



 **PROMOTING EXCELLENCE IN
PSYCHOLOGICAL HEALTH & WELLBEING**

Professional Profiles

Psychological Professions Network

North East and Yorkshire

Psychological Wellbeing
Practitioner (PWP)



Laura Sirey

Senior Psychological Wellbeing
Practitioner (SPWP)

CNTW NHS Trust

Professional Profile

What is the training route for this role?

The usual route in to becoming a PWP is by applying for and being accepted for trainee roles advertised by IAPT services. The trainee role includes study at university and working within the service you are employed in. Over the year you will work towards completing a PGCert in Primary Mental Health, although this can be different if you are on a course who takes on trainees with out a degree, you receive a different qualification on paper but complete the same training. Apprenticeship routes have also been made available for people to apply for in some areas.

Through your training year, you learn how to assess for mild to moderate common mental health difficulties. This is done at the start of the year, then you go onto learn how to deliver low intensity CBT and the interventions needed for working with the people you'll be working with.

The training year is made up of practical application of theory, supervision and reflection.

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How has your career developed since completing training?

Since completing my training, I have undertaken further training to assist in supervising other PWP's, as well as CPD that covers new topics, to aid me in working with some anxiety specific disorders. I've joined Champion groups within the service and focused my work on helping minoritised groups access our service.

I have also recently taken on a Senior PWP role meaning I now have more responsibility in supporting trainees alongside the wider team of qualified PWP's, to shape the service.

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What is your favourite part of your role?

In terms of the people I work with that come in to use the service, I love seeing the interventions we use work and seeing people improving and gaining a better understanding on depression and anxiety. Seeing them be able to help themselves and get back to doing things that they once enjoyed in a relatively short time is really satisfying.

Outside of the clinical element of the role, it would be supervising others. This includes supporting trainees to navigate their training year and gain the knowledge that they need, as well as working with the qualified PWP's to help them stay motivated in their role.