**Application Pack**

Trainee Cognitive Behavioural Psychotherapist

(Children & Young People’s IAPT Service)

Dear Applicant,

**Re:** Trainee Cognitive Behavioural Psychotherapist - Children and Young People’s Improving Access to Psychological Therapies Programme (IAPT)

Thank you for your interest in working for The Junction. Within the application pack you will find a Job Description, Person Specification, Equal Opportunities Monitoring Form and application form.

The Junction is a respected charity working to make a difference to the lives of children young people and their families. We are proud of our reputation and believe that all of our workers are key to establishing positive relationships, building trust, self belief, a sense of family and belonging.

We are looking for an enthusiastic, suitably qualified and experienced person with the ability, commitment and passion to train for a postgraduate qualification whilst supporting young people to rise above life’s challenges.

When writing your application please ensure you address the person specification provided and highlight any information in excess of the criteria. If you would like to discuss the requirements of the post or have any questions about the role please contact **Sara Mirsalehi** on 01642 756000 or via e mail at **Sara.Mirsalehi@thejunctionfoundation.com**

Once you have completed your application please return to:

[recruitment@thejunctionfoundation.com](mailto:recruitment@thejunctionfoundation.com)

Or alternatively post to The Junction, Westfield Farm, The Green, Dormanstown, Redcar, TS10 5NA, please ensure your envelope is marked PRIVATE AND CONFIDENTIAL.

Please note the deadline for the applications **is noon on 27/11/2023.**

**Interviews will take place on the week of 11th December.**

The post is subject to relevant safeguarding procedure which includes a satisfactory Disclosure and Barring Service check. We look forward to receiving your application.

Yours faithfully,

Beth Major

Chief Executive Officer

**Why work for The Junction?**

**Pension**

We contribution 5% of your equivalent salary into your pension scheme for all eligible posts.

**Staff Wellbeing Programme**

Our staff Wellbeing Programme, provided through Simplyhealth, provides money back on health related treatments such as optician costs, dentist fees, physiotherapy and alternative therapies, so you aren’t left to foot the bill.

**Counselling Helpline**

We provide access to 24hr Counselling Helpline support so you are never left to struggle if life becomes tough.

**Counselling Face-to-Face**

In addition to the helpline we provide access to 6 sessions of face to face counselling

**Generous Holidays**

Our generous holiday entitlement of 6 weeks per year plus bank holidays means you can balance your work and home life commitments.

**Loyalty Holiday Bonus**

We reward loyalty by offering colleagues 1 extra days holiday for every completed holiday year up to a maximum of 5 additional days. Increasing holiday entitlement to 7 weeks per year plus bank holidays for 5 completed holiday years.

**Staff Development**

We have a history of growing our own talent and we develop and support staff to expand their knowledge and take opportunities that become available.

**Making a Difference**

By being part of an extra ordinary team we work together to help transform the lives of local children, young people and families.

**Within The Junction**

There are a range of services within The Junction all working towards shared goals and all focused on making a difference to the lives of children, young people and their families, including:

* Youth Employment Services
* Young Carers’ Services
* Youth Services
* Children and Young People’s Emotional Wellbeing and Mental Health Services
* Children and Young People’s Specialist Transport Services

We pride ourselves on being able to provide multiple specialist services ‘under one roof’ with each service interacting together to provide the best possible seamless service to children and young people. We employ multi-disciplinary teams of professionals with backgrounds in psychology, social work, counselling, youth work and youth unemployment as well as other qualified and experienced practitioners who:

* Understand the issues facing children and young people
* Have the skills to effectively support them
* Can deliver outcome focused interventions

We have developed a unique service delivery model to ensure that clients are able to access a service that supports their individual needs. However, the ethos of The Junction ensures our services do not work in silos, although we recognise the need for service identities and separate lines of accountability to stakeholders.

All of our services are person-centred, outcome-focused and outcome-driven with an increased need to evidence the impact our services have on children, young people and their families.

Expectations and Job Description

It is essential that everyone who works or volunteers for The Junction recognises how their efforts help us make a difference to the lives of so many children, young people and families who are in need of our support. It is equally important that everyone is conscious of how their role supports the Vision and Mission of The Junction and that everyone can feel a sense of pride in their work.

We are very protective of our reputation of putting children and young people at the heart of everything we do and we have a clear expectation that all of our workers believe in and work to the Values and Key Principles of the organisation.

**Vision**

Our vision is a world where no child, young person or family is left to struggle. We want a world where there is always someone to talk to.

**Mission**

To empower children, young people and their families to embrace life with confidence, facing life’s challenges in a positive way.

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| **Values** | **Key Principles** |
| We listen | Children and Young People are at the heart of everything we do |
| We genuinely care | Our workers are the key to building strong, positive relationships |
| We don’t judge |
| We empower | Working in partnership to make change happen |

**Working within The Junction’s policy environment**

All Junction staff and volunteers are expected to work in accordance with the policies, practices and procedures of the organisation. Key to this approach is a commitment to promote and safeguard the welfare of children, young people and vulnerable adults, as safeguarding is everyone’s responsibility. Similarly, all staff are expected to demonstrate a commitment to promoting and valuing diversity, being prepared to challenge the use of discriminatory language and to support and encourage non-discriminatory practice.

**Personal Development**

All staff are expected to make a commitment to their own personal development, partaking in training opportunities, actively participating supervision and appraisal sessions as required, and supporting the personal development of others, particularly apprentices.

**Job Description**

**JOB TITLE:** Trainee Cognitive Behavioural Psychotherapist - Children and Young People’s Improving Access to Psychological Therapies Programme (IAPT)

**SALARY:** £23,949pro rata- BAND 4 Agenda for Change

**HOURS:** 37.5 hours per week

**CONTRACT TYPE:** 12 months’ Fixed Term contract (commencing in January 2024) with a possible one-year extension (subject to funding).

**RESPONSIBLE TO**: Emotional Wellbeing Service Manager

**ACCOUNTABLE TO**: Chief Executive Officer

**JOB PURPOSE:**

To support vulnerable and disadvantaged children and young people, with emotional and mental ill health, to rise above life’s challenges, build resilience, achieve positive and sustainable outcomes.

The Children and Young People’s Improving Access to Psychological Therapies Programme (CYP IAPT) is a service transformation programme delivered by Health Education England and partners which aims to improve existing children and young people’s mental health services working in the community.

The post available is a training role within The Junction’s Children and Young People’s Improving Access to Psychological Therapies programme (CYP IAPT). The post holder will work under supervision within The Junction, as part of a multi-disciplinary team, to deliver high-quality, brief outcome focused evidence-based interventions for children and young people experiencing mild to moderate mental health difficulties.

The training and service experience will equip the post holder with the necessary, knowledge and capabilities to carry out their duties effectively within a well-respected and value driven organisation.

The post holder will attend all university based taught and self-study days required by the education provider and work in service for the remaining days of the week using their newly developed skills.

The post holder will be flexible in meeting the needs of the service by carrying out clinical work across the South Tees areas as the service requires.

**SUPPORT:**

Support will be provided by the Service Manager or appropriate designated person who will carry out regular clinical and case management supervision.

**PRINCIPAL DUTIES AND RESPONSIBILITIES:**

**Working with children, young people and their families**

1. To work to provide community based and school based one to one and group support for vulnerable and disadvantaged children and young people aged 5-18 and their parents who have emotional well-being difficulties and mental ill health.
2. To work with families involved with social care liaising closely with social workers and other professionals working across children, young people and family services.
3. To provide, under supervision, assessments, including risk assessment, of children and young people presenting with co morbidity of anxiety and mood disorders, self-harm and suicidal ideation, phobias and OCD.
4. Make decisions on the suitability of referrals, with the support of experienced practitioner, and refer unsuitable young people on to the relevant service or back to the referral agent as necessary or step up through referral.
5. To support management of waiting lists playing an active role in prioritization, assessment and signposting.
6. To select a range of appropriate therapeutic interventions for children, young people and families experiencing mild to moderate or moderate to severe mental health difficulties and delivered in collaboration with the child, young person and family.
7. Educate and involve family members and other in work as necessary.
8. Attend multi-disciplinary meetings relating to children and young people where appropriate.
9. Assess and integrate any issues surrounding school into the overall process.
10. Keep records of clinical activity, collect routine outcome measures and children, young people and family’s evaluations. Contribute to the collation and analysis of this data.
11. To explore and evaluate clinical treatment using evaluation tools, contributing to evidence-based practice.
12. Accept referrals via agreed protocols within the team and follow discharge protocols.
13. Personally, and as a team work in a young person-centred approach to empower young people, to achieve sustainable positive change.
14. Work where required with guidance and whilst maintaining confidentiality with the whole family.
15. Establish and maintain positive relationships with young people, their families, external stakeholders and the wider community.
16. Raising awareness of the needs of vulnerable children, young people and their families with stakeholders and the wider community.
17. Demonstrate an active commitment to making a positive difference to the lives of children, young people and their families.

## Working in Teams

1. Work as part of The Junction’s team(s) to provide a flexible and effective service for vulnerable children, young people and their families to achieve positive outcomes in line with organisational and the project objectives.
2. Create and maintain effective working relationships withal systems around a child including family, Head teachers, Deputy Heads, SENCO’s, Pastoral Teams, mental health champions and wider teaching staff by providing advice and consultative support on emotional and mental health issues, and in relation to appropriate referral pathways for children, young people and families experiencing moderate to severe mental health difficulties.
3. Work collaboratively with all colleagues and partner agencies, including attending and reporting to relevant external meetings as directed including safeguarding, child protection and others as required.
4. Ensuring that information about the role of The Junction and its projects is publicised and promoted.
5. Work as part of The Junctions Team(s) to contribute to its strategic and organisational development including sharing experience, knowledge and where appropriate providing training and guidance.
6. Keep up to date records regarding work with children, young people and their families for monitoring purposes.
7. Contribute to the development of individual or group clinical materials or training materials and go on to develop further such materials as falls within own degree of competence.
8. To contribute to the day-to-day administration & running of The Junction’s projects & services.
9. Undertake other duties and responsibilities as required from time to time commensurate with the post

## Working within the Junction’s policy environment

1. Demonstrate a commitment which promotes and values diversity and the equality of opportunity in relation to employees, workers, service users and the wider community, challenge the use of all discriminatory language and practice and positively encourage all staff, volunteers, partners, young people and volunteers to adopt non-discriminatory practice.
2. Undertake all work in accordance with The Junctions polices and practice including but not withstanding Health and Safety, Risk Management
3. Achieve that the highest standards of customer care are met at all times
4. Positively promote the welfare of children, young people and vulnerable adults and ensure that it is recognised that safeguarding is everyone’s responsibility.
5. Work and adhere to The Junctions values at all times.

## Personal Development

1. Attend the IAPT CBT Training programme and successfully complete the academic and clinical requirements of this course.
2. Attend arranged clinical/ managerial supervision on a regular basis with a designated appropriate person to meet required standards. To be proactive around discussing any issues with external supervision and to highlight any potential issues to Line Management within The Junction as the first port of call.
3. Prepare and present caseload information to supervisors and case managers within the service on an agreed and scheduled basis, in order to ensure safe practice and governance obligations of the trainee, supervisor and service are delivered.
4. Respond to and implement supervision suggestions by supervisors in practice.
5. Be aware of, and keep up to date with advances in the field of treatment for common mental health problems.
6. Participate in an annual appraisal and respond to agreed actions.
7. Be committed to your own personal development partaking in personal development opportunities and undertaking training, supervision and appraisal as required Keep coherent records of all training and clinical activity in line with The Junction’s service protocols and use these records and outcome data to inform decision making.
8. Support the development and training of colleagues by sharing experience, providing training and learning experiences

## Undertake other duties and responsibilities as required from time to time commensurate with the post.

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| **PERSON SPECIFICATION** | **Essential  or**  **Desirable** | | **Proposed Selection Method** |
| **Qualifications and Training** | | | |
| Holds a recognised qualification in counselling or psychological therapy | E | | Application / Interview |
| Holds a Psychology or other health/social care/ youth related undergraduate degree | E | | Application / Interview |
| Holds a recognised membership of a relevant professional body (ie BACP/BABCP/BAAT/UKCP/BPS) | D | | Application / Interview |
| Is accredited with a relevant professional body (ie BACP/BABCP/BAAT/UKCP/BPS) | D | | Application / Interview |
| Demonstrable experience of appropriate Safeguarding training | D | | Application / Interview |
| Ability and willingness to undertake further training and development as required within Job Description | E | | Application |
| Demonstrable commitment to personal development | E | | Application |
| Able to attend one day per week course | E | | Interview |
| Able to complete academic components of the course | E | | Application / Interview |
| **Experience** | | | |
| Substantial post qualification experience as a practicing counsellor/psychological therapist | E | | Application / Interview / References |
| Good understanding of cognitive behavioural approaches | E | | Application / Interview / References |
| Demonstrates an understanding of CYP IAPT | E | | Application / Interview / References |
| Experience of working with a children and young people’s mental health service | E | | Application |
| Experience of working in a service where agreed targets are in place demonstrating outcomes | D | | Interview |
| Recent experience of working with a range of agencies to support vulnerable young people | D | | Interview |
| Experience of contributing to organisational development | D | | Interview |
| Experience of working in community-based settings, particularly schools, colleges and training providers | E | | Application / Interview / References |
| Ability to manage own caseload and time | D | | Interview /References |
| Experience of delivering presentations to professionals and young people | D | | Interview |
| **Knowledge, Skills and Abilities** | | | |
| Knowledge of issues and challenges that vulnerable children and young people face | E | | Interview |
| Excellent people skills-Ability to engage, build strong relationships with children and young people to build trust, motivate and empower them to meet agreed goals and outcomes | E | | Interview |
| Excellent interpersonal and communications skills | E | | Interview |
| Good organisational skills and the ability to prioritise workloads to meet the needs of children, young people and their families | E | | Interview |
| Ability to work with partner organisations from the public, private and voluntary sectors and especially schools. | E | | Application / Interview |
| Able to work as part of a team | E | | Application / References |
| Understanding of the risk involved in working with vulnerable children and young people | E | | Application / Interview |
| Understanding and experience of the need to have and work to appropriate professional boundaries | E | | Application / Interview |
| Effective communication skills, both verbal and written and ability to understand and respond to requirements of different audiences |  | E | Application / Interview |
| Excellent case recording, report writing and case presentation skills | E | | Application / Interview |
| Excellent IT skills – including competency in using Microsoft word and experience in using data base systems to record sessions and notes |  | E | Application / Interview |
| **Work related circumstance** | |  | |
| Willingness to work flexible hours including some evening and weekend activities. | E | | Application |
| Prepared to work in a non-smoking environment | E | | Application |
| Demonstrate an understanding of professional boundaries and appropriate relationships with people and other professionals | E | | Application |
| Vehicle licence and access to a vehicle for work purposes | E | | Application |
| **Equal opportunities, Diversity and organisational values** |  | |  |
| Commitment to pursue Equal Opportunity and Non Discriminatory practices. | E | | Application / Interview |
| **Personal qualities** |  | |  |
| Empathy and understanding of the needs of the client group | E | | Interview |
| Personal resilience | E | | Application |
| Friendly and welcoming | E | | Interview |
| Ability to work in a developing service and embrace change | E | | Interview |
| Energy and Commitment | E | | Interview |
| Understanding of and Commitment to The Junctions core values | E | | Interview |