

ROLE PROFILE

Role title: Wellbeing Network Honorary Therapist (x 6)

Responsible to: Wellbeing Network Clinical Manager

Location: 12 Orsman Road N1 5QJ

About Mind in the City, Hackney and Waltham Forest:

At Mind, we provide psychotherapeutic support and advice to empower anyone experiencing a mental health problem. We campaign to improve service, raise awareness and promote understanding.

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:

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.

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.

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 at Enhanced (without Barring) is required for this role.

Purpose of the post:

Mind CHWF's Psychological Therapies & Wellbeing department has been BACP accredited since 2015 and we specialise in:

- trauma-informed and compassion-focused practice
- lived experience leadership and representation
- 'third wave' cognitive behavioural/evidence-based therapies (group and one to one models based on Acceptance and Commitment Therapy, mindfulness-based therapies, Compassion-focused therapy, and Dialectical Behaviour Therapy)
- a Practitioner Training Programme for our evidence-based model, 'Radical Self-Care (RadSec)', currently undergoing accreditation with BAMBA (British Association for Mindfulness Based Approaches)
- clinical research with our academic and NHS partners (City, University of London, UCL and NELFT)

Psychological Therapies is offered for:

- Common mental health problems such as anxiety, depression and stress via our IAPT service (Improving Access to Psychological Therapies). Our IAPT service offers a general service plus specialised pathways for LGBTQ+ and African Caribbean heritage communities. Our evidence-based approaches are Person-Centred Experiential Counselling for Depression, Acceptance and Commitment Therapy, CBT-informed practice and Mindfulness Based Cognitive Therapy
- **Complex developmental trauma and enduring mental health conditions (City and Hackney Wellbeing Network)**
- People who have lost someone to suicide (Grief in Pieces project)
- Alcohol and substance misuse (City and Hackney Recovery Service in partnership with Turning Point and London Friend)
- Young People (Schools and Colleges Early Support Service in partnership with the Anna Freud Centre)
- Early Help (Supported Self Help)

All our staff, trainees and volunteers have opportunities to participate in a wide range of in-house and external trainings through our networks. Practitioners in specialist services are offered relevant evidence-based training (IAPT practitioners may be eligible for PCE- CfD training in partnership with Metanoia, and our Recovery Service workers receive intensive training and supervision in our group models: Radical Self Care, Acceptance and Commitment Therapy and Managing Anger & Difficult Emotions).

At Mind CHWF, we offer significant personal and professional development opportunities, encourage innovation and initiative from our committed and talented practitioners, and offer skill-building and experience of working across multiple projects and modalities in an award-winning mental health organisation.

What we offer as part of the placement:

- 2 hours of group supervision fortnightly with a supervisor who is BACP, HCPC, or UKCP registered. You will be responsible for meeting any supervision criteria laid out by your training institution which falls outside of this frame
- Supportive line management with twice yearly management supervisions
- Support of an administrative team
- Access to Microsoft Teams for organisational comms and updates and delivering 1:1 client sessions
- Talking Therapy Courses of 12 weeks (GiP) and up to 12 weeks – 6, 8, 10 or 12 session courses (WBN)
- A comprehensive induction
- A MIND email address
- Access to our database
- Opportunity to co-facilitate a group
- The chance to participate in trainings, all staff meetings and other events

All clients that honorary therapists see, will have undergone some form of assessment. However, we would like to give the opportunity, following an initial 3 months seeing clients, to honorary therapists to train up and be able to carry out assessments themselves.

We will work with your individual training institutes to support your academic requirements to be fulfilled.

What are we looking for from our Honorary Therapists (Wellbeing Network and Grief in Pieces):

- Prior experience, minimum one hundred hours supervised, one to one, clinical work. This placement is best suited as a **second or third placement and not a first**. We will take into consideration any Mental Health frontline working
- To be self-starters with the ability to manage a challenging caseload
- Be working towards a qualification on a minimum level 5 equivalent course
- Some training in working remotely (online therapeutic work)

- The ability and willingness to work over the telephone if necessary
- Availability for one afternoon/evening a week to see three clients in person
- Flexibility to work with clients remotely as is needed, from Mind CHWF premises. It is important that you have a good working laptop from which these can be delivered
- Availability to attend fortnightly supervision, online (slots available between Tuesday and Thursdays morning)
- Have lived experience of mental health and/or suicidality
- To be robust in their sense of self and flexible and adaptable in their approach to therapeutic work
- To adhere to the code of practice of their registering body, be professional, kind, compassionate, to have initiative and maintain communications with their colleagues appropriately
- To read, understand and follow the procedures and policies of Mind CHWF
- Have effective administrative skills (recording data) and communication
- Attending personal therapy once a week, throughout their placement
- Candidates able to commit to a minimum of a one-year placement (12 full months) – If you are offered a placement with us, you will be offered a 4-way agreement to sign, until January 2025

We also welcome applications from newly qualified therapists who are seeking to expand their experience and gain clinical hours towards accreditation. We encourage applications from those who speak one or more community languages and from those who reflect the rich diversity of our clients.

How to apply:

Please write a covering letter (or if you have access to our application form within the relevant section) including something about your training course and desired award (eg. Diploma, MA, PhD), and ensure you touch on which year you are completing.

Counselling Experience and Skills:

Please comment briefly on each of the following criteria:

- Awareness of transcultural issues in counselling
- Awareness of LGBTQI+ and what Intersectionality means to you and your practice
- Working in a time limited way and with complexity and risk
- Why training and intentions afterwards

-Mind location (our Psychological Therapies department operates from 12 Orsman Road N1).
Please comment on your ability and training to work remotely

- Time limitation (willingness to commit to 12 months placement)

Thank you for taking the time to apply for a placement with us. We will review your cover letters as well as your CV (please submit with your application) or application forms and let you know the outcome of your application in due course.