

Job Description

JOB TITLE	Psychological Wellbeing Therapist
REPORTS TO	Senior Psychological Wellbeing Therapist
HOURS	37 hours per week (including weekends on a rota basis)
CONTRACT	Fixed Term Contract of 12 months
SALARY	£28,000 per annum pro rata
BASED FROM	Yarl's Wood IRC, Bedford

PURPOSE OF THE ROLE

The post holder will develop and deliver a range of evidence-based interventions for detainees at Yarl's Wood IRC who do not meet the secondary care symptomatology threshold yet would appear to benefit from interventions to aid them to cope with current and future life stresses.

The post holder will provide a high-quality service to clients with multi-faceted needs and will work closely as part of a team and also in partnership with a range of agencies including the main service provider.

This role is to provide a range of interventions which will include but not be exclusive of:

- Mindfulness based activities including Mindfulness based Cognitive Behaviour Therapy (CBT)
- Compassion Focussed Therapeutic Interventions
- A range of Psycho-education activities
- Awareness Groups e.g. anxiety and depression workshops
- Wellbeing Activities (based on the 5 Ways to Wellbeing)
- Self-help activities including Guided Self-help, Motivation Techniques/Interviewing
- Resilience work

The post-holder will provide low intensity interventions in both 1-1 and group settings.

MAIN DUTIES	<p><u>Clinical</u></p> <ul style="list-style-type: none"> • Accept referrals via agreed protocols within the service. • Undertakes client centred interviews which identify areas where the client wishes to see change and makes an accurate assessment of risk to self and others. • Make decisions on suitability of new referrals, adhering to the department's referral protocols, and discuss unsuitable clients with the referrer. • Provide a range of information and support in evidence based low intensity interventions. • Set up and facilitate psycho educational groups on related topics. • Provide a range of group based interventions based on client and service need.
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	<ul style="list-style-type: none"> • To carry a time limited caseload of both 1-1 and group clients (being aware that clients can leave the centre at very short notice). • Educate and involve others as necessary to support the interventions. • Adhere to an agreed activity contract relating to the number of client contacts offered, and sessions carried out per week in order to minimise waiting times and ensure delivery remains accessible. • Attend multi-disciplinary meetings relating to referrals or clients where appropriate. • To contribute to the review and evaluation of clients on an ongoing basis as necessary. • Complete all requirements relating to data collection within the service, including but not exclusive of pre and post measurements. • Keep coherent records of all activity in line with service protocols. • Work closely with others operating within the service both directly and as a partner ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach. • Be responsible for signposting to or making referrals to other agencies as appropriate and necessary. • To be involved in the process of compiling progress reports and reviews of the service at regular intervals <p><u>Professional</u></p> <ul style="list-style-type: none"> • Ensure that client confidentiality processes are adhered to. • Be aware of, and keep up to date with advances in the spheres of interventions for this particular service area. • Ensure clear objectives are identified, discussed and reviewed with others on a regular basis as part of continuing professional development. • Participate in clinical/managerial supervision on a regular basis as agreed with Manager. • Participate in individual performance review and respond to agreed objectives. • Attend relevant conferences / workshops in line with identified professional objectives by prior agreement with Manager.
	<ul style="list-style-type: none"> • To effectively correspond to other members of the team, managers and directors as well as other departments.

GENERAL

- To commit to attending a minimum of two community events per year (this may involve evenings and weekends).
- To attend and fully participate in internal and external meetings and events as required by the role and as agreed by the organisation.
- To participate and engage positively in regular supervision and the Performance Development and Review (PDR) scheme.
- Undertake an active role in personal development through training and development as required and agreed by the line manager and which is foreseen as commensurate to carrying out the role and duties.
- Undertake any other duties and responsibilities as may reasonably be required within the scope of the post.
- At all times, address internal and external enquiries in a professional manner; courteously addressing internal and external customers, showing sensitivity towards those who may have mental health issues and challenges.
- At all times, maintain organisational, client and employee confidentiality and adhere to the General Data Protection Regulations and any subsequent legislation which supersedes said Act.
- Undertaking all duties and acting at all times, in accordance with the organisation's Policies and Procedures, particularly in respect of Equality, Diversity & Inclusion, Dignity and Respect, Confidentiality and Health & Safety.

CONDITIONS OF EMPLOYMENT

Wherever you are initially based, it must be recognised that the company reserves the right, giving reasonable notice, to relocate the post holder, dependent on the requirements of the organisation, at any time. All employees MUST abide by the Terms and Conditions as per the Staff Handbook and Equal Opportunities Policy document.

The organisation reserves the right to alter the content of this job description to reflect changes to the job or services provided without altering the general character or the level or responsibility.

Holidays: 27 days per annum, plus 8 statutory Bank holidays per annum, pro rata. Holidays rise to 30 days after 5 years.

PERSON SPECIFICATION

	ESSENTIAL	DESIRABLE
QUALIFICATIONS AND TRAINING	<ul style="list-style-type: none"> • Qualification in clinical psychology, psychosocial studies, counselling/psychotherapy to a Diploma level, Adults mental health at HNC/HND/NVQ 4 • Member of a professional ethical framework e.g. BACP/ UKCP/ HCPC 	
EXPERIENCE	<ul style="list-style-type: none"> • Experience of working in a multi-cultural environment and an understanding of how mental health and wellbeing is culturally specific 	<ul style="list-style-type: none"> • Experience of working with Asylum Seekers
KNOWLEDGE	<ul style="list-style-type: none"> • Knowledge and understanding of a range of evidenced based psychological wellbeing interventions including mindfulness and compassion focused therapy 	<ul style="list-style-type: none"> • Understanding of the issues faced by Asylum Seekers and knowledge of the Asylum process
SKILLS	<ul style="list-style-type: none"> • Able to carry out holistic psychological and social assessments of clients • Able to identify and work with a whole range of risk issues • Able to provide both 1-1 and group activities in relation to psychological wellbeing activities 	<ul style="list-style-type: none"> • Ability to hold 121 or groups sessions in other languages/ being Multilingual
COMPETENCIES	Self-awareness - Identifies and aware of own values, principles and assumptions and is able to learn from experiences.	
	Compassion - Understands and is sensitive to cultural and personal differences while interacting with others.	
	Striving for excellence – focused on delivering the best possible service and consciously seeks out and implements improved ways of working.	
	Proactive - sets high standards for oneself and others, guiding motivating and developing to achieve high performance and meet the charity's mission, objectives, and statutory obligations.	
	Building and maintaining relationships – sets high standards for oneself and others, guiding motivating and developing to achieve high performance and meet the charity's mission, objectives, and statutory obligations.	
	Communicating and Influencing – develops rapport and works efficiently with a diverse range of people, sharing knowledge and skills to deliver shared goals.	
	Responsible use of resources - presents information and arguments clearly and convincingly so that others see us as credible and articulate and engage with us.	
	Responsible use of resources – takes personal responsibility for using and managing resources effectively, efficiently, and sustainably.	
Grit and resiliency – flexible and adapts positively to sustain performance when the situation changes, workload increases, tensions rise and priorities shift.		

