

JOB DESCRIPTION

Job title: Psychological Therapies Practitioner

Responsible to: Wellbeing Network Clinical Manager

Salary: Starting salary is £35,446.18 per year (Full-time equivalent), (S01-SP30), which equates to £21,267.71 per year at 22.5 hours per hours.

Hours: 22.5

Contract type: Fixed term contract until 31 May 2025 with potential for extension

Location: 8-10 Tudor Road, London E9 7SN with some remote work.

About Mind in the City, Hackney and Waltham Forest:

We are a multi-disciplinary provider of specialist mental health services and a part of the Mind Federation.

We promote both recovery from ill health for people with recurrent and enduring mental health difficulties and early intervention for those at risk of developing mental health issues, or who struggle with common mental health conditions.

We currently support around 5,000 people a year through a variety of services focusing on psychological, social, economic and workplace wellbeing, and support minoritised communities.

Our values are:

Connected: Creating a compassionate and supportive community.

Fair: We strive for equity- no-one's needs should go unmet.

Brave: We walk with people, offering help by doing what works - proven or new.

Working with Mind CHWF means you'll be part of a dedicated, passionate, and professional workforce who cares about the work they do and make a real difference to the lives of the people in the City of London, Hackney and Waltham Forest.

We are committed to actively becoming anti-racist in everything we do. This is a critical priority for Mind CHWF. We embrace diversity and understand that being an inclusive organisation that recognises different perspectives, will enable us to provide excellent services.

We are committed to ensuring all our employees are treated fairly and equitably at work and promoting equity in physical and mental health for all.

Those with lived experience of Mental Health are encouraged to apply.

DBS clearance for an Adult Workforce at Enhanced level with Barring is required for this role.

About the Mind Forward Programme:

As lead contractor of the new multi-agency Wellbeing Network that commenced in June 2023, Mind CHWF has established a new therapy service, called Mind Forward.

Mind Forward is an evidence-based, very brief therapy model, co-founded with Windy Dryden, the originator of ONEplus Therapy. Mind Forward integrates one-at-a-time and single-session therapy approaches (SST/OAAT) and sits alongside Mind CHWF's compassion-focused, trauma-informed therapeutic orientations.

Mind Forward aims to offer clients help at the point of need and to provide them with a self-defined 'successful and good enough' therapy experience, even if they choose to have one session. After the session, Mind Forward encourages clients to take time to reflect on the tools and insights they learned from the session and to implement them in their daily life. Then, clients can decide if they want another Mind Forward session.

The successful Mind Forward practitioner will be an experienced, dynamic and creative mental health professional, who can work in a very brief, solution-focused way, while creating a strong therapeutic alliance and drawing out clients' own expertise, capacities, resources and motivation.

Purpose of the post:

Working as part of a multi-disciplinary team in the exciting, challenging and diverse boroughs of the City of London and Hackney, the Psychological Therapies Practitioner will facilitate one to one Mind Forward sessions and group therapy sessions with adults as part of the City and Hackney Wellbeing Network.

The successful Psychological Therapies Practitioner candidate for this post will be an experienced, dynamic and creative mental health practitioner, who can work in a very brief, solution focused model, while creating a strong therapeutic alliance and drawing out clients' own expertise, capacities, resources and motivation. This role will be essential to the expansion and sustainability of the Mind Forward programme within the Wellbeing Network.

Mind CHWF has a long-standing and well-established engagement with local and diverse communities and is committed to offer support and respect to anyone facing a mental health problem. The organisation offers opportunities for learning and development and supports a collaborative and creative working environment. This is an opportunity for a motivated mental health practitioner who wishes to be part of an innovative and diverse Psychological Therapies department and contribute to its growth and development.

Main duties and responsibilities:

1. To manage a caseload of Mind Forward clients for one to one and group therapy sessions via face to face, Teams and over the telephone.
2. To offer skilled screening and assessment, informed by knowledge of the spectrum of mental health needs and risk factors and support the Wellbeing Network Clinical Manager and teams with allocations.
3. To work closely with the Wellbeing Network Clinical Manager to ensure appropriate services adhering to BACP guidelines.
4. To apply data protection, confidentiality, safeguarding, the organisation's lone working policy and risk management, and all professional codes of ethics.
5. To keep accurate and up to date and GDPR compliant electronic records of client notes, including assessment, sessional notes, client satisfaction and wellbeing scores.
6. To maintain and develop service monitoring and evaluation records, to ensure that the impact of the overall therapeutic service is evidenced.
7. To monitor the views of clients regarding the effectiveness and quality of the psychological therapies' services.
8. To participate in learning and development opportunities, following assessment of personal and professional development needs.
9. To meet the annual membership criteria of the British Association of Counselling and Psychotherapy, including the required level of Continuing Professional Development.
10. To participate in regular one-to-one supervision sessions with line manager and group clinical supervision with colleagues along with contributing to team shared learning and development

General:

11. To promote City & Hackney Mind's values and service philosophy and uphold equal opportunities and agreed policies and procedures.
12. To attend and participate in relevant meetings and give reports/presentations when required.
13. To promote learning and development and attend appropriate internal, external training courses, supervision and staff away days.

14. To develop team cohesion, team working and a positive “can-do” culture which encourages creativity, learning and high performance.

Personal specification

The remaining sections outlines what criteria will be used to appoint the suitable candidate.

Criteria marked (E) are essential and (D) are desirable. (I) would indicate which criteria shall be evaluated at the interview.

Experience, Knowledge, Skills, Abilities - Values and Motivations:

Connected: Creating a compassionate and supportive community.

- Experience of delivering clinical counselling sessions in a mental health setting, and working in reference to NICE guidance (E) (I)
- Possess qualification in psychotherapy and counselling (E) (I)
- Minimum 5 years post qualification status as a counsellor/psychotherapist (E) (I)
- Recognised accreditation with UKCP/BACP/HPC (E) (I)
- Ability to work as part of multidisciplinary team ensuring excellent organisation, communication and interpersonal skills (E) (I)

Fair: We strive for equity - no-one's needs should go unmet.

- Successful clinical experience working with clients (one-to-one and groups) with a range of difficulties, including complex mental health issues and culturally specific mental health issues. (E)
- Experience of delivering and formulating clinical assessments (E)
- Experience of working in brief, solution focused therapeutic model (E)
- Ability to promote the concepts of social inclusion, early intervention and recovery and to work within Mind’s ethos and Mission Statement. (E)
- Ability to work flexibly to meet the demands of the service, both in terms of hours and role, including occasional evening and weekend working. (E)
- Awareness and understanding of the need for policies and procedures regarding equal opportunities, child protection, risk assessment, confidentiality etc (E)
- Commitment to continuing professional development (E)

Brave: We walk with people, offering help by doing what works - proven or new.

- Resilience, reliability, flexibility (E)
- Commitment to on-going supervision of supervision(E) (I)
- Excellent administrative skills (E) (I)
- Commitment and interest to the overall development of Mind CHWF services (D)
- Understanding of organisational dynamics and the impact on the work (D)
- Understanding of the voluntary sector (D)