Children & Adults Therapy Services

Placement at Children & Adults Therapy Services practice

In our effort to promote social responsibility, the Children & Adults Therapy Services practice is offering university students, adolescents and low-income individuals time limited psychological therapy services at reduced rates. Therefore, we are looking for trainee therapists/counsellors or counselling psychologists in training who are looking for a placement and would be able to work with this client group.

Issues we offer to help clients with in the placement program:

- Anxiety and stress
- Work – life balance
- Mild to moderate depression
- Relationship issues and relationship breakdown
- Social anxiety
- Disordered eating
- Self-confidence, self- worth, self-esteem and body image
- Bereavement
- Coping skills
- Sexual difficulties
- Coping with life changing events
- Trauma

Placement benefits:

- Monthly in-house supervision. However, trainees are required to have their own private supervision as well.
- Free regular CPD and training sessions.
- Access to networking, referrals and opportunity to grow own private practice at Chat Services at the end of placement.

Requirements:

- Suitable level of training to be able to work with clients. This means that your training organisation has now asked you to find a placement where you can put into practice your therapy/counselling/psychology training. Your training organisation would

therefore allocate you a tutor and a clinical supervisor. Please not, you will need to have already acquired a minimum of 50 hours of clinical practice.
- Ability to do face to face sessions at our practice in London – Welbeck Street when needed.
- Own liability insurance.
- Letter of support from your organisation including the number of clinical hours you need to achieve generally as well as the details regarding your tutor and supervisor.
- Enhanced DBS check. This can be applied for through our practice if needed.

Key Responsibilities

- To apply your expertise and abilities into formulating effective intervention strategies for patients with different presentations.

- To conduct satisfactory therapy sessions for adults and/or children (depending on your training). These can be individual sessions or group sessions (such as family, relationship, or parent-child relations).

- To communicate suitably with external agencies, such as general practitioners (GP) and healthcare insurers as well as other healthcare professionals such as psychiatrists, providing them with appropriate information and client advice.

- To attend regular clinical supervision with both an external supervisor and inhouse supervision, ensuring that you receive applicable assistance and guidance where required. This includes help with therapeutic skills, challenges, and ethical concerns.

ChAT's values

Essentially, at ChAT Services we are dedicated to assisting individuals in achieving their optimal mental wellbeing. Thus, all our practitioners demonstrate the following therapy philosophies

- Positivity
- Motivation
- Optimising Achievability
- Duty of care
- Patients need and care as a priority

Our client promise

Our promise stems from Carl Jung's attitude. Accordingly, we promise to provide all clients with a safe space where they feel comfortable to discuss their issues. Most importantly, we promise to not judge and to meet all predicaments with genuine compassion and understanding in attempt to provide each client with support along their individual recovery journey.

Our principles

C -Communication

Communication is one of the most effective ways an individual can express themselves and get to know someone. Genuine communication has been consistently found to have a linear relationship with increasing successful patient outcome. Thus, we consider communication as essential for building and sustaining a good rapport between clients and patients but also between staff members.

H -Help

At the heart of our philosophy lays our devotion to helping the patient. It is important that our team actually help their patients and see progress in their wellbeing over time. For this reason, we ask all our employees to know and understand what help the patient wants and to create a formulation in accordance with their needs.

A -Attitude

One of the central qualities we take pride in is our team's attitudes. All of our members hold a positive attitude towards their clients' presentations. It is crucial that regardless of how large they feel that the problems they are facing are, they are met with understanding, empathy, optimism and containment

T -Trust

The foundations of any relationship are built upon trust. In this case, it is vital that the client is aware that what is said in their session is confidential and will not be judged (within the limits of safeguarding).

Trainee Duties

1. **Clinical Duties**

- Fundamentally you are required to conduct appropriate psychological assessments. These are expected to be performed to a high standard, in a systematic methodological way. We also offer extensive training during the induction for you to implement these essential skills.

- Please note that you are only required to work with **low-risk patients**. All clients are assessed as low risk before being assigned to you. However, before your therapy sessions begin, you are expected to have an initial assessment with the client to discuss their presenting issues, goals in therapy and their treatment plan and also do another risk assessment.

- Upon completion of a psychological assessment, you are expected to translate the findings into a short-written report. You must be able to adequately relay the information to the client and any other relevant professional (such as a parent or psychiatrist).

- Following this initial stage, a suitable intervention plan should be formulated. We expect that this is derived from your knowledge of concurrent theoretical frameworks and/or explanatory models in which you are trained.

- You are expected to maintain an ethical and professional therapeutic relationship at all times with the client.

2. Service Improvement

- We are dedicated to constantly improving our services and we value your opinion when you participate in meetings related to those projects.

- You would be taking part in our yearly service evaluation program.

3. Training and staff development

- We ask that you undertake professional supervision with an external supervisor approved by your training organisation as well as attending the group supervision provided by the practice. There would be a shared responsibility between the practice, yourself and your training organisation/tutor/external supervisor.

- We request that you attend our Continuous Professional Development (CPD) as this will aid in strengthening your individual skills whilst helping you to build and maintain new skills. Initially there will 2 training sessions to help you familiarise yourself with our processes and offer you the skills, knowledge and information related to: performing assessment sessions, safeguarding issues, lone working policy, Equal opportunities, health and safety procedures, complaint's procedure, disciplinary & grievance procedure and service user evaluation.

- You will be provided with a lot of support throughout this role, if you have any predicaments, you are responsible for voicing this to your supervisor.

Recruitment process:

- **Stage 1** – Application Shortlisting: Applications will be reviewed and shortlisted based on the information provided in the application form.
- **Stage 2** – Online Interview: Shortlisted candidates will be invited to a 20-minute online interview.

- **Stage 3** – In-Person Interview: Candidates who are successful at the online interview stage will be invited to a formal in-person interview. This will include:
    - A more in-depth discussion of the candidate's experience and suitability for the role
    - A short pre-interview study task, with all relevant information provided one week in advance
    - A 20-minute observed mock therapy session
    - Pre-Interview Requirements: Candidates must hold a current Enhanced DBS certificate, and referees will be contacted prior to the in-person interview. Attendance at the in-person interview is conditional upon these requirements being met.

You can send your completed application form to: vacancies@chatservices.co.uk