

Job Description: Band 7 Counselling / Clinical Psychologist

Reports to: Clinical Lead, Dose of Nature

Location: Kew, London, and off-site visits where needed.

Contract: 4 or 5 days 9-5:30pm Monday to Friday with some hybrid working.

Salary: £46,148 - £52,809 (FTE)

Job Overview: This is an exciting opportunity for an enthusiastic and innovative psychologist to join our warm and friendly team at our Dose of Nature hub in Kew, London. Dose of Nature is in an exciting phase as we continue to receive funding to expand our reach, particularly for young people aged 16 – 25, we are seeking a psychologist with passion for the natural world to support us with the expansion of our young people’s programme, as well as support with our main programme for adults. There is great potential for the psychologist to lead on areas in which we seek to develop and expand, and the post-holder would be closely supported by the psychology team, as well as the wider team, to do so.

Dose of Nature is a mental health charity whose objective is to improve the mental health and wellbeing of individuals through increased engagement with the natural world. Our work is rooted in a wealth of scientific evidence that demonstrates the physiological and psychological benefits of spending time in nature. We deliver ‘nature prescriptions’ to people referred by their GP with a wide range of mental health issues, including depression, anxiety, trauma, and addiction. Our Dose of Nature Prescription is overseen by psychologists and is a genuine alternative to both medication and more traditional psychological interventions. Through a combination of education, first-hand experience, and practical and motivational support, we aim to encourage a greater connection with nature, and inspire lifestyle changes that will have a significant and lasting impact on mental wellbeing. Dose of Nature is a fun, supportive and lively organisation that encourages creativity and independence, as well as a strong sense of working together as a team.

The nature of the role requires occasional evenings and weekends to cover volunteer training evenings and social events as necessitated by the needs of the charity.

This document sets out the main responsibilities and duties of the post but is neither exhaustive nor exclusive. The postholder may be required to undertake such other duties and responsibilities as may reasonably be expected of an employee of this grade.

Key Responsibilities

Clinical

1. To carry out psychological assessments of clients referred to the service, to reach a psychological formulation of the client’s difficulties and understand their wider contextual needs, and to support those clients throughout their journey with Dose of Nature, offering ad-hoc support where needed.
2. To subsequently pair clients with an appropriate volunteer who then delivers the Dose of Nature Prescription.
3. To review clients at the end of their Dose of Nature Prescription and ensure that those clients who would like to and / or need to, maintain connection with Dose of Nature can do so by attending groups, social events, and through ad-hoc support.
4. To maintain relationships with GP practices and other referrers, and to inform them of client progress.



5. To support the Clinical Lead to offer interventions to young people aged 16 - 25, including one-to-one Dose of Nature Prescriptions, workshops and presentations, both on site and in schools and colleges.
6. To provide specialist psychological advice, guidance and consultation to other professionals, staff members and volunteers contributing to a client's recovery.
7. To undertake risk assessment, formulation, and management for clients and to provide advice to the Dose of Nature team on psychological aspects of risk assessment, formulation, and management.
8. To promote actively, client involvement in their recovery and service development.

Teaching, training, and supervision:

1. To receive and provide regular clinical supervision.
2. To gain additional experience and skills relevant to the Dose of Nature model.
3. To provide clinical placements for trainee counsellors and / or trainee psychologists where needed and if appropriate, ensuring that trainees acquire the necessary skills and experience to contribute effectively to client recovery, utilising the Dose of Nature model.
4. To provide advice, consultation and training to staff and volunteers.

Management, Leadership, Recruitment, Policy and Service Development

1. To participate in identifying and implementing the development of a high quality, responsible and accessible service.
2. To contribute to the development, evaluation and monitoring of the team's operational policies and services, through the deployment of professional skills in research, service evaluation and audit.
3. To participate in the management of psychological resources available to the team.
4. To manage the workloads of assistant and trainee applied psychologists.
5. To be involved, as appropriate, in the short listing and interviewing of assistant psychologists and other staff.
6. To provide effective leadership and management to staff which promotes high performance standards both individually and as a team.

Research and Service Evaluation

- To utilise theory, evidence-based literature, and research to support practice.
- To undertake appropriate research and provide research advice to other staff undertaking research.
- To undertake project management, including service evaluation, with colleagues within the service to help develop service provision.

Person Specification

Education: Doctoral level training in applied psychology [or its equivalent for those trained prior to 1996 or outside the UK], approved by the HCPC. Pre-qualification training and qualifications in research methodology, staff training and/or other fields of applied psychology. Professionally registered as a Practitioner Psychologist with the Health and Care Professions Council

Preferred experience (please see * below):

- Experience of working with a wide variety of client groups, across the whole life span, with presenting problems that reflect a range of clinical severity.
- Post-qualification experience of working with young people.



- Experience of conducting psychological assessments and treatment interventions with clients across a variety of settings.
- Experience of teaching, training and/or supervision.
- Experience of the application of applied psychology in different cultural contexts and experience of working within a multicultural framework.
- Knowledge and skills in utilising nature to improve mental health and wellbeing.
- Evidence of continuing professional development as required by the HCPC.
- Experience of service audit and evaluation, and of developing and conducting research.

Skills:

- Strong organisational skills - efficient, well-organised, able to prioritise and find practical solutions to issues.
- Well-developed skills in the ability to communicate effectively, orally and in writing – able to present complex information in a concise and accessible manner; write letters and emails; write promotional material where needed.
- Strong IT literacy skills – including Microsoft Office.
- Data analysis, research and report writing skills.
- High level relationship building – engaging and confident communication style.
- Integrity and experience of dealing appropriately with confidential and sensitive information.

Behaviour:

- Enthusiastic and committed to Dose of Nature vision and values, and to making a difference to the lives of people with mental health issues through spending time in nature.
- Enthusiasm and drive – with results focus and a can-do attitude; able to work on own initiative with minimal supervision.
- Warm, open, and sensitive – able to create rapport, build relationships and inspire confidence.
- Adaptable, flexible and practical – willing to roll sleeves up and do what's needed to get the job done.
- Open to learn, receive feedback – committed to own professional development.
- Team player – enjoys working collaboratively; able to listen to, inspire and motivate others.

*If you do not fit all the criteria but have relevant skills and experience that could make you a good fit for the role, then we would love to hear from you. You do not need to have done this exact role before.

