

# Living Well with Bipolar Disorder Programme



## Mental Health Professional Trainer - Role Criteria

Aware wishes to recruit qualified and experienced Mental Health Professional Trainers to add to their panel to deliver our new Living Well With Bipolar Disorder Programme. (Please note, this is not a full time role. A commitment to deliver a minimum of 2 complete Living Well With Bipolar Disorder programmes, per 6 month contract is required).

### **About Aware and Living Well With Bipolar Disorder Programme**

Aware was founded in 1985 by Dr Patrick McKeon, Consultant Psychiatrist, former Director of St Patrick's Mental Health Services and renowned expert in the area of bipolar disorder. Dr McKeon created Aware in response to the clear need for information, understanding and support - both for individuals who have a diagnosis of depression or bipolar disorder, as well as family members supporting a loved one.

Building on the original aims of Dr McKeon, the Aware Living Well With Bipolar Disorder Programme was developed in 2021 to provide people who experience bipolar disorder and those who support them with opportunities to understand and manage the condition effectively. The source material and final clinical oversight of the programme was provided by Dr Declan Lyons, Consultant Psychiatrist and member of the Board and Clinical Committee at Aware.

The overall objective of Aware's new Living Well With Bipolar Disorder Programme is to provide people who experience bipolar disorder, and the people who support them, with opportunities to understand and manage it effectively. The programme is delivered in a safe and confidential environment. The programme allows participant's to proactively deepen their understanding of the impact of bipolar disorder on them, and people who support them.

The programme is delivered over eight consecutive weeks of 90 minutes per week, in a group setting (either virtually, via ZOOM, or in-person).

Due to the nature of the programme content and target audience, it is essential that applicants for this role have significant knowledge and understanding of bipolar disorder. Applicants also need to have the ability

to demonstrate empathy, be able to identify with the audience and the various challenges they may be experiencing, consistent with a recent or longer-term diagnosis of bipolar disorder.

### **Mental Health Professional Trainers (6-month Contract)**

Mental Health Professional Trainers are required to be self-employed hired on a programme-by-programme basis only.

Delivery commitment requirement is to deliver a minimum of two Living Well With Bipolar Disorder Programmes, per contract term (6 months).

### **Essential Criteria for the Role;**

1. Qualified and experienced Mental Health Professionals e.g., Psychologists, Psychotherapists, Counsellors, Psychiatric Social Workers, Occupational Therapists, RPN (please note candidates must have a professional qualification gained from a minimum 3-year course)
2. A comprehensive understanding of bipolar disorder and the emotional and psychological impact of this condition
3. Extensive knowledge and experience of working therapeutically with people who have depression and bipolar disorder (minimum of 3 years)
4. Knowledge of CBT and its applications
5. Minimum of 2 years' experience delivering / facilitating interactive training/workshops to groups of up to 15 adults, in-person and virtually
6. Competent, experienced and confident delivering virtually, via ZOOM, and using its functionalities
7. A clean full driving license and own transport
8. Be willing to engage in travel, if / when necessary (in-person delivery)
9. Must own the necessary equipment conducive to training/presenting, i.e., laptop, projector and speakers
10. Strong IT skills
11. Professional indemnity insurance & Public liability insurance is required

### **Additional Qualities & Skills:**

- Formal training/teaching qualification preferable (i.e. Train the Trainer etc.)
- Be skilful at translating programme content to help bring the programme content to life
- Very strong communication and presentation skills

- Deep sense of empathy, ability to connect to experience in a group
- Ability to work on own initiative and as part of a team

If selected and successful after interview, applicants must provide:

- HSE Children's First Certificate + Safeguarding Vulnerable Adults at Risk of Abuse (online training module with certificates)
- Garda vetting clearance
- Two references
- Tax clearance certificate

### **Training**

- Full and comprehensive training is provided by Aware
- Successful applicants must be available to attend training held over one day on a specified date (date will be advised prior to interview) and need to be available to start delivery of the Living Well With Bipolar Disorder Programme from completion of training

### **Recruitment Process**

**STEP 1** Applicant selected and invited to attend interview.

**STEP 2** On successful outcome, candidate attends Train the Trainer training held over 1 day, via Zoom.

In order to maintain consistent and agreed standards of delivery of this programme, observation and assessments of live delivery, forms part of our ongoing clinical governance. The constructive feedback generated by these assessments helps us ensure those standards are upheld.

Please note due to the volume of interest, unfortunately we are only in a position to contact candidates who have been successfully selected to attend interview.

Thank you for your interest in working with Aware.