

JOB DESCRIPTION – TRAINEE PSYCHOLOGIST/ PSYCHOTHERAPIST IN EATING DISORDERS

Reports to: Heads of ED department

Hours: 1-2 days per week

Salary: Dependent on experience

Location: Noa House (Golders Green)

Holiday entitlement: (Taken in hours) 28 days FTE including bank holidays, plus Jewish holidays when Noa is closed

General Description

At Noa Girls, we offer emotional, practical, and therapeutic support to adolescent girls aged 12-24 from the London Orthodox Jewish community. Our staff includes psychologists, psychotherapists, social workers, family therapists, dietitians, clinical managers and keyworkers who together provide the care, support, and skills to enable Noa girls to regain their self-worth, empowering them to lead healthier and more productive futures.

Key Tasks and Responsibilities

- To develop a positive, professional and caring relationship with girls.
- After training and guidance, to carry out specialist psychological assessments of referred clients.
- To learn about and subsequently deliver specialist evidence-based psychological interventions to individuals and groups according to NICE guidelines.
- To undertake risk assessment and risk management for individual clients and to provide specialist advice to other professionals on psychological aspects of risk assessment and risk management.
- To work effectively as a member of a multidisciplinary team.
- To build constructive relationships with external agencies such as the NHS, schools and safeguarding teams, also with the wider community.
- To assist staff with the meal support programme for girls including the provision of 1:1 supervision of meals either in homes, schools or on site at Noa girls.

- To provide relevant and compassionate support to carers and families.
- To carry out routine outcome assessments of clients including administration and scoring of questionnaire measures and the preparation of reports.
- Over time, to assist psychologists/psychotherapists in the development of individual or group clinical materials or other training resources.
- To receive regular clinical and professional supervision, in accordance with professional guidelines.
- To undertake personal training relevant to the post in agreement with the supervising psychologist and the manager
- To ensure that all information generated by own work is recorded as required by Noa Girls and professional guidelines.
- To adhere to ethical guidelines and professional standards in all aspects of clinical practice, including maintaining confidentiality and boundaries with clients.
- To ensure the safeguarding of all clients under the care of Noa girls, reporting as appropriate in accordance with listed procedures.
- To conduct surveys and audits with service users and carers to gather views on service provision.
- To work flexibly which may include offering some regular commitment to late or early shifts, within the overall job plan.

Benefits

- Supervision and mentorship: Access to regular supervision and mentorship by highly experienced psychologists and psychotherapists specialising in eating disorders, providing guidance, support, and opportunities for professional growth.
- Clinical experience: Opportunities to gain hands-on clinical experience working directly with girls with eating disorders, allowing for the application and refinement of therapeutic skills in a supportive environment.
- Multidisciplinary Collaboration: Engagement in collaborative work with a multidisciplinary team consisting of psychologists, psychotherapists, dietitians, keyworkers and other mental health professionals, facilitating holistic care and learning from diverse perspectives.
- Professional Development and Specialised Training: Exposure to specialised training and continuing education focused on eating disorders treatment.
- Supportive work environment: A supportive and inclusive work environment that cares genuinely about one another and promotes job satisfaction.
- Personal fulfilment: The opportunity to make a meaningful impact and help to transform the lives of young girls with eating disorders.
- Competitive salary and benefits package.
- In the future: A possibility of gaining a permanent position at Noa Girls eating disorder service.

PERSON SPECIFICATION

Essential Requirements: A/I

- In the final year, or recently completed a recognised post-graduate program (masters or doctorate) in psychology, psychotherapy, clinical social work, or a related mental health field.
- Passion, dedication and a sincere commitment to making a positive difference in the lives of girls struggling with eating disorders.
- Strong interpersonal and communication skills including the ability to establish rapport, demonstrate empathy and effectively engage with Noa girls and their families or support systems.
- Flexibility, adaptability and resilience in navigating the challenges and complexities inherent in working with individuals with eating disorders, including sensitivity to cultural and socioeconomic factors that may impact treatment.
- Ability to work in a team.

Desirable:

- Knowledge of eating disorders
- Knowledge of mental health policy and legislation
- Experience of administering psychometric tests.
- Experience of working in a team.
- Experience of facilitating groups.
- Experience of meal support.
- Experience of delivering CBT and guided self-help interventions
- Previous experience working in the charity sector and the Orthodox Jewish community.

Additional information

This job description and person specification is not prescriptive; it merely outlines the key tasks and responsibilities of the post. The trainee will be expected to carry out such reasonable duties as may be requested from time to time by their supervisors. The key tasks and responsibilities may be subject to change but always in consultation with the post holder. The job description may also be subject to alteration in response to changes in legislation or Noa Girls' operational procedures.