



The WISH Centre
Unit A4 Livingstone Court, 55 Peel Road,
Wealdstone, Middlesex, HA3 7QT
Tel: 00 44 (0)208 416 7277
Email: info@thewishcentre.org.uk
<http://www.thewishcentre.org.uk>

Job Description

Psychotherapist for Young People

Full-time: 35 hours per week. Open to Job Share.

Term: 1 year (with possible extension subject to funding).

Salary: £31,696 pa including OLW, plus 6% pension contribution.

The post is subject to an enhanced vetting and barring check and open to female applicants only (exempt under the Equality Act 2010 Schedule 9, Part 1).

Purpose

To ensure that young people ages 11-18 years who self harm and/ or have experienced or are at risk of Child Sexual Exploitation (CSE) or peer sexual violence receive the appropriate support and services they need from WISH.

You will work in multi-agency settings including schools to provide individual weekly therapy for young people to support them into recovery from either self harm, suicide ideation, sexual violence, exploitation or a combination of these issues, and to help them make safe and positive choices.

Working eclectically within the WISH Therapeutic Model, you will be achieving the following therapeutic outcomes with young people where appropriate:

- Improving motivation to stop self harming
- Significantly reducing or stopping self harm
- Reducing/ending suicide ideation
- Overcoming short and long term impact of sexual, physical or emotional abuse.
- Reduction/stopping trauma reactions – disassociation, flashbacks, nightmares
- Significant reduction/stopping sexual exploitation
- Reduction of anxiety, sadness, depression
- Increase in emotional resilience
- Increase in positive coping mechanisms

The Role

As the Psychotherapist for young people who self-harm and CSE you will:

- Ensure that young people who self-harm or are victims of sexual exploitation or abuse get the support and interventions they need
- Work collaboratively with relevant agencies to ensure the welfare, safeguarding and well-being of young people
- Provide a targeted individual therapeutic service to young people who have been affected by self-harm or sexual exploitation in schools and at the WISH Centre.
- Provide therapeutic group work to young people who have been affected by self-harm or sexual exploitation
- Provide information and advice to young people, their families and carer's and professionals on the issues.
- Manage cases and carry out safeguarding and suicide ideation risk assessments, linking with agencies such as Police, Children's Services where necessary, to support young people.
- Raise awareness of self-harm and sexual exploitation issues and how they impact on young people and represent WISH at partner and key stakeholder meetings such as the Domestic and sexual violence forum, LSCB, schools etc.
- Ensure that The WISH centre's work is aimed at promoting early intervention of and recovery from self-harm and sexual exploitation.
- Assist with the training WISH provides on self-harm and sexual exploitation
- Adherence to the quality standards of BACP, BPS, NICE and Rape Crisis England and Wales

Responsibilities

1. Provide an individual therapeutic service face to face and through group support for young people who self-harm or are victims of sexual violence.
2. Encourage clients to disclose safeguarding issues and support them therapeutically through the process, working closely with the WISH Safeguarding Lead.
3. Manage a caseload: assess needs, follow-up progress of referrals, keep and maintain necessary case files and records including monitoring and review information and inputting client data onto WISH database. Manage files and casework in accordance with WISH policies and procedures.
4. Work with WISH to develop and follow procedures and protocols with other services to ensure that the safety of young people is paramount. Work within local safeguarding policies, procedures and protocols.
5. Contribute to monitoring and evaluation of the service including case studies, client surveys and information for funders and partnership.
6. Develop good working relationships and liaise with outside agencies when needed, including the police, schools and children's services.
7. Work closely with WISH's lead psychotherapist and engage in peer supervision.

8. Engage with weekly external clinical supervision, and safeguarding supervision.
9. Undertake high quality assessments, making autonomous clinical decisions about professional practice as individual case holder
10. Work collaboratively with other team members and external partners in the delivery and implementation of our programmes.
11. Attend internal and external meetings as required; representing the team and providing clinical expertise where necessary to staff and partners.
12. Deliver where directed targeted frontline staff training in relation to the management of specific mental health issues.
13. Be able to work independently of line management support, able to make decisions relating to young people's cases in a consistent and compliant manner.
14. Contribute monthly to the information pool at WISH to be shared on our social media, website and in our training packages and events.
15. To maintain continuous professional development by undertaking training in accordance with new practice requirements as and when required.
16. Be an active member of the wider WISH community and engage where appropriate with our community fundraising and networking events and our Trustee Board and youth volunteers

General duties

1. Work in line with WISH's ethos, values, aims, objectives, policies and procedures at all times: promoting empowerment and modelling anti-oppressive and anti-discriminatory practices.
2. Strive to meet and exceed quality standards in relation to every aspect of the work to ensure that WISH maintains its distinctive positive reputation.
3. Follow procedures and protocols agreed with partners to ensure safeguarding of the clients is central. Take all possible steps to ensure the safety and confidentiality of service users, staff and stakeholders.
4. Attend and make best use of support and supervision sessions and training.
5. Contribute to WISH team meetings. Share information and expertise to build a strong team and enhance the knowledge base of WISH.

Variation clause

The WISH Centre reserves the right, following full and reasonable consultation with the member of staff concerned, to vary, add or alter any of the terms and conditions of employment.

Person Specification

Requirement – Sift Criteria	Essential or Desirable
Qualification in Psychotherapy – minimum Diploma level	Essential
Understanding of the issues of young people and self harm, sexual violence and exploitation, internet grooming, abuse	Essential
Minimum of 450 hours experience of clinical one to one therapeutic work with young people on these issues	Essential
Ability to effectively engage with and assess young people’s needs - helping them to recognise their strengths, set attainable goals and understand and plan for the changes they may need to make to achieve these	Essential
Understanding of safeguarding, child protection, criminal justice	Desirable
Ability to manage caseloads and referrals and undertake administrative project work	Essential
Computer literate including word, excel, powerpoint, database	Desirable
Willingness and ability to travel to and between schools and other sites daily	Essential
Commitment to the values of The WISH Centre and ability to represent those values	Essential