

**Children and Adults Therapy Services
ChAT Services**

JOB VACANCY

Job Title: Psychotherapist

Vacancy reference: CLPSY2

Contract: Self-employed associate of the practice

Location: 25 Manchester Square, Hinde Street, Lower Ground Floor, W1U 3PY

Closing date of applications: 12/06/2022 we reserve the right to close before that date if enough applications have been submitted

A gratifying opportunity has arisen within our private practice for a Psychotherapist role, based in our clinic in Central London. Our team are looking for candidates who are interested in working with individuals across the lifespan. More specifically, we are looking for individuals who can deliver **EMDR, trauma work and work with patients presenting with eating disorders**. Please note that although experience within these domains is desirable, we are aware that you may not necessarily have been exposed to these particular presentations. We are therefore willing to provide training in this area, given that the candidate is qualified. Thus, your ability to apply your experience and training into your clinical duties is considered essential.

WHAT WE ARE LOOKING FOR

We are looking for a Psychotherapist with at relevant post-graduate experience to complete our team. Fundamentally, we need a compassionate individual who has adequate listening and communication skills. You need to be non-judgemental, sensitive, and empathetic in order to build a secure rapport. Most importantly, you must value the confidentiality of the patient ensuring that you have provide a safe space for them. Ideally, we are looking for your experience to include working with trauma and PTSD, eating disorders, pain management and other general mental health issues in children and adolescence.

BENEFITS OF THE ROLE

- Expand your existing skills whilst simultaneously developing new ones.
- Targeted training for trauma work and eating disorders in children and adolescence.
- Flexible working hours.
- Become part of a great team which will support you and help you expand your own network.
- Receive free inhouse CPD training.
- *Optional* access to supervising and coaching trainees at the practice
- Insurance recognition
- Referral calls from other practitioners

WHAT YOU NEED TO KNOW

We advise you to carefully read all sections in the information provided to support your application and use that to demonstrate that you meet the requirements listed in the job description.

An enhanced DBS check will be carried out for this post and is a requirement for employment, therefore you would need to apply with the online DBS update service which should be maintained for the duration of your employment. If you have been in the UK for less than 3 years, a criminal record from your previous country of residence will be required (up to 10 years).

The personal information you provide us will be treated in the highest degree of confidence in accordance with GDPR regulations.

JOB DESCRIPTION AND PERSON SPECIFICATION

ABOUT CHILDREN & ADULTS THERAPY SERVICES – ChAT SERVICES

Our values

Essentially, at ChAT Services we are dedicated to assisting individuals in achieving their optimal mental wellbeing. Thus, all our practitioners demonstrate the following therapy philosophies

- Positivity
- Motivation
- Optimising Achievability
- Duty of care
- Patient need and care as a priority

Our Client Promise

Our promise stems from Carl Jung's attitude. Accordingly, we promise to provide all clients with a safe space where they feel comfortable to discuss their issues. Most importantly, we promise to not judge and to meet all predicaments with genuine compassion and understanding in attempt to provide each client with support along their individual recovery journey.

Our Principles

C -Communication

Communication is one of the most effective ways an individual can express themselves and get to know someone. Genuine communication has been consistently found to have a linear relationship with increasing successful patient outcome. Thus, we consider communication as essential for building and sustaining a good rapport between clients and patients but also between staff members.

H -Help

At the heart of our philosophy lays our devotion to helping the patient. It is important that our team actually help their patients and see progress in their wellbeing over time. For this reason, we ask all our employees to know and understand what help the patient wants and to create a formulation in accordance with their needs.

A -Attitude

One of the central qualities we take pride in is our team's attitudes. All of our members hold a positive attitude towards their clients' presentations. It is crucial that regardless of how large they feel that the problems they are facing are, they are met with understanding, empathy, optimism and containment.

T -Trust

The foundations of any relationship are built upon trust. In this case, it is vital that the client is aware that what is said in their session is confidential and will not be judged (within the limits of safeguarding)

KEY RELATIONSHIPS

Responds to: The ChAT Services' Director who acts as the main line manager for this role.

Responsible for: Trainee psychotherapists/counsellors/psychologists and assistant psychologists (this is only relevant to the candidates interested in supervising trainees on clinical placements)

Liases with: The practice director and external agencies, and parents/ primary caregivers where appropriate.

KEY RESPONSIBILITIES

- To apply your expertise and abilities into formulating effective intervention strategies for patients with different presentations.
- To conduct satisfactory therapy sessions for children and adolescence clients.
- To be able to work with a wide range of presentations and integrate a multi-dimensional approach depending on the patient's need.
- To be able to perform trauma work using a variety of techniques.
- To deliver adequate therapeutic intervention to children and adolescence with eating disorders. This includes providing appropriate homework, *such as food diaries*.
- To communicate suitably with external agencies, such as general practitioners (GP) and healthcare insurers as well as other healthcare professionals such as psychiatrists, providing them with appropriate information and client advice.
- To sufficiently communicate with the patients parent/ respective caregiver. As the clients are predominantly children and adolescence, it is also essential that you retrieve their primary caregiver's consent.
- To offer clinical supervision and expert advice for trainee therapists on a weekly basis, ensuring that you provide them with applicable assistance and guidance where required. This includes therapeutic skills, challenges, and ethical concerns (*this is only necessary for candidates who are interested in supervising trainees on clinical placements*).

Thorough Explanation of your Duties

1. Clinical Duties

- Upon completion of a psychological assessment, you are expected to thoroughly translate the findings into a diagnosis and/or formulation and write up an extensive written psychological report accordingly. The report must include your formulation, conclusions, and treatment plan. You must be able to adequately relay the information to the client and any other relevant professional (such as a parent or psychiatrist).
- Following this initial stage, a suitable intervention plan should be formulated. We expect that this is derived from your knowledge of concurrent theoretical frameworks and/or explanatory models.
- We place a great emphasis on adopting an attitude which respects and values the patient (and their family/ carer/ partner) at all times reflecting our practice's core values.
- The ability to adopt an integrative approach to therapy is important. We acknowledge that there are many useful therapeutic methods. However, we strongly believe that using one approach alone is too systematic and rigid and normally does not fit our patient's needs.
- You are expected to maintain a professional and ethical therapeutic relationship at all times with our service users where you deliver superior and independent clinical services.
- You will be working with children and adolescence whose parents may have questions. It is crucial that you give them all the necessary information, receive their informed consent and answer any queries they may have.
- Since you will be working with children, you would need to have experience and training in different child psychotherapy approaches such as CBT, sand play, play therapy, role play etc.

2. Management Duties

- Managing and keeping records of your own caseload.
- Liaising with the children and adolescence's parents where appropriate is essential.
- Attending inhouse CPD is required.
- If you are interested in supervising trainees, then you are expected communicate with the student's training organisation and perform the required feedbacks and assessments related to their placement course. *Please note that this is optional.*

3. Service Improvement

- We are dedicated to constantly improving. Accordingly, we ask that you give any input on the development of high quality, patient centred care, evidence-based treatments, and psychologically informed interventions.
- To participate in project groups aimed at exploring and developing our procedures and policies.

4. Training and staff development

- Undertake professional supervision with an external clinical supervisor of your choice funded by the practice. This is done weekly to ensure that you are constantly receiving support and also focusing on your own mental health.
- Partake in peer supervision. This is a mutually beneficial way of providing assistance whilst also maintaining good staff relations and development.
- Attend our Continuing Professional Development (CPD) as this will aid in strengthening your individual skills whilst helping you to build and maintain new skills.

5. IT skills

- To be able to use different types of devices as well as communication platforms for remote therapy sessions.
- To access information through internet searches using scientific data basis.
- To have the ability to use windows programs: word/ power point/ excel efficiently

PERSON SPECIFICATION

	ESSENTIAL	DESIRABLE	METHOD OF TESTING
TRAINING AND QUALIFICATIONS	<ul style="list-style-type: none"> • Member of the British Psychological Society (BPS), • Recognised as a Psychotherapist; through being registered with UKCP • OR, hold a BACP accreditation • Proof of ongoing work within the domain of clinical psychology • Training with pain management strategies 	<ul style="list-style-type: none"> • Attended courses in risk management and safeguarding • Training with mindfulness techniques • Experience in delivering training to psychology professionals and non-professional groups • Trained with both children and adults in a therapeutic environment • Training/experience in trauma work • Trained and qualified in supervising trainee therapists (<i>if interested in trainee supervision</i>) 	<ul style="list-style-type: none"> • CV • Application form • References
EXPERIENCE	<ul style="list-style-type: none"> • Must have at least three years of postgraduate experience within the domain of clinical psychology 	<ul style="list-style-type: none"> • Experience with trauma work • Experience with eating disorder presentations 	<ul style="list-style-type: none"> • CV • Application Form • References • Interview

	<i>(includes a range of care settings)</i>	<ul style="list-style-type: none"> • Experience working with children and adolescence. • Experience with supervising trainees <i>(only applicable to candidates interested in supervision)</i> 	
KNOWLEDGE AND SKILLS	<ul style="list-style-type: none"> • Have adequate communication and writing skills in English to generate extensive written reports where appropriate. • Knowledge regarding the UK children and young people's services (including child protection services and family support services) • Able to sufficiently convey consultations to both professional and non-professional groups. • Use your clinical experience and skills to adopt an integrative 	<ul style="list-style-type: none"> • Stay present with new psychological interventions • Knowledge of the broad range of psychological presentations and how to cater to them • Knowledge of the current theoretical frameworks and intervention strategies regarding trauma work and eating disorders. 	<ul style="list-style-type: none"> • CV • References • Application • Written test

	<p>approach to therapy</p>		
<p>BEHAVIOUR, ATTITUDE AND VALUES</p>	<ul style="list-style-type: none"> • We require a compassionate individual with good listening skills. • You must be non-judgemental, sensitive, and empathetic in order to build a secure rapport • You must value the confidentiality of the patient ensuring that you have provided a safe space for them. • You are required to have undergone safeguarding training. 		<ul style="list-style-type: none"> • References • Enhanced DBS check