



Group Counsellor / Psychotherapist (maternity cover)

Job Description

Job Title: Group Therapist / Counsellor (maternity cover)

Responsible to: Clinical Lead

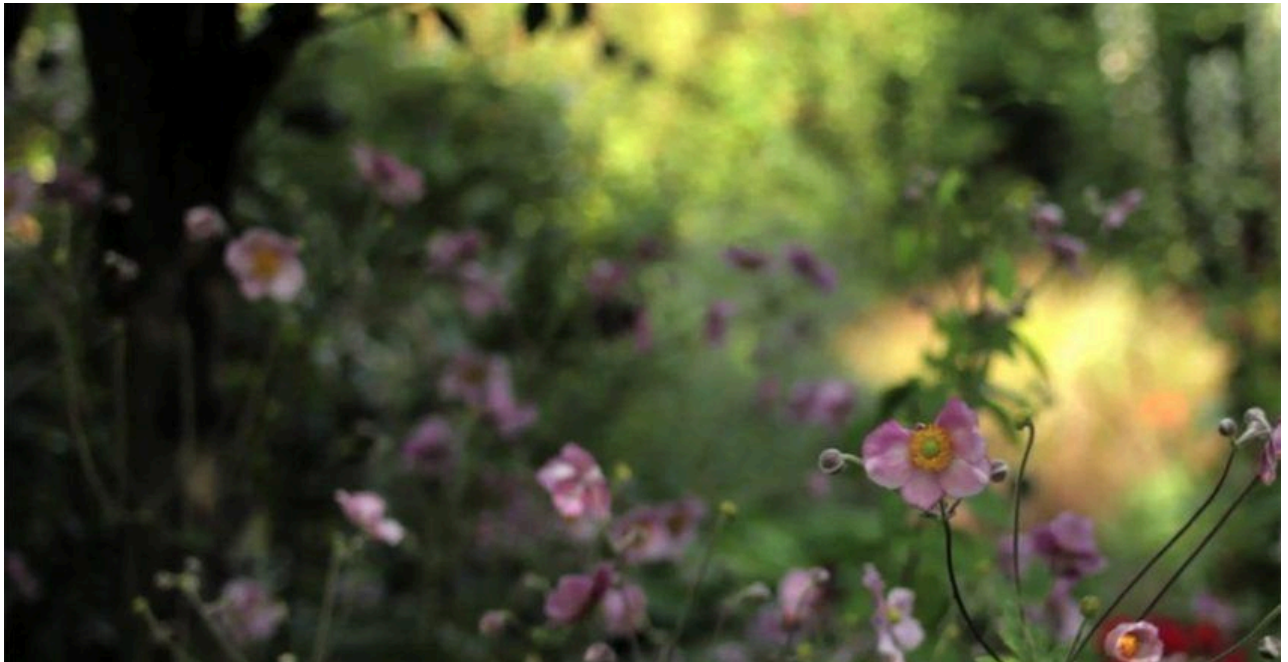
Salary: £32,400-£34,500 pro rata (according to experience and qualifications)

Hours: 2 days per week; Tuesdays and Fridays essential

Contract: Maternity cover, 9-10 months

Application closing date: 2nd March 2026

Location: Newington Green, with occasional remote working



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.

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.

The role

Room to Heal is currently running three therapy groups: one slow-open group, one 1-year group, and an online mothers support group. Each group is co-facilitated by two therapists. Group membership varies but is generally limited to approximately 10 people.

As part of your role you will help form and co-facilitate a new 18 month-year weekly therapeutic support group, which will start after the current 1 year group ends. You will be expected to carry out assessments and conduct individual therapy with prospective members prior to the group starting.

Our approach is relational; 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. However, the therapeutic team is eclectic and there is currently a mix of modalities amongst practitioners. This helps us keep an open mind and hold different perspectives within the team.

Main responsibilities

- Review referrals, considering suitability for group work;
- Undertake assessments of potential group members to determine appropriateness for relational group work;
- Provide short-term, individual therapy prior to the group starting;
- Co-facilitate an 18m relational therapy group;
- Provide ad hoc one-to-one sessions to support group members in urgent need;
- Keep accurate clinical records, inline with GDPR;
- Write therapeutic reports / letters as required for immigration, housing or welfare issues;
- Work closely with caseworkers to ensure members have access to quality immigration representation, and support on housing and welfare issues;
- 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;
- Participate in, and contribute to, therapy team and multi-disciplinary team meetings;
- Adhere to Room to Heal's policies and procedures and work within the BACP/UKCP/BPS ethical framework; and
- Manage all necessary administration relevant to the role, 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;
- 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 clinical 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); and
- Experience of identifying, managing and escalating safeguarding risks and health and safety issues.

Desirable:

- Training in group psychotherapy;
- Direct experience of working therapeutically with people seeking asylum, refugees and other survivors of extreme human rights violations;
- Specialist training in trauma;
- Lived or learned 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; and
- Experience of working and building relationships with a range of partner organisations to coordinate appropriate care of service users.

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; and
- Willingness and interest in working within a community with an egalitarian ethos.

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
- 33 days holiday (inc. Bank Holidays and seasonal office closure)
- 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 regular team sharing spaces
- Opportunities to reflect on and apply your lived experience together with Room to Heal staff so as to benefit the 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.

How to apply

To apply for this role, please send the following to Emily Palmer-White via email with 'Therapist Application' in the title to emily@roomtoheal.org:

Room to Heal, Mildmay Community Centre, Woodville Road, N16 8NA
020 7923 2007, www.roomtoheal.org, info@roomtoheal.org
Charity Registration Number: 1128857, Company Registration Number: 6744055

1. A current and detailed Curriculum Vitae (CV);
2. A statement of why you are interested in the role. Please write about the qualities detailed in the person specification and explain how your experience, abilities, skills and motivations will enable you to meet these requirements. It is important that you write about how you meet the 'Essential' criteria detailed in the first part of the person specification in your statement. Please limit the statement to 2 pages.

We recognise there is a lot in the person specification. Please don't be put off if you don't meet all of the person specifications, you don't need to be expert in all of this right from the start, there will be support and training offered as well as a long handover period.

3. Complete our monitoring form in a separate attachment (you do not have to do this and will not affect your application, however, it is useful for Room to Heal to collect this information). We regret that late applications will not be considered, but do get in touch before the deadline if there are reasons why you can't meet this deadline.