Sussex CAMHS**, Chalkhill, Haywards Heath

Please state on your application form which 1 location you are applying for.

**Description of role:**

- Undertaking audit around particular care pathways into CAMHS e.g. ADHD, depression
- Supporting administration and collection of outcome measures with children and adolescents
- Developing resource packs for use with families and young people
- Audit and resource development for group work

**Person specification:**

**Knowledge/Experience:**

- Previous involvement in audit and/or research work
- Familiarity with health settings
- First degree in psychology

**Skills:**

- Ability to work independently
- Ability to communicate effectively with groups of colleagues, and with young people and families
- Good written communication skills
- Ability to use IT including Excel etc.

**Values:**

- Respectful collaboration with children, adolescents and families, and recognition of need to empower families and young people to work towards improved mental health

**What can an intern expect to gain from your internship?**

Exposure to clinical work in busy tier 3 CAMHS, including referral and team meetings, MDT discussions around cases, observation of clinical work and involvement in preparation of group work.
Description of role:

This is an exciting opportunity for an intern to work as part of the specialist CAMHS Family Eating Disorders Service (FEDS) and alongside our specialist clinics (Systemic Family Practice for Eating Disorders Clinics). The service is in an exciting process of transformation and expansion to a wider, specialist service, in accordance with the latest innovations and national guidance in this field.

You would undertake a number of tasks that are key to the delivery and transformation of our service, including:

- Data collection and management of routine outcome measures
- Specific audit projects relating to care pathways and service re-design and transformation
- Service evaluation
- Participation and observation of clinical tasks, including multi-disciplinary assessment and interventions
- Service user participation

Tasks will vary as appropriate and interns will be invited to assist and support clinical and service delivery and transformation as opportunities arise.

Person specification:

Knowledge/Experience:

Essential:
- Psychology undergraduate degree (2:2 upwards is essential, 2:1 upwards is desirable).
- Knowledge of qualitative and quantitative research methods to a level consistent with an undergraduate degree in psychology
- Some experience of using Excel spreadsheets and databases.
- Some knowledge of mental health issues, including eating disorder (such as you would have gained via your degree).

Desirable:
- Previous experience of audit / data collection and monitoring
- Previous experience of working within a team environment
- Previous experience of working / volunteering within a mental health setting

Skills:
- Audit and administrative skills
- Good interpersonal skills for interacting with colleagues and service users
- Effective written and verbal communication skills
- Good organisational skills and time management

Values:
- Commitment to working in accordance with SPFT Trust values
- Respectful attitude towards working alongside people with mental health issues, young people and family members, and working with principles of equal opportunities and diversity
- Commitment towards working within a multi-disciplinary team
What can an intern expect to gain from your internship?

Internships offer an excellent learning opportunity and the opportunity to gain highly relevant experience and skills for those looking to develop careers in clinical psychology, and also in other careers related to the practice and delivery of psychological therapies, research and children and young persons’ mental health service innovation and service and policy development. In addition you will gain experience and skills in numerous areas highly applicable and valuable to those seeking to pursue posts as Assistant Psychologists or apply for a Doctorate in Clinical Psychology Training Course in the future, which are also valuable to those considering other careers in mental health services in the future.

This is an exciting time for the service, as specialist services for Eating Disorders are entering a period of service transformation, expansion and development, in line with the most current national guidance and evidence based practices for this care group. This is also part of wider service transformation within CAMHS. As an intern in this service, you will gain an awareness of service transformation and redesign, and work alongside professionals, community partners and young people and families as the service develops.

You will gain experience of the use of routine outcome measures, and clinical audit, and have the chance to see how the Trust makes use of this data as well as the clinicians themselves. You will gain the opportunity to observe and participate in clinical assessment and intervention where appropriate, as well as service user participation where opportunities arise.

You will have the opportunity to work alongside an experienced, highly skilled and hard-working multi-disciplinary team which currently interacts with different levels of service provision, including community and inpatient teams, as well as professionals working in community partnership agencies. In addition, you will get the opportunities to hear from young people and families about their experience of the service they receive and their experience of the mental health issues that they face.

You will be fully supported to deliver key tasks. Supervision will led by the Team Leader for FEDS, who is also the clinical lead for the Service Transformation of Eating Disorders Services across Sussex, and also by a qualified clinical psychologist. Depending on your working days, you will have access to meet with other interns performing similar roles and responsibilities and psychologists involved in these areas of work.
22. Youth Offending Team Hastings

**Supervisor profession:** Clinical Psychologist  
**Location:** Ground Floor Offices, Queens Apartments, Robertson Terrace, Hastings TN34 1JN  
**Duration:** 24+ weeks  
**Working Days:** 1-3 days per week  
**Accessibility:** Car not required

**Description of role:**

- Service evaluation of engagement process with young people
- Administration and recording of psychometric measures including emotional health and cognitive screening
- Service-user feedback
- Relevant literature reviews

**Person specification:**

**Knowledge:**

- Experience working with young people ideally. However, experience working in the service of other client groups would also be considered
- Basic knowledge of psychometrics
- Experience working within a team, or being able to do so

**Skills:**

- Interpersonal skills; ability to manage distress, and to tolerate others’ emotional distress (to some degree at least; this would also be supported in supervision)
- Good research skills
- Excellent organisation and communication skills

**Values:**

- Egalitarian approach to people
- Awareness of diversity

**What can an intern expect to gain from your internship?**

- Experience of working in a multi-agency context
- Exposure to and understanding of young people and their families with complex needs and sometimes challenging presentations
- Experience of administration of standardised psychometric tools
- Introduction to psychological ways of working with young people, their careers and the systems that they are involved with
Research
(research, audit, service evaluation)
23. Clinical Audit Team

**Description of role:**

To support the Clinical Audit function of the Research & Development Department at Sussex Partnership NHS Foundation Trust.

The Audit team is responsible for working with and supporting healthcare professionals and clinical teams to complete clinical audits, service evaluations and patient experience / outcomes audit. You will be involved in supporting clinical audits that the Trust carries out for external governance and national benchmarking purposes and you may be involved in supporting innovative projects and those designed with a view to developing research protocols.

**Key responsibilities:**

- Project support for specific audit projects within the Trust clinical audit priority plan including:
  - Project planning with healthcare professionals, including selecting and developing samples based on agreed criteria.
  - Design of clinical audit packs, information sheets and data collection tools.
  - Coordinate data collection with relevant divisions and clinical audit leads.
  - Carry out data collection, data validation and data submission for local and National Projects
  - Supporting data analysis and report writing
- Support with maintaining communications with services about service improvements
- To review proposed clinical audit for ethical considerations
- Support educational events within the clinical audit team including:
  - Design, support and evaluate delivery of in-house formal clinical audit training.
  - Support ad hoc training events as requested by Trust staff.
- Maintain and develop back office Governance Support Team functions including:
  - Support Team Administration functions
  - Tracking clinical health records
- Support with development of the Clinical Audit Communications Strategy

**Person specification:**

**Knowledge/Experience:**

- Applicants must have the following qualification
- A first or 2:1 honours undergraduate Psychology degree (BPS accredited)
- Experience of working autonomously while being supervised
- Previous experience of data analysis
- Desirable: An understanding of the clinical setting

**Skills:**

- Good communication skills
- Organisation skills
- Can use Microsoft Outlook
- Good understanding of audit/research methodology
- Intermediate IT skills in Microsoft Excel are desirable
- Able to work to tight deadlines
- Able to problem solve
- Innovative and creative thinker
- Good attention to detail

**Values:**

- Team player
- Hard working
- Sensitive to the pressures of working in a clinical setting
- Willingness to try new activities
- Desire to support team development
What can an intern expect to gain from your internship?

- Experience of working with a range of health and social care professionals to achieve improvements in the quality of care provided using the clinical audit process.
- Knowledge and experience of carrying out clinical audits and methodology.
- Experience in designing and delivering training.
- Up-skilling from intermediate to advanced IT skills.
- Overall knowledge of back office functions, which are transferable and increasingly required by healthcare professionals in a clinical environment.

- Knowledge and understanding of working with a provider of mental health and learning disability services and all professional groups of multidisciplinary, research and governance teams.
- Knowledge and understanding of local and national policy related to the quality agenda.
- Involvement in NHS Service Improvement processes.
Description of role:

To gather and synthesis literature to support the submission of a grant application in relation to the effectiveness of Discovery colleges in young people’s person centred recovery from mental ill health.

To work with a transition into parenthood research team to develop relationships with independent and third sector organisations to contribute to the development of a care pathway for new parents who are concerned about their ability to care for their infant. Art based educational material will be produced to advertise where parents can access support.

To collect and evaluate outcome measures which will provide evidence for further grant applicants in relation to the effectiveness of certain outcome measures for looked after children.

To work with a CYP team to introduce a new intervention and test and evaluate its effectiveness which will form part of the evidence for a grant application.

To work with colleagues in the CYP to introduce the Mindfulness App into clinical practice to gain further evidence of its effectiveness.

Person specification:

Knowledge/Experience:
- Understanding of psychological interventions and the need to understand evidence based and practice based evidence when developing a new programme
- Confidence in statistical analysis
- Experience of undertaking project work
- Understanding of how to undertake a literature search
- Understanding of how to evaluate a project
- At least a 2.1 degree in psychology

Skills:
- IT literate
- An ability to undertake literature searches and synthesise material
- Creative ability to translate and develop age material for young people
- Ability to develop an evaluation framework
- An ability to write in a succinct clear and fluent style
- An ability to work as part of a multidisciplinary research team
- Good interpersonal skills
Values:

• The Trust upholds NHS constitution values: working together for patients, respect and dignity, commitment to quality of care, compassion, improving lives and everyone counts
• Any intern taking up an opportunity will be expected to own these values as meaningful. Within the Trust service users and carers were consulted and operationalised the values in the following ways:
  - ‘We welcome you’ the intern taking up this post needs to support any individual accessing the services in a timely way which is helpful to them
  - ‘We hear you’ this ensures that everyone is equal and their voice and concerns are heard respectfully
  - ‘We are hopeful for you’ focuses attention on the need to be optimistic about the future so as to be able to support the individual reaching their potential
  - ‘We work with you’ the intern will need to build trusting relationships through providing choices and supporting others to make the right choice for them
  - ‘We are helpful’ the intern will be expected to be helpful and responsive to the changing needs of service users and carers and find solutions to emerging problems, and if they cannot they will need to locate someone who can be helpful

What can an intern expect to gain from your internship?

• Benefit from supervision which will provide you with personal and professional learning opportunities
• An opportunity to work with professionals developing research bids within the Children and Young People’s Directorate
• Working with CYPS professionals to develop pilot evidence for a future grant application
• To translate research from other contexts to the child and adolescent service context
• To undertake extensive literature reviews
• Have the opportunity to work with young people through the process of consulting with them over a grant application
• To undertake statistical analytical work
• Understand ethical practice and application process involved in gaining ethical approval to undertake studies
• Should the intern wish to pursue a career in Clinical Psychology or another applied area of psychology, informal guidance will be provided about how to progress in this area
25. Recovery College, Education and Training

Description of role:

You will be based in Hove at the Recovery College administrative base and will need to work Tuesdays. The Recovery College offers educational courses about mental health and recovery to people with mental health challenges, their carers and staff. It combines the lived experience of peers with mental health challenges with the expertise of mental health professionals.

- Audit and evaluation
- Participate in Recovery College Audit and Evaluation meetings including taking notes of this meeting
- Support the team with presentations on the work of the college
- Support one local campus steering group including helping with enrolment
- Other tasks as required including some routine data entry on recovery college outcomes
- You will receive regular supervision from the psychologist and from recovery college

Person specification:

Knowledge/Experience:
- 2:1 psychology undergraduate degree or equivalent.
- Personal experience of mental health challenges or of friends or relatives with mental health challenges would be desirable.

Skills:
- Audit and evaluation skills including statistics
- Good relationship and communication skills

Values:
- Social inclusion and recovery
- Values and promotes diversity and human rights
- Commitment to service user and carer involvement
- Punctual and flexible across hours of work when required
- Team working

What can an intern expect to gain from your internship?

Experience of audit and evaluation; team work; working with people with lived experience of mental health challenges as equals; being part of an innovative service development.
26. Serious Incident Project, West Coastal Acute Care and Crisis Team

Supervisor profession(s): Clinical Psychologist
Location: Coastal West Sussex, AAW CRHT, Meadowfield and/or Chichester
Duration: 48 weeks
Working Days: 1 day per week
Accessibility: Car not required

Description of role:
The internship is to be part of a team working on learning from serious incidents in the coastal west Sussex area. The role of the intern will include collecting figures; reading serious incident reports to collate themes that occur in them; thinking with the wider SI team as to how these figures and themes can be translated into learning events for local coastal clinical staff; helping the coastal team organise these events as and when they are needed.

Person specification:

Knowledge and Skills:
- Good organisational skills
- Research skills – particularly in qualitative analysis
- Interpersonal skills in relation to working in a team, and possibly presenting figures and learning to wider teams
- Experience and knowledge around thematic analysis and presenting research

Values:
- Equality, fairness and honesty

What can an intern expect to gain from your internship?
- Increased knowledge of mental health serious incidents
- Increased knowledge of mental health systems around risk and learning
- Increased learning around clinical work around risk, staff support procedures and ways of learning from serious incidents
Specialist Services
(Learning Disability, Personality Disorder, Secure and Forensic)
### Psychology Graduate Internships 2016

**Chichester Centre**, Graylingwell Road  
3 internships available

**Helllingly Centre**, The Drive, Hellingly, Nr Hailsham,  
East Sussex, BN27 4ER  
2 internships available

Please state on your application form which 1 location you are applying for.

**Description of role:**

The forensic healthcare services as a whole offers a recovery and rehabilitation service for adults who are over the age of 18, have complex mental health problems and may be involved in the criminal justice system or display significant challenging behaviour that cannot be managed in other services.

This year, we will be offering 5 internships within our men’s and women’s Medium and Low Secure Services based in Helllingly and Chichester.

The Helllingly Centre is a purpose built, state of the art medium secure facility which opened in April 2012. It consists of 45 beds split across 3 wards: Oak ward is the men’s admission high dependency ward and Ash ward caters for men requiring medium secure conditions for their recovery and rehabilitation. Willow ward caters for women requiring medium secure conditions. A new wing of the Helllingly Centre is due to open in April 2016 and will consist of a low secure ward (Elm Ward) and improved staff and therapy facilities (Chestnut).

The Chichester Centre is our low secure facility consisting of three wards: Hazel is a 16 bedded ward for women; Fir is the 16 bedded male assessment ward whilst Pine ward is the recovery and rehabilitation ward.

Across the Forensic Healthcare Services, we have a committed psychological therapies team which consists of clinical psychologists, forensic psychologists, a trainee forensic psychologist, assistant psychologists, interns, art therapists and music therapists. Between us, we provide clinical input to the wards offering both individual and group interventions. We provide assessment, supervision and consultation to teams as well as supporting audit and research projects. A broad range of theoretical models and theories are incorporated into our work including cognitive behavioural therapy, cognitive analytic therapy, psychodynamic therapy, mentalisation based approaches and behavioural models. We also offered key group interventions such as STEPPS, anger management, substance misuse programmes and specific offending behaviour groups (e.g. arson).

The primary task of the internship role will be to support and enhance the professional psychological care of clients on each ward. While the tasks will be expected to have some variation across the wards, they are likely to include:

- Completing psychological case summaries for individuals recently admitted to the service
- Preparing materials for and assisting in the running of therapy groups
- Gathering information for forensic risk assessments (HCR-20s) and writing these up under close supervision
- Observing and scoring cognitive and psychometric assessments as well as administration of tests under direct supervision from a qualified psychologist
- Attending multidisciplinary clinical review meetings and care planning meetings.
- Attending relevant psychology team meetings and contributing to case discussions
- Assisting in teaching sessions for patients
- To assist the psychology team in clinically related administration tasks, conduct of audits, collection of statistics, development of audit and/or research projects, teaching and project work
- To undertake searches of evidence-based literature and research to assist qualified clinical psychologists in evidence based practice in individual work and work with other team members
Person specification:

Knowledge:
- Undergraduate degree in psychology at 2:1 level or above which confers graduate basis for registration with the British Psychological Society
- Undergraduate level of IT skills and knowledge of SPSS etc
- Undergraduate knowledge of research skills and research methodologies
- Experience of working in either a paid or voluntary capacity with adults or children in a health or mental health setting (e.g. home support; residential care home; nursery)
- Knowledge and experience of working with people with complex needs and mental health problems would be desirable

Skills:
- Personal capacity and enthusiasm to work with people often described as “hard to engage”
- Ability and resilience to work within a highly emotive environment
- High capacity for reflective/analytic thinking
- Ability to work flexibly, autonomously and cope with multiple demands
- Ability to work as part of a team
- Ability to apply knowledge to a forensic setting and acquire relevant clinical skills
- Ability to apply research skills to a mental health setting
- High level of communication, written and presentation skills
- Ability to work and develop professionally under psychological supervision

Values:
- An interest in pursuing a career in applied psychology (e.g. forensic, clinical or counselling psychology)
- An interest and commitment to a ‘secure recovery’ model of care in forensic practice
- A commitment to offering respectful care to individuals with a variety of social, psychiatric and emotional problems as well as substance misuse and offending histories
- A willingness to learn and reflect on the emotional demands of the work and take feedback from supervisors

What can an intern expect to gain from your internship?

The intern can expect to gain an insight into how our service works, the clients we support and the role of applied psychologists including assistant psychologists within their team. We will endeavour to support the interns to gain as much varied experience as possible through a variety of tasks.

The interns will be supported to develop their understanding into the application of psychological theory and statistical methodology within a clinical setting. They will be offered in-house training and support as necessary to complete the work required as well as opportunities to learn about the various careers routes of applied psychologists working in our service.

We are fully committed to providing a rich learning experience for our interns: at the start of their placement, the intern will be offered the opportunity to develop a personal development plan with their supervisor. This will take account of the intern’s specific learning needs, interests and experience and will be reviewed and updated in one to one supervision. Local arrangements will vary, but as a minimum, supervision from a qualified clinical/forensic psychologist will be offered fortnightly for one hour. Interns will also have the opportunity to attend staff supervision and reflective practice groups on the wards as well as other relevant CPD opportunities.
Two internships available

Description of role:

78 Crawley Road (78CR) offers an inpatient recovery and rehabilitation service for adults who are over the age of 18, have complex mental health problems.

The service operates in a new purpose built facility. There are 8 beds in our enhanced unit and 16 individual bungalows. The intern will work alongside a MDT consisting of a psychologist, psychiatrist, occupational therapists, nursing and social work.

Interns will have the opportunity to be involved in the delivery of a range of interventions such as STEPPS, Behavioural Activation. Other tasks could include:

- Completing psychological case summaries for individuals recently admitted to the service
- Preparing materials for and assisting in the running of therapy groups
- Gathering information for forensic risk assessments (HCR-20s) and writing these up under close supervision
- Observing and scoring cognitive and psychometric assessments as well as administration of tests under direct supervision from a qualified psychologist
- Attending multidisciplinary clinical review meetings and care planning meetings
- Attending relevant psychology team meetings and contributing to case discussions
- Assisting in teaching sessions for patients
- To assist the psychology team in clinically related administration tasks, conduct of audits, collection of statistics, development of audit and/or research projects, teaching and project work
- To undertake searches of evidence-based literature and research to assist qualified clinical psychologists in evidence based practice in individual work and work with other team members

Person specification:

Knowledge/Experience:
- Undergraduate degree in psychology at 2.1 level or above which confers graduate basis for registration with the British Psychological Society
- Undergraduate level of IT skills and knowledge of SPSS etc
- Undergraduate knowledge of research skills and research methodologies
- Experience of working in either a paid or voluntary capacity with adults or children in a health or mental health setting (e.g. home support; residential care home; nursery)
- Knowledge and experience of working with people with complex needs and mental health problems would be desirable

Skills:
- Personal capacity and enthusiasm to work with people often described as “hard to engage”
- Ability and resilience to work within a highly emotive environment
- High capacity for reflective / analytic thinking
- Ability to work flexibly, autonomously and cope with multiple demands
- Ability to work as part of a team
- Ability to apply knowledge to a forensic setting and acquire relevant clinical skills
- Ability to apply research skills to a mental health setting
- High level of communication, written and presentation skills
- Ability to work and develop professionally under psychological supervision

Values:
- An interest in pursuing a career in applied psychology (e.g. forensic, clinical or counselling psychology)
- An interest and commitment to a ‘secure recovery’ model of care in forensic practice
- A commitment to offering respectful care to individuals with a variety of social, psychiatric and emotional problems as well as substance misuse and offending histories
- A willingness to learn and reflect on the emotional demands of the work and take feedback from supervisors
What can an intern expect to gain from your internship?

The intern can expect to gain an insight into how our service works, the clients we support and the role of applied psychologists within their team. We will endeavour to support the interns to gain as much varied experience as possible through a variety of tasks.

The interns will be supported to develop their understanding into the application of psychological theory and statistical methodology within a clinical setting. They will be offered in-house training and support as necessary to complete the work required as well as opportunities to learn about the various careers routes of applied psychologists working in our service.

We are fully committed to providing a rich learning experience for our interns: at the start of their placement, the intern will be offered the opportunity to develop a personal development plan with their supervisor. This will take account of the intern’s specific learning needs, interests and experience and will be reviewed and updated in one to one supervision. Local arrangements will vary, but as a minimum, supervision from a qualified clinical/ forensic psychologist will be offered fortnightly for one hour. Interns will also have the opportunity to attend staff supervision and reflective practice groups on the wards as well as other relevant CPD opportunities.
Description of role:

The integrated mental health team (IMHT) at HMP Lewes offers both a primary and secondary care mental health service to male prisoners over the age of 18.

HMP Lewes is local remand Category B and C prison; there are approximately 750 prisoners.

A high proportion of prisoners have mental health problems; types of problems include – anxiety and depression; childhood trauma and PTSD, difficulties regulating emotion; and voice hearers.

The IMHT combines both primary and secondary care mental health service based on a stepped care model. Work includes assessment, including specialist assessment – e.g. neuropsychology, 1-2-1 talking therapy; group work; and care coordination. The team is made up of 4 mental health nurses, an OT, and 2 psychologists.

Across the Forensic Healthcare Services, which includes low and medium secure settings, we have a committed psychological therapies team which consists of clinical psychologists, forensic psychologists, a trainee forensic psychologist, assistant psychologists, interns, art therapists and music therapists.

The primary task of the internship role will be to support and enhance the professional psychological care of clients in the prison. The tasks are likely to include:

- Completing psychological case summaries for individuals recently admitted to the service
- Preparing materials for and assisting in the running of therapy groups
- Preparing materials for and assisting in 1-2-1 therapy sessions
- Observing and scoring cognitive and psychometric assessments as well as administration of tests under direct supervision from a qualified psychologist
- Attending multidisciplinary clinical review meetings and care planning meetings
- Attending relevant psychology team meetings and contributing to case discussions
- To assist the team in clinically related administration tasks, conduct of audits, collection of statistics, development of audit and/or research projects, teaching and project work
- To undertake searches of evidence-based literature and research to assist qualified clinical psychologists in evidence based practice in individual work and work with other team members
Person specification:

Knowledge/Experience:
- Undergraduate degree in psychology at 2.1 level or above which confers graduate basis for registration with the British Psychological Society
- Undergraduate level of IT skills and knowledge of SPSS etc
- Undergraduate knowledge of research skills and research methodologies
- Experience of working in either a paid or voluntary capacity with adults or children in a health or mental health setting (e.g. home support; residential care home; nursery)
- Knowledge and experience of working with people with complex needs and mental health problems would be desirable

Skills:
- Personal capacity and enthusiasm to work with people often described as “hard to engage”
- Ability and resilience to work within a highly emotive environment
- High capacity for reflective/ analytic thinking
- Ability to work flexibly, autonomously and cope with multiple demands
- Ability to work as part of a team
- Ability to apply knowledge to a forensic setting and acquire relevant clinical skills
- Ability to apply research skills to a mental health setting
- High level of communication, written and presentation skills
- Ability to work and develop professionally under psychological supervision

Values:
- An interest in pursuing a career in applied psychology (e.g. forensic, clinical or counselling psychology)
- An interest and commitment to a ‘secure recovery’ model of care in forensic practice
- A commitment to offering respectful care to individuals with a variety of social, psychiatric and emotional problems as well as substance misuse and offending histories
- A willingness to learn and reflect on the emotional demands of the work and take feedback from supervisors

What can an intern expect to gain from your internship?

The intern can expect to gain an insight into how our service works, the clients we support and the role of applied psychologists. We will endeavour to support the interns to gain as much varied experience as possible through a variety of tasks.

The interns will be supported to develop their understanding into the application of psychological theory and statistical methodology within a clinical setting. They will be offered in-house training and support as necessary to complete the work required as well as opportunities to learn about the various careers routes of applied psychologists working in our service.

We are fully committed to providing a rich learning experience for our interns: at the start of their placement, the intern will be offered the opportunity to develop a personal development plan with their supervisor. This will take account of the intern’s specific learning needs, interests and experience and will be reviewed and updated in one to one supervision.

Local arrangements will vary, but as a minimum, supervision from a qualified clinical / forensic psychologist will be offered fortnightly for one hour. Interns will also have the opportunity to attend staff supervision and reflective practice groups on the wards as well as other relevant CPD opportunities.
3 internships available.

**Description of role:**

The intern will be based at Bluebell House in Burgess Hill, the intensive treatment centre for Tier 3 Personality Disorder, and will assist in clinically related administration, conduct of audits, collection of statistics, development of audit and/or research projects and will assist the lead Consultant Clinical Psychologist. The intern will also become involved in the assessment & treatment of a specialist caseload of clients under supervision, including facilitating and co-facilitating groups and maintaining associated records. They may also be required to assist in the delivery of training.

The internship is expected to last for 12 months. We would expect a commitment of two days a week, one of which has to be a Thursday as this is the non-clinical day when staff attend the Team meeting, supervision and CPD, meet with visitors and have time for administrative work.

**Person specification:**

**Knowledge/Experience:**
The intern will ideally have previous experience in psychology or care fields working with vulnerable or distressed individuals, but this is not an essential requirement. The intern will ideally have previous experience in psychology or care fields working with vulnerable or distressed individuals, but this is not an essential requirement. The intern will ideally have previous experience in psychology or care fields working with vulnerable or distressed individuals, but this is not an essential requirement.

**Skills:**
Excellent IT skills, including good working knowledge of SPSS and Word are required.

**Values:**
The philosophy of Bluebell House is very much that members (service users) are involved in and make decisions about the community together. They are expected to take responsibility for their own safety as much as possible and to abide by the acceptable behaviour policy in order to keep the whole community safe.

**What can an intern expect to gain from your internship?**

The intern can expect to gain experience of working closely with people with personality disorder in a group setting. Interns will gain valuable experience of working alongside service user volunteers who can give them important insights into their own experiences of mental health care.

As well as working on several audit projects, Interns may have the opportunity to observe psychological assessments, attend CPA / professionals meetings and to accompany staff engaged in outreach work. They will also have the opportunity to become involved in a variety of groups in the programme, such as STEPPS practice, Textiles group, Independent Living Skills Group and Art Therapy.
Description of role:

- Interns will be involved in the day to day clinical work of Lighthouse Recovery Support Service.
- They will be involved in clinical keyworking sessions, 2:1 clinical sessions, assessments and reviews.
- They will also be involved in preparing and facilitating groups; including the administration around running groups, e.g., preparing materials and resources and the group room.
- They will have a key role in audit work, as well as preparing formulation information for service members.
- They will have an integral role in collecting and analysing data for service evaluation purposes and may also be involved in preparing other reports, such as those for commissioners and other clinical or service-based tasks.
- They will be expected to attend team clinical meetings and will be offered the opportunity to attend team reflective and training sessions.
- Contribute to clinical notes including CareNotes system.
- Gather information from clinical notes to facilitate referral screening process.
- Contribute to the administering of outcome and assessment measures.
- Other service-related tasks as they arise.
- There may be opportunities to be involved in small-scale service evaluation projects.

Person specification:

Knowledge/Experience:

- Basic understanding of Personality Disorder.
- Some experience/knowledge of people with mental health problems would be desirable.
- Experience of working in a team setting.
- Some experience of reflecting on own learning and responses to situations.

Skills:

- Good team worker.
- Excellent verbal and written communication.
- Able to reflect on their own work and role, and openness to using supervision to think critically about practice.
- Good management of their own mental wellbeing.
- Ability to be flexible with regards to work place.
- Good initiative skills, balanced with seeking support when necessary.
- Ability to manage their own diary.

Values:

- Commitment to working with people with mental health difficulties.
- Non-judgemental approach to the diagnosis and experience of Personality Disorder, and associated coping behaviours such as self-harm.

What can an intern expect to gain from your internship?

- Experience of working with a complex client group and learning through supervision and training about this work and associated theories and dilemmas.
- Experience of group work and assessments.
- Opportunity to learn about the groups, assessments, and approaches used in this service.
- Opportunity to work within a multi-disciplinary and multi-organisational service.
- Involvement in reflective groups to learn from other professionals’ experiences and reflections.
- Opportunity to be involved in the development and dissemination of small-scale service evaluations.
- Opportunity to work alongside and learn from other professionals and workers in 2:1, keyworking, assessment, and group settings.
- Opportunity to work alongside other interns.
Description of role:

This role will be based in a Community Learning Disability Team (CLDT) based at Cavendish House in Hastings. Hastings and Rother CLDT is a busy multi-disciplinary health team comprising of Nursing, Occupational Therapy, Speech and Language Therapy, Psychiatry, Psychology, and Physiotherapy. We are co-located with Adult Social Care. Psychology would lead on supporting and supervising the intern, however opportunities of working with other disciplines will also be available.

The intern will be offered a variety of experiences and will be expected to undertake a range of tasks such as:

- Facilitating various service user involvement projects in conjunction with the community team
- Observing the supervisor or other members of the MDT conduct assessments
- Keeping notes during the assessment and writing them up afterwards in a draft report for the supervisor to check
- Gathering information on a patient from electronic and paper records and presenting to supervisor to assist their assessment of a patient
- Undertaking naturalistic and structured observations of clients in the context of functional analysis assessments
- Preparing accessible information - e.g. leaflets, guides
- Undertaking literature reviews
- Observing staff training
- Helping take minutes at meetings

Possible other tasks:

- Observing the supervisor conduct neuropsychological assessments
- Scoring neuropsychological tests under supervision

Person specification:

Knowledge/Experience:
Prior experience of paid or unpaid work in some type of health care/social care setting e.g. support work in Child, LD, Adult Mental Health, Older People, health care assistant experience etc. would be desirable.

Skills:
This role would suit someone who is well organised and who has good coordination skills. It is important that the person has good communication skills and enjoys working as part of a team. A driving licence and access to a car is strongly desirable.

Values:
This role would suit an open-minded individual who has a strong focus on equality and disability rights.

What can an intern expect to gain from your internship?

The intern can expect to gain a holistic experience of NHS healthcare provision for Adults with Learning Disabilities. They will also gain a good understanding of differing roles within a multi-disciplinary team and partnership working with other agencies. The team has a strong focus on person-centred practice and human rights. Hastings and Rother CLDT is friendly and supportive.

In terms of Psychology, the intern will gain a solid foundation of core issues in the field of LD Psychology and emerging skills around developing psychological formulations. The intern will also gain an awareness of relevant legal frameworks guiding clinical practice. Depending on service needs there may also be opportunities for gaining experience in service evaluation/audit.

Should the intern wish to pursue a career in Clinical Psychology, informal guidance will be provided about how to progress in this area.
Description of role:

This role will be based in West Sussex health Team for people with Learning disabilities in Worthing. Community Learning Disability Team (CLDT) is a busy multi-disciplinary health team comprising of Nursing, Occupational Therapy, Speech and Language Therapy, Psychiatry, Psychology and Physiotherapy. Psychology would lead on supporting and supervising the intern, however opportunities of working with other disciplines will also be available.

The intern will be offered a variety of experiences and will be expected to undertake a range of tasks such as:

- Facilitating various service user involvement projects in conjunction with the community team
- Preparing accessible information eg leaflets, guides
- Co-facilitating focus groups re: service development and evaluation initiatives
- Assisting in analysing and reporting on outcomes data across the services
- Observing the supervisor or other members of the MDT conduct assessments
- Keeping notes during the assessment and writing them up afterwards in a draft report for the supervisor to check
- Gathering information on a patient from electronic and paper records and presenting to supervisor to assist their assessment of a patient
- Undertaking naturalistic and structured observations of clients in the context of functional analysis assessments
- Undertaking literature reviews
- Observing staff training

Person specification:

Knowledge/Experience:

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Skills:

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Values:

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In terms of Psychology, the intern will gain a solid foundation of core issues in the field of LD Psychology and emerging skills around developing psychological formulations. The intern will also gain an awareness of relevant legal frameworks guiding clinical practice. Depending on service needs there may also be opportunities for gaining experience in service evaluation/audit.
Internships in 2016-2017

Candidates will need to complete an application form for each internship they wish to apply for.

They must also complete one personal information form and one monitoring information form, and send all the forms attached to one email to

internships@sussexpartnership.nhs.uk.

The deadline for applications is 5pm on the 20th May 2016.

Recruitment

- Applications from prospective interns are centrally received by Education and Training department. They are screened for eligibility.
  - Time: 5pm 20 May

- Education and Training department forwards application forms to recruiting supervisors based on internship preferences.
  - Time: End of May

- Supervisors review applications, short list and contact applicants to arrange interviews.
  - Time: June

**Interviews.** Supervisors make offers to preferred candidates. If supervisors or interns are unsuccessful in their preferred choice, re-allocations take place.
  - Time: June-July

- Matching of interns and placements complete. Supervisors inform Education & Training department of final allocation.
  - Time: End of July

- Education and Training department organises recruitment checks and honorary contracts.
  - Time: August-September

- Trust induction for interns and start.
  - Time: 3 & 4 October
Contact details

Jennifer Vos
Education and Training
Sussex Partnership NHS Foundation Trust,
Aldrington House, 35 New Church Road, Hove, BN3 4AG
Tel: 01273 778383

Email: internships@sussexpartnership.nhs.uk
Website: www.sussexpartnership.nhs.uk/internships

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