

JOB DESCRIPTION

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| Job Title: | Senior Psychotherapist |
| Directorate: | Health Directorate |
| Location: | TMS |
| Reporting to: | Manager, Life Works Psychotherapy Service |
| Responsible for: | Honorary Psychotherapists (only where allocated) |

PURPOSE OF THE JOB

- Provide one-to-one recovery-oriented psychodynamic psychotherapy to clients, many of whom will have emotional, psychological and/or mental health problems and/or substance use issues
- Facilitate clinically informed group reflective practice sessions for St Mungo's Broadway staff groups
- Work within, and contribute to the development and provision of a high quality psychotherapy provision to socially excluded adults
- Contribute to the development of accessible psychotherapy and other psychologically informed approaches for socially excluded people who have experienced complex or compound trauma
- Provide supervision to honorary and sessional psychotherapists in the Lifeworks psychotherapy service (where allocated by the Life Works Manager)

KEY RESPONSIBILITIES

1. Psychotherapy

To provide one-to-one recovery-oriented psychodynamic psychotherapy to clients

To attend regular psychodynamic supervision with a suitably qualified and experienced supervisor, and regular management supervision with the Line Manager

To maintain professional registration, insurance and engage in continuous professional development (where required by Life Works and St. Mungo's Broadway)

To act within the professional code of conduct and ethics of the registering body

2. Client Support

To facilitate psychodynamic groupwork with clients (where agreed with the Lifeworks Manager and clinical supervisors)

To work with clients in exploring and developing insight into the personal, social and cultural meanings of their experience of psychological, emotional and mental health problems and/or substance dependency and the psychosocial processes of exclusion and recovery.

To work with clients to promote affect regulation and positive relationships.

To establish effective links with other staff and agencies in support of clients

To record and maintain evaluation and monitoring data on the effectiveness of the service as required by the Life Works manager.

3. Staff support

To facilitate regular clinically informed staff reflective practice groups for identified St Mungo's Broadway operational teams

To help design and/or deliver staff training on the emotional and psychological processes of social exclusion, complex/ compound trauma, and recovery

To supervise Honorary Psychotherapists, volunteering, with Life Works (as allocated by the Life Works Manager)

GENERAL

- Adhere to St Mungo's Policies and Procedures at all times.
- Cover for other members of the team and division as necessary.
- Being proactive in reviewing and evaluating own performance and identifying and acting upon areas for improvement and development.
- Undertaking, as required, any other duties compatible with the level and nature of the post and/or reasonably required by more senior members of staff.
- Attend and participate in divisional and team meetings and other meetings as required.

This job description covers the current range of duties and will be reviewed from time to time. It is St Mungo's aim to reach agreement on changes, but if agreement is not possible, St Mungo's reserves the right to change this job description.

PERSON SPECIFICATION

Senior Psychotherapist

Although we are keeping direct experience/knowledge requirements to a minimum, we do need you to use the application form or covering letter to demonstrate your capabilities, in relation to each point listed under essential requirements in the person specification. Where relevant use your answers to illustrate how your competences have helped you achieve positive results.

ESSENTIAL REQUIREMENTS

Experience

1. Proven experience of working psycho-dynamically with people living with mental health problems and current substance dependencies.
2. BCP, BPS or UKCP registration or full BACP accreditation following completion of a psychodynamic training.
3. Demonstrable personal experience of psychodynamic psychotherapy.
4. Experience of psychodynamic work with groups and/or individuals.
5. Experience of facilitating reflective practice and/or clinical supervision groups with staff teams

Skills, Knowledge and Abilities

6. Understanding of the inter- and intra-personal dynamics of working with people with experience of complex or compound trauma.
7. Understanding of the psychosocial experience and processes of homelessness and social exclusion.
8. Understanding of the principles of Recovery and thinking behind Psychologically Informed Environments.
9. A commitment to personal supervision and continuous professional development.
10. Maintenance of good quality data and production of written and verbal reports.

The following are required of all roles with St Mungo's. However, you do not need to address these in your application.

- Genuine interest in and commitment to St Mungo's work and client group.
- An understanding of and commitment to diversity & equality
- Willingness and ability to work hours outside of normal office hours on occasion (time off in lieu will be granted).
- Willingness to work flexibly in response to changing organisational requirements.

In the selection and interview process, we will be assessing candidates against the following competencies:

| COMPETENCY | PRIMARY INDICATORS |
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| Improving and Innovating | <input type="checkbox"/> Is client and customer focused <input type="checkbox"/> Is open to new ideas, improvement and change <input type="checkbox"/> Handles situations and problems with innovation and creativity <input type="checkbox"/> Shows commercial and financial awareness |
| Interacting and Influencing | <input type="checkbox"/> Takes responsibility and demonstrates values-driven leadership <input type="checkbox"/> Shows self-awareness <input type="checkbox"/> Works well with other people <input type="checkbox"/> Collaborates and networks effectively internally and externally <input type="checkbox"/> Shows sound communication and influencing skills |
| Understanding and Doing | <input type="checkbox"/> Able to find and analyse relevant written and numerical information and use it to make sound judgements <input type="checkbox"/> Able to think strategically <input type="checkbox"/> Demonstrates the necessary technical skills and aptitudes at the level that are required for the role <input type="checkbox"/> Has good writing skills at the level required for the job <input type="checkbox"/> Plans, organises and manages time well <input type="checkbox"/> Demonstrates compliance and accountability |
| Involving and Including | <input type="checkbox"/> Builds client/stakeholder involvement into all activities <input type="checkbox"/> Aware of own level of cultural competence and proactively seeks to develop <input type="checkbox"/> Actively promotes equality, diversity and inclusion among colleagues and clients. |
| Managing and Empowering (for managers only) | <input type="checkbox"/> Builds a high performing team <input type="checkbox"/> Provides staff with clear direction and support <input type="checkbox"/> Motivates, supports, enables and promotes the wellbeing of their team <input type="checkbox"/> Manages the operational aspects of their function efficiently <input type="checkbox"/> Implements plans, strategies and services effectively <input type="checkbox"/> Actively contributes to service growth |