



## Group Counsellor / Psychotherapist

### Job Description

**Job Title:** Group Counsellor / Psychotherapist

**Accountable to:** Director

**Working Hours:** 2.5 days per week (including Tuesdays 9.30-5.30 plus 1.5 additional days per week to be negotiated including 3-6pm on Friday afternoon when we have one of our twice weekly gatherings)

**Maternity cover:** start date - September 2020 for upto 12 months

**Salary:** £28,000 (pro rata)

**Location:** London - Mildmay Community Centre, Woodville Road, N16 8NA

### About Room to Heal

Room to Heal is a human rights charity and healing community based in London. Our mission is to support people who have survived torture and organised violence to rebuild their lives in exile, through an integrated programme of therapeutic and casework assistance. We offer a range of activities including: support groups, gardening, individual therapy and casework, cooking and social gatherings, and therapeutic retreats.

At the heart of our work lies the cultivation of community, through which our members can restore meaningful relationships with themselves and others, overcome the legacy of their traumatic experiences and integrate into the UK. Our community is currently made up of over 100 members from over 30 countries: including former political prisoners; people who have been persecuted on account of their sexuality or religious belief; and those who have escaped trafficking.

Over the past decade we have established a pioneering model of work that is well respected in the field. We are supported by the United Nations Voluntary Fund for Victims of Torture, as well as a number of corporate funders and a range of trusts and foundations. Lloyds TSB Foundation recognised our 'outstanding impact' in the refugee field in 2015.

Based in Newington Green in Islington, we have 4 therapists (including this role), 2 caseworkers, a fundraiser, finance officer, director and international trainer (training other organisations in group work overseas). All our staff are part-time or sessional. Room to Heal is staffed by a team of committed individuals, who work hard but also recognise that a friendly, nurturing environment is crucial for all of our well-being. By joining Room to Heal you would also become part of a small, close-knit, multi-cultural and inspiring community and be able to see first-hand the positive changes that your work enables in the lives of torture survivors.

Due to Covid-19 we are currently working remotely and running the therapy groups and community activities remotely and will return to face to face activities when it is safe to do so.

**Role of Post:** To assist in the facilitation of a trauma-focused therapeutic programme, including co-facilitating a therapeutic support group, carrying out individual assessments and some individual short-term therapy.

## **Duties**

- To assist in the facilitation of a trauma-focused therapeutic programme to meet individual and Room to Heal community needs;
- To co-facilitate an ongoing slow-open group for Room to Heal members;
- To undertake assessments of any potential group members to determine appropriateness of relational group work;
- To provide short-term individual therapy as a conduit for members to access group programme and community programme;
- When necessary, to provide one-to-one sessions with a group member who may be in some difficulty e.g. re attendance or crisis;
- To manage all necessary administration relevant to the role, working with the clinical administrator, including managing communication with group members e.g. responding to cancellations or disengagement;
- To assist in facilitating occasional intensive residential therapeutic retreats;
- To assist in planning the community's activity programme and be active in discovering new appropriate therapeutic activities and workshops;
- To assist with monitoring and evaluation;
- Liaise with caseworkers to ensure that members have access to quality immigration representation, and support on housing and welfare issues;
- Produce therapeutic reports to be used as part of member's asylum applications;
- Writing therapeutic reports / letters as required for immigration / housing and welfare issues.
- To supervise volunteers.
- To keep abreast of latest research and developments on relational and trauma-focused therapy;
- To articulate any findings to funders and other service providers;
- To attend staff and volunteer meetings as and when required;
- To attend clinical group supervision sessions (currently weekly);
- To keep accurate records, statistics, confidential case records and financial record and ensure GDPR compliance;
- To participate in service planning and working groups;
- To adhere to Room to Heal policies and procedures and work within the BACP Ethical framework.

## **Person Specification**

### **1. Skills and experience:**

#### **Required**

- Experienced group counsellor / psychotherapist / psychologist with accreditation in psychotherapy or counselling;
- Significant experience of facilitating therapeutic groups;
- Experience of working with trauma, ideally in this client population;
- Proven written skills, in particular therapeutic report writing;
- Experience of keeping appropriate and thorough case-notes and records, and understanding of the importance of standards of confidentiality;
- Experience of conducting therapeutic assessments;
- Competency in using common software programmes.
- Experience of responding to safeguarding and risk with a vulnerable group;

### **Desirable**

- Training in group psychotherapy;
- Direct experience of working therapeutically with asylum seekers, refugees and other survivors of torture and other gross human rights violations and ideally specialist training in trauma-focused therapies;
- Experience in working closely with UK immigration system and asylum processes;
- Understanding of the principles behind therapeutic communities, and ideally experience of working within them;
- Experience of writing therapeutic reports for immigration and legal purposes;
- Experience of working and building relationships with a range of partner organisations to coordinate appropriate care of members.

### **2. Personal attributes required:**

- Open-minded, flexible and calm / robust, able to negotiate the complexity and challenge of working creatively in a therapeutic community;
- An understanding of and affinity with our core principles, including that our members are important contributors to the running of the community;
- Ability to maintain a sense of humour and perspective in the face of challenging work;
- Ability to work effectively on one's own and also to work closely together in a creative and eclectic team to facilitate learning and foster a lively and engaging community;
- Ability to communicate effectively with a diverse range of individuals from diverse backgrounds.
- Appreciation of the reality of working in a small, evolving charity with competing demands and limited resources.
- Willingness and interest in working within a non-resident community;

### **3. Qualifications required:**

- BACP, UKCP, BPS accredited qualification in counselling, psychotherapy or psychology.

### **4. Other requirements:**

- Subject to successful DBS checks for working with vulnerable adults;

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