

Job Description

Psychotherapist for Young People (Individual and/or Group)

Salary: £31,000 per annum pro-rata for Newly Qualified / £35,000 per annum pro-rata for an experienced practitioner, including OLV

Hours: Part-time, 2 days a week

Contract: Fixed term 1 year (likely to be renewed subject to funding)

Benefits: 28 days annual leave pro rata/per annum plus bank holidays, 6% pension contribution, travel expenses.

Location: The **wish centre** Harrow and in Harrow Schools. Some digital and remote work may be required

Closing date: Tuesday 1 March 2022

Interview date: tbc

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).

The **wish centre** supports children and young people in distress, and are specialists at preventing and supporting recovery from self harm and sexual exploitation. We do this through a mix of targeted youth work, one to one therapy, peer support groups, and youth work programmes. The **wish centre** also provides advice and training to frontline workers and the wider community.

Job Overview

We are looking for dedicated and qualified Psychotherapy practitioners (individual and group psychotherapists) to join a small multidisciplinary team within a Targeted Youth Mental Health Charity which specialises in the prevention and recovery from self harm and abuse.

The **wish centre** is one of the UK'S few charities who are experts in this issue, and our 90% self harm recovery rates have been validated by Centre for Mental Health (more here [A Space to talk - The wish centre \(thewishcentre.org.uk\)](#)). Every year we support over 100 children and young people with long term open ended psychotherapy and peer support groups.

Harrow is one of the most diverse Borough's in London, and each year over 78% of the young people we support are BAME. The **wish centre** works with partners such as Harrow Council and Harrow Black Lives Matters Group to offer targeted services to priority cohorts, such as Black Afro-Caribbean girls ages 12-16 year.

The charity is continuing to develop services, which will deliver the highest positive impact to children and young people to recover from the impact of self harm, trauma, abuse and neglect. We have developed an evidenced based model which is a version of Young Person's Core and use a tailored clinical database to capture improvement journeys.

Purpose

To ensure that young people ages 11-25 years who have experienced self harm, abuse, domestic violence, anxiety, depression, bereavement, isolation, low mood, low self esteem and /or are at risk of Child Sexual Exploitation (CSE) or peer sexual violence receive the appropriate support and services they need from the **wish centre**.

You will provide an in person service from our Centre in Harrow and in local schools to provide individual weekly long term open ended therapy and where appropriate weekly group therapy for young people to support them into recovery. We also offer a digital service where this is preferred. The young people have been referred by their schools, Children's Services, Health, community groups plus by parents/carer's or self referrals.

Working eclectically, you will be aiming to achieve 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 a Psychotherapist for young people you will:

1. Ensure that young people who self-harm or are victims of sexual exploitation or abuse get the support and interventions they need.
2. Provide an individual therapeutic service in person and/or through group support for young people both in person at our Centre and in local schools and on occasion remotely via telephone and/or video sessions.
3. Manage a caseload of 4-6 clients a day: 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 the **wish centre** database. Manage files and casework in accordance with the **wish centre** policies and procedures.
4. Follow our Safeguarding Procedures and report any concerns to the Lead Psychotherapist and/or Designated Safeguarding Lead. Encourage clients to disclose safeguarding issues and support them therapeutically through the process.
5. Participate in individual external clinical supervision, and safeguarding supervision.
6. Work closely with the Lead Psychotherapist and therapy team, engaging in triage, risk management meetings and peer supervision where needed.

7. Contribute to monitoring and evaluation of the service by providing case studies and client surveys.
8. Attend internal and external meetings as required; representing the team and providing clinical expertise where necessary to staff and partners.
9. Maintain continuous professional development by undertaking training in accordance with new practice requirements as and when required. Adherence to the quality standards of BACP, BPS, NICE and Rape Crisis England and Wales.

General Duties

1. Work in line with the **wish centre** 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 the **wish centre** maintains its distinctive positive reputation.
3. Take all possible steps to ensure the safety and confidentiality of service users.

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.*

To Apply

Please send your CV outlining your qualifications and experience to: info@thewishcentre.org.uk

You should confirm if you are applying for the individual or group psychotherapist role, or a mix of both.