



## 2024/25 Job Specification

**Job Title: Psychologist (staff grade) 0.4 WTE/2 days per week, Fixed 1 year term)**

**Reporting to:** Clinical Manager for Advocacy and Research (Diabetes Ireland).

**Location:** Head Office, 19 Northwood Business Campus, Santry, Dublin 9

### About Diabetes Ireland

Diabetes Ireland is the national charity in Ireland dedicated to helping people with diabetes. We achieve this by providing support, education and motivation to everyone affected by diabetes and their families. We raise public awareness of diabetes in the community and foster programmes for early detection and prevention of diabetes complications and its burden. We also support and encourage advances in diabetes care and research that improves Quality of Life and Standards of Care.

With our comprehensive range of education, care and support services and activities, we constantly strive to provide what our members need to optimally manage their diabetes. One of these needs is to improve access to mental health support for people with diabetes and their families.

Positive mental health & wellbeing is a key goal of diabetes self-management. However, mental health problems within diabetes have been well documented as occurring more frequently and resulting in significant challenges in managing diabetes. This can increase the risk of diabetes complications. Moreover, people with diabetes may suffer from diabetes-specific psychological issues, i.e. diabetes distress, diabetes burnout, fear of hypoglycaemia, fear of complications, or experience diabetes-specific disordered eating behaviour - diabulimia. All of these might lead to severe psychological complications and in some cases might be life-threatening.

### Key Responsibilities

The role will primarily involve working as part of a team to further develop an Emotional Wellbeing programme for people with diabetes and parents/carers of children with diabetes that will offer accessible, approved and effective psychological support through the provision of a range of tailored programmes that people can access both in person and online relevant to the type of diabetes and their age specific needs. These programmes will be delivered in an interactive format to allow participants to:

- Discuss topics such as the psychological burden associated with living with diabetes, emotional reactions related to the diagnosis of diabetes, stigma and psychological complications associated with diabetes distress and burnout: depression, anxiety, eating disorders etc.
- Learn how to emotionally adjust to living with diabetes.
- Employ strategies focusing on healthy support, aiming to build resilience and enhance coping skills (self-compassion, empowerment, goal setting etc.).
- Adapt psychological knowledge, techniques and toolkits to support daily diabetes self-management, individual motivation and empowerment in managing diabetes.

These tailored interactive programmes on Diabetes Emotional Wellbeing will be delivered by appropriate healthcare professionals working through an agreed evidence based framework.

The role will be to support the next phase of the project which will include:

#### **Type 2 Diabetes Programme**

- Working as part of the team to attend a number of focus groups with people living with Type 2 diabetes to review the current programme content and provide input to the further development of the programme.
- Attend and evaluate Phase 1 pilot programmes seeking the views of participants with a view to revising the programme to deliver further pilot programmes in Phase 2 that will fully meet the needs of participants before final rollout of the programme.

#### **Family Wellbeing Programme for Parents of Children living with Type 1 diabetes**

- Help finalise the Family Wellbeing Programme content for parents of children with Type 1 diabetes under 13 years of age.
- Working with other team members develop programme content for parents of children with Type 1 diabetes over 13 years of age.
- Attend focus groups to review programme content and provide input to the further development of the programme.
- Attend and evaluate Phase 1 pilot programmes seeking the views of participants with a view to revising the programme to deliver further pilot programmes in Phase 2 that will fully meet the needs of participants before final rollout of the programme.

#### **Type 1 Diabetes Programme**

- Working as part of the team to develop content for a Type 1 adult programme.
- Attend and/or co-facilitate focus groups to review programme content and provide input to the further development of the programme.

## **Other**

- Produce evaluation reports for each programme as required.
- Support the final development of the new Diabetes Ireland Emotional Wellbeing Support microsite on [www.diabetes.ie](http://www.diabetes.ie).
- Liaise with key healthcare professionals and patient advocates in the development of above- mentioned resources.
- Actively participate in team meetings/advisory committee to support the development of the Diabetes Ireland Emotional Wellbeing Project.
- Effectively support the CEO of Diabetes Ireland, colleagues and other stakeholders in the development of Diabetes Ireland services and programmes as required.
- Be a diabetes resource and spokesperson regarding mental health and wellbeing for Diabetes Ireland as required.

## **Future Impact**

This project will enable Diabetes Ireland to support the hugely varied and unmet mental health needs of people with diabetes through the provision of evidence-based and evaluated supports and resources which would be embedded into the education and support programmes mentioned above. The programme will also offer huge support to healthcare professionals in primary and secondary care, as a positive mental health and well-being programme, which they could promote to their patients living with diabetes and tackle the current gap of psychological support particularly for adults living with diabetes. For example, it is envisaged that the Type 2 group programme will eventually be made more widely available throughout the Enhanced Community Care Specialist Hubs aligning to the actions set out in the Slaintecare Implementation Strategy.

## **Reporting**

The successful candidate will report to, and, be supported by an advisory committee of Clinical Psychologists and Diabetes Ireland representatives. The committee will supervise and direct the Psychologist in the development of the programme content. Line Management will be provided by Clinical Manager for Advocacy and Research of Diabetes Ireland.

## **Essential Criteria for application:**

- Attainment of 2:1 or higher grade in a BA in Psychology Degree or equivalent.
- Relevant post-graduate qualification in Clinical or Counselling psychology
- Registered Clinical or Counselling Psychologist with the Psychological Society of Ireland

## **Desirable Qualifications**

- Experience working as a Staff Grade Psychologist.
- Interest in and passion for supporting patients with diabetes / chronic conditions and their family members.

- Understanding of the challenges of living with diabetes and or other chronic conditions.
- Experience in the research and evaluation of psychological interventions.
- Experience of providing psychological support in group format.
- Experience of the development of mental health awareness materials or equivalent.

Salary: €22,730 (= 0.4 WTE). The contract of employment will be for a 12-month period.

**Letter of application and CV should be sent to: Gillian Reynolds, Diabetes Ireland, 19 Northwood House, Northwood Business Campus, Santry, Dublin 9, or Email: [gillian.reynolds@diabetes.ie](mailto:gillian.reynolds@diabetes.ie).**

**The closing date for applications is Monday 26 February (5pm). Enquiries to Gillian Reynolds. Interviews will be held in person in mid-April. Shortlisting may be carried out based on the information supplied in your CV and application letter.**