



Group Counsellor / Psychotherapist

Job Description

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 or witnessed 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: therapy groups, gardening and food-growing, individual therapy and casework, theatre workshops, 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.

The role

Job Title: Group Therapist / Counsellor

Responsible to: Director

Salary: £28,500-£31,000 pro rata (according to experience and qualifications)

Hours: 2.5 days per week

Contract: Permanent

Start-date: Aug/September 2021

Location: normally based in our London office in Newington Green, N16, the team is currently working remotely due to coronavirus pandemic, however we hope to be working face to face when this post starts.

Role of Post: To assist in the facilitation of a trauma-focused therapeutic programme, including co-facilitating a therapeutic support group, carrying out 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 therapy group for Room to Heal members;
- To undertake assessments of any potential group members to determine appropriateness for 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;
- 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 counsellor / psychotherapist / psychologist with accreditation in psychotherapy or counselling;
- 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 IT 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, calm and 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.