



# Psychological Professions Network

North East and Yorkshire

## *Professional Profiles*

# Professional Profile



**Harriet Wilson**  
**Trainee Mental health**  
**Wellbeing Practitioner**  
**Consett Treatment and**  
**Intervention Team**

**What is your main role as a trainee mental health wellbeing practitioner working in mental health services?**

I am currently a Trainee Mental Health Wellbeing Practitioner (TMHWP), and after a year of training I will qualify as a MHWP in a Community Treatment and Intervention team. As part of the NHS long term plan in community mental health care, the MHWP role was developed to support increased access to evidence-based psychological therapies. A qualified MHWP delivers a set of psychologically informed interventions aligned to cognitive-behavioural principles. These interventions address symptoms often experienced by people with severe mental health problems and include graded exposure work, behavioural activation (BA), sleep hygiene and working with emotions. Additionally, a MHWP works within the multi-disciplinary team to co-ordinate care and be involved in supportive collaborative decision making about care and treatment.

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

Currently the training includes attending university 2 days a week and being in service for 3 days a week. A typical day in service would be seeing patient's face to face in the clinic to gather information, formulate, goal setting and delivering a low intensity intervention. I currently run 2 psycho-educational based groups in my role too. Working in a community team often means working with varying presenting symptoms and learning how to adapt interventions to support individuals which can be challenging however always a learning opportunity. The MHWP supports individuals to improve their quality of life and well-being which is my favourite part of the role. It also allows individuals to understand their own mental health difficulties and their behaviours which may be keeping them 'stuck' where they are.

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What types of jobs, roles and qualifications did you do to gain relevant experience to get on the training course?

In terms of qualifications, I have an undergraduate degree in Psychology with Counselling and a master degree in Health Psychology. I previously have worked as a support worker within inpatient services, working on acute wards and psychiatric intensive care units (PICU). I worked as an Assistant Psychologist for 1 year in a Community Mental Health team (CMHT), where I enjoyed learning how to use psychology in the formulation and treatment process. In this role I delivered psycho-educational interventions and developed a psycho-educational based coping skills group for patients to attend. My career goal is to become a CBT psychological therapist.