



## **Group Counsellor / Psychotherapist**

### **Job Description**

**Job Title: Group Therapist / Counsellor**

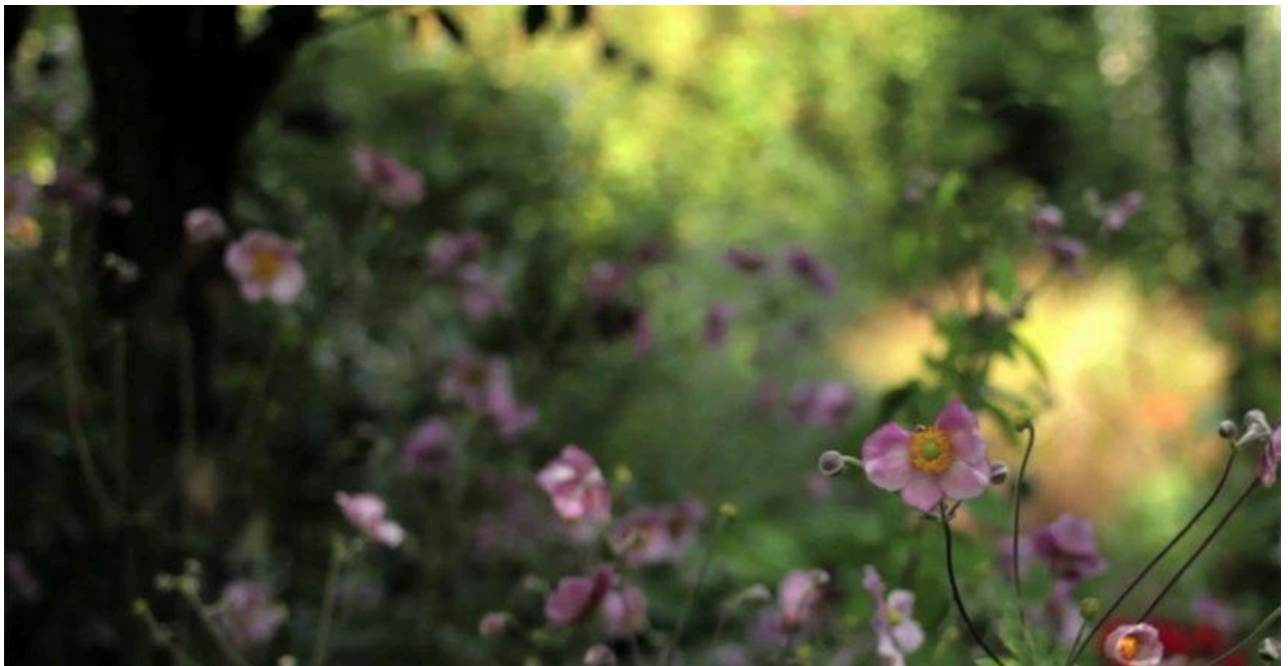
**Responsible to: Clinical Lead**

**Start-date: December 2024/January 2025**

**Contract Length: Current funding period until March 2027**

**Location: (Hybrid) Newington Green/Online.**

**Work pattern: Mondays (office/remote alternate), Wednesdays or Thursdays (remote) and Fridays (office)**



## About Room to Heal

Room to Heal is an established therapeutic community in London. We support refugees and people seeking asylum, many of whom are torture survivors, through an integrated programme of therapeutic and casework assistance, in the context of a community of survivors. Our approach recognises the political context of our community members' multiple and ongoing experiences of trauma and marginalisation including in their home country, on their journey to, and within, the UK. We offer long term and holistic support.

Our experience and academic research shows relational group therapy and community work is an effective way to address trauma. Our most recent anonymous annual members' survey showed that:

- 96% of respondents reported that their mental health had improved
- 100% of respondents' ability to cope with anxiety and depression had improved
- 84% of respondents were more able to manage flashbacks, sleeplessness and panic attacks
- 100% of respondents felt supported
- 100% of respondents felt listened to
- 92% of respondents felt less isolated and lonely
- 96% of respondents felt more able to access advice, information and support through our casework support on housing, education, benefits, etc.

Room to Heal's group resilience model is respectful of different cultural approaches to mental health and it challenges the patient-expert model, putting refugees at the heart of their healing journey.

We are a small team of committed and hard working individuals who work collaboratively in a supportive and friendly environment.

## About the therapeutic team

Room to Heal is currently running three other therapy groups. Two are open-ended and one is a time-limited group that runs for 12 months. Each group is co-facilitated by two therapists. Group membership varies but is generally limited to 10 people. Our therapeutic team is very eclectic and there is currently a mix of integrative and psychodynamically trained practitioners, which helps us keep an open mind and hold different perspectives in mind while working in a relational way. The relationships made in the groups and community play an important role in helping Members cope with the effects of trauma and the difficulties they face today.

## About the project

This post is for a part-time group counsellor or therapist to co-facilitate the Mothers' Group Project. This is a psychosocial project aimed at mothers with small children that otherwise would not have been able to attend our groups due to caring responsibilities. The project consists of weekly online therapy groups and in-person Family Socials (fortnightly). Members will also have their own dedicated caseworker supporting them with accessing housing, welfare benefits, asylum support, destitution and financial support, or help to access good immigration

and asylum legal support. The Family Social gives mothers an opportunity to connect in person and have their children and partners join too. These sessions will be facilitated by a play worker.

### About the role

The group therapist will be co-facilitating a weekly online therapy group, with the current funding period extending to March 2027. As part of the role you will carry out assessments with prospective members and provide individual therapy where necessary. You will also be required to attend the Family Social. You will work closely with other therapists on the team, Mothers' group caseworker and be part of our wider community.

### Main responsibilities

- Co-facilitate a relational therapy group for Room to Heal members;
- Undertake assessments of any potential group members to determine appropriateness for relational group work;
- Provide short-term individual therapy as a way for members to access group and community programme;
- Provide one-to-one sessions with a group member who may be in crisis;
- Keep accurate records, inline with GDPR;
- Write therapeutic reports / letters as required for immigration / housing and welfare issues;
- Liaise with caseworkers to ensure that members have access to quality immigration representation, and support on housing and welfare issues;
- To assist in facilitating occasional residential therapeutic retreats;
- Contribute to planning the community's activity programme and be active in discovering new appropriate therapeutic activities and workshops;
- Assist with monitoring and evaluation;
- Keep abreast of latest research and developments on relational and trauma-focused therapy;
- Be able to articulate any findings to funders and partners;
- Attend clinical group supervision sessions (currently fortnightly);
- Adhere to Room to Heal policies and procedures and work within the BACP/UKCP/BPS Ethical framework;
- 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.

## Person Specification

### Essential skills and experience:

- Experienced counsellor / psychotherapist / psychologist with accreditation in psychotherapy or counselling;
- Parenting experience or experience of caring for small children;
- Experience of facilitating therapeutic groups;
- Experience of working with trauma, ideally in this client population;
- Ability to write therapeutic reports;
- Experience of keeping appropriate and thorough case-notes and records, and understanding of the importance of standards of confidentiality;
- Experience of conducting therapeutic assessments;
- IT literate (email, word processing, database and spreadsheet packages);
- Experience of identifying, managing and escalating safeguarding risks and health and safety issues.

### 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;
- Specialist training in trauma-focused therapies;
- Understanding of the 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.

### Personal attributes:

- Open-minded, flexible, calm and robust;
- An understanding 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. Pre-engagement checks**

- Enhanced DBS check
- Right to work in the UK

### **5. Employee benefits**

- Clinical supervision
- 36 days holiday (inc. Bank Holidays, pro rata)
- 4% employer contribution pension
- Supportive team and external professional support from clinical supervisors and other professionals
- A supportive community of people from across the world
- Staff wellbeing focus, with monthly team sharing spaces
- Opportunities to reflect on and apply your lived experience together with Room to Heal staff so as to benefit the Room to Heal community
- An organisation committed to anti-racist behaviours
- Understanding the impact of race and intersectional identities in the context of our work, in externally facilitated quarterly staff development sessions.

**We invite you to join our diverse and inclusive team.**