

IAPT Jobs, Education and Training: Frequently Asked Questions

CBT Therapist Training

1. How do I go about training as a CBT therapist?

IAPT services recruit two types of workers. Psychological Wellbeing Practitioners (PWPs) and High Intensity CBT Therapists, who respectively offer low and high intensity intervention.

Information on training for PWP workers and IAPT accredited training is available on the [British Psychological Society website](#). You may also find the answer to question 2 below of interest.

General information about training as a CBT therapist and IAPT accredited training programmes is available on the [BABCP website](#).

Trainee PWP and High Intensity posts are sometimes salaried trainee positions and successful candidates are recruited directly into services where they do one or two days a week at a Higher Education Institution and receive further training and supervision in their post.

The [NHS Jobs website](#) advertises vacancies for qualified and trainee High Intensity and Psychological Wellbeing Practitioners. You are advised to visit NHS Jobs for information on current training vacancies. Posts may also be advertised in local media, such as newspapers and online.

Becoming a Psychological Wellbeing Practitioner (PWP)

2. How do I go about becoming a Psychological Wellbeing Practitioner (PWP) in an IAPT service if I am not currently in the NHS?

If you would like a career as a PWP within IAPT services, you ordinarily need to secure a place as a PWP trainee on an accredited PWP course offered by a relevant university. Individuals without a PWP qualification might be recruited to a PWP role within the NHS provided they meet the entry criteria set by the employer.

You may be able to secure a training place independently or via your employer. Some NHS bodies and organisations who provide psychological services recruit individuals and pay their course fees, provided you are recruited as a trainee.

If you go to [The British Psychological Society](#) website, you can find a list of accredited courses. You should enquire directly with the respective education provider about places and fees.

3. What are the eligibility criteria for becoming a Psychological Wellbeing Practitioner (PWP)? Who can I contact to find out more information?

The [British Psychological Society website](#) is a good source of information for those considering careers in psychology and contains a list of accredited PWP programmes. General background information about the PWP role is available to download from the IAPT website in the workforce pages. The Psychological Wellbeing Practitioner Best Practice Guide contains information on the training programme for PWPs.

Some training courses for PWPs are currently only offered to those already employed in the NHS. We suggest you to contact your local Education provider to enquire about specific entry requirements.

Details of PWP training posts are sometimes advertised on the [NHS jobs website](#) and in other media.

You may also find the answers to question 2 above of interest.

Opportunities for financial support during training

4. Please could you tell me more about the “Earn & Learn” scheme?

Earn and Learn is a term sometimes used to refer to salaried IAPT training posts (high and low intensity) . These posts are sometimes advertised on the [NHS jobs website](#), and may also be advertised in local media. Successful candidates are recruited directly into services where they do one or two days a week at a Higher Education Institution and receive further training and supervision in their post.

5. Can IAPT assist me with funding to train as either a Psychological Wellbeing Practitioner (PWP) or High Intensity (HI) therapist?

The IAPT Programme does not directly fund the cost of training individuals in either PWP or HI roles.

It is unlikely that local NHS IAPT services will provide funding for you to train as a PWP or High Intensity worker, except if you are employed directly by them.

Details of PWP and High Intensity training posts are sometimes advertised on the NHS jobs website. Posts may also be advertised in local media, such as newspapers and online.

Advertised vacancies

6. When are trainee vacancies and recruitment opportunities advertised on the NHS Jobs website?

Trainee vacancies are generally advertised from April onwards and start at different times throughout the year. IAPT programme regional teams, working in each Strategic Health Authority, may be able to advise about training and recruitment opportunities locally.

The contact detail for each region is located at <http://www.iapt.nhs.uk/regions> . Also, you might like to set up an email alert at the [NHS Jobs website](#) to receive notification of vacancies in your area. Trainee and qualified posts may also be advertised in local media, such as newspapers and online.

IAPT Approved Training Courses

7. Please could you provide me with some general information about the nature of IAPT training courses and future career prospects post-qualification?

The IAPT website, www.iapt.nhs.uk contains information about training to become a High Intensity Worker or Psychological Wellbeing Practitioner.

The following organisations have general information about IAPT approved courses:

[The British Psychological Society \(BPS\)](#)

[The British Association for Counselling and Psychotherapy](#)

[The British Association for Behavioural and Cognitive Psychotherapies](#)

A list of BPS accredited PWP courses is available on the [BPS website](#).

General Sources of careers advice

The Higher Education Academy has also published careers guidance for psychology graduates that also includes IAPT trainings (<http://www.heacademy.ac.uk/resources/detail/subjects/psychology/Employability-guide>)

NHS Careers <http://www.nhscareers.nhs.uk> also contains information about the posts and career prospects of IAPT workers.

Answers to questions 1 -3 above may also be of interest.

Volunteer or shadowing opportunities in IAPT services

8. Do services supported by the IAPT programme provide volunteering or shadowing opportunities?

Improving Access to Psychological Therapies

You will need to either enquire directly to your local NHS IAPT services or contact the IAPT programme regional management team for your area. Contact information for regional programme teams can be found at <http://www.iapt.nhs.uk/regions/>. Service details can be found at <http://www.iapt.nhs.uk/services> or on the NHS Choices website at <http://www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?ServiceType=TherapyAndCounsellingServices>