



## *Professional Profiles*

# Psychological Professions Network

North East and Yorkshire

CBT Therapist

# Professional Profile



Martin Groom

Senior Psychotherapist (Cognitive  
Behavioural Therapist)

Complex Treatment Team, Veterans  
Service, LYPFT.

## What led you to train as a CBT therapist?

I'm an Occupational Therapist (OT) and I could see the commonalities in terms of evidence-based practice and a focused, systems based approach with excellent outcomes.

## What route did you take to this career?

I was introduced to attachment theory, family systems and play therapy in my OT training and was drawn to work in CAMHS.

Through this I could see the value in attachment based approaches. However, I was drawn toward a practical and evidence based therapy and working with adults. I became interested in researching the effectiveness of psychological therapy. This led to developing transdiagnostic seminars for those waiting for therapy and co-authoring some published papers on transdiagnostic groups and the routine use of Outcome Feedback. I have taken opportunities to develop my skills and knowledge in teaching. I am also a clinical tutor/supervisor at the Salford Clinical Therapies Centre.



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## What does a typical day look like for you?

My typical day in Leeds Mental Wellbeing Service (IAPT) is a mixture of clinical supervision, case co ordination and providing CBT. On Mondays I supervise 3 trainees for 3 hours in the morning and either mark assignments/tapes in the afternoon.

My new role in LYPFT is Senior Psychotherapist with the Complex Treatment Team, 3 days a week as part of the Veteran's Service.

Not sure what my typical day is like with LYPFT as I start on 3<sup>rd</sup> Jan. Probably a mixture of mandatory training, confusion and uncertainty whether I've said too much in meetings.

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## What advice would you offer someone wanting to pursue a career in CBT?

That's a tricky one. Perhaps try to be sure enough its what you want. I think you have to be interested in collaborative empiricism and helping people re-discover vitality, meaning and purpose. Interested in people. It helps if you are comfortable with sitting with others distress and have an acceptance of working in dysfunctional systems.

## What are your hopes/expectations for the profession?

That we become ever more influential in leading and shaping health services so they can be more effective.