

ROLE PROFILE

Role title: Honorary Therapist for Traumatic Grief Counselling (Suicide Bereavement) x10

Responsible to: Senior Suicide Bereavement Practitioner and Deputy Director of Psychological Therapies

Hours: 3 client hours per week, biweekly attendance of supervision

Team: Grief in Pieces, Psychological Therapies

Location: 12 Orsman Road N1 5QJ and online

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:

A clinical placement at Mind City, Hackney and Waltham Forest in the Grief in Pieces: Support for Suicide Loss Team, Psychological Therapies & Wellbeing Department

A placement in the Grief in Pieces: Support for Suicide Loss team is an opportunity to work in a specialist postvention service, offering 1-2-1 grief counselling to community members bereaved by suicide. This would be a highly valuable honorary placement, where, among other things, you would strengthen your working knowledge of complicated and traumatic grief, and the complexity of the loss and trauma specific to suicide loss. You would have recourse to the team's expertise and clinical supervision in this area, and you would develop your therapeutic skills through delivering a highly impactful grief counselling model which gently facilitates a process of 'expressing, connecting and honouring' with the eventual aim of an individualised journey of post-traumatic growth.

Psychological Therapies & Wellbeing

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).

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.

Grief in Pieces: Support for Suicide Loss is part of the Safe Connections North East London Mind and NHS partnership.

Grief in Pieces offers a dedicated support service for anyone in North East London who has been impacted by suicide loss- as a loved one, a friend or colleague, a witness, an acquaintance. We offer individual support, workshops on coping and understanding suicide loss, crisis intervention, family support, longer-term healing support groups, and grief counselling.

A strength of our service is the involvement and dedication of people with lived experience of suicide loss in designing and delivering our services. And providing opportunity to connect with and even support others who have lost someone to suicide is an ongoing aspect of our service.

We aim to normalise the suicide bereavement process and to support post traumatic growth: growing around the grief, through psychoeducation, active participation, emotional expression, experiential and creative practices and the generalisation of coping skills in everyday life. Our service is CBT and CFT-based, trauma-informed and enhanced by lived experience expertise.

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;
- A comprehensive induction;
- A MIND email address;
- Access to our database;
- Opportunity to co-facilitate a group and/or support webinar delivery;
- The chance to participate in trainings, all staff meetings and other events.

All clients that honorary therapists see, will be assessed by a senior staff therapist. 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:

- Prior experience, at least fifty hours supervised, one to one, clinical work. This placement is best suited as a second or third placement and not a first.
- 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 or online
- Flexibility to work with clients remotely as needed. It is important that you have a good working laptop from which these can be delivered.
- Availability to attend fortnightly supervision, online (Tuesdays AM or Thursdays AM, though this may need to change based on clinical supervisor availability)
- Have lived experience of mental health difficulty, suicidality, or, of suicide bereavement;
- To adhere to the code of practice of your registering body, be professional, kind, compassionate, to have initiative and maintain communications with colleagues appropriately;
- To read, understand and follow the procedures and policies of Mind CHWF;
- To be in personal therapy once a week, throughout the placement;
- To commit to a minimum of a one-year placement (12 full months).

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.

Please also detail your clinical experience / past honorary placements, and why you are interested in our placement.

Please also comment briefly on each of the following criteria:

- Awareness of complicated grief and trauma
- Awareness of transcultural issues in counselling
- Awareness of LGBTQI+ and what Intersectionality means to you and your practice
- Your ability to work in a time limited way
- Why you are training and your future aspirations
- Please also comment on your ability to work remotely and in-person (the Mind premises is based in Hackney) and your willingness to commit to a 12-month placement.

Thank you for taking the time to apply for a placement with us. We will review your cover letter 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.