

JOB DESCRIPTION – HONORARY TRAINEE THERAPIST

Reports to: Clinical Lead of the Therapy Programme

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

Noa Girls provides emotional, practical, and therapeutic support to adolescent girls aged 12-24 from the London Orthodox Jewish community. Noa girls receive care, support, and skills to enable them to regain their self-worth, empowering them to lead healthier and more productive futures.

We are seeking to appoint an **Honorary Trainee Therapist** within our therapy programme to provide specialised psychological assessment, formulation and intervention for clients, families, carers and groups of clients, staff training and audit. The successful candidate will join our existing team of counselling psychologists, psychotherapists, CBT therapists and art therapists for the duration of their placement to further develop and grow our programme to encompass all that Noa stands for.

About the Role:

Candidates should already hold clinical experience and ideally be in their final year of training.

Weekly supervision with a senior psychologist/ practitioner will be provided.

Key Tasks and Responsibilities

- carry out psychological assessments sensitively and independently with a range of client presentations.
- formulate the nature, causes and maintaining factors of psychological difficulties and presentations informed by a broad range of potentially conflicting clinical, theoretical and conceptual models.
- communicate such formulations professionally, sensitively and diplomatically, frequently in an emotive atmosphere, to clients, relatives, carers and other healthcare professionals relevant to the case.
- plan and implement bespoke, formulation-driven psychological interventions, or programmes empathically, sensitively and independently, with a broad range of client groups, carers (including relatives), families, and groups of clients, and to evaluate the impact of such interventions.
- plan and deliver group sessions for clients or their carers.

- provide advice and support for parents, carers and other professionals where appropriate.
- build positive relationships with, network and consult with, relevant external agencies such as social services, independent and voluntary sector, to facilitate and enable intervention at multiple levels.
- plan and provide formal and informal training to other therapists, other professionals, and carers.
- keep appropriate records of work and update referrers and relevant others through letters or reports.
- work as a member of a multidisciplinary team.
- follow a person-focused and evidence-based approach.
- receive regular clinical supervision in accordance with professional guidelines and criteria and university procedures.
- plan, monitor and evaluate own work, using clinical outcomes assessments, including Noa's Monitoring & Evaluation forms.
- follow the advice and policies of the placement provider, including knowledge, awareness of, and compliance with the legal framework relevant to the placement and client group.
- be familiar with and abide by confidentiality and information handling and storage guidelines of the placement provider.
- Develop positive and caring relationships with clients.
- Support communication between staff involved in client care.
- Attend relevant networking meetings with other professionals involved in clients care.
- Hold a caseload of 5-7 clients for therapy

Person Specification

Skills:

- At least three years' experience of client facing work
- Previous experience working with adolescents
- Experience of working in high pressure/complex case service
- Have an understanding of safeguarding, confidentiality and safe working practices

Personal Attributes:

- Warm, creative and engaging
- Strong communication skills, and approachability
- Ability to work on own initiative and as an active team member
- Enjoys multi-tasking in a fast-paced environment
- Passionate about supporting the mental wellbeing of girls from the Orthodox Jewish community in navigating their adolescence

Ideally you would:

- Have previous experience working in the charity sector and the Orthodox Jewish community