

# Qualifying/Qualified Therapist Placement

For DreamArts Express Plus 1:1 Arts Therapy Programme

**“I had a fantastic time as a trainee. I was really well supported” -QT**



# DreamArts



DreamArts is an award winning charity based in Westminster fusing the arts, creativity and therapy to help children, young people and their families transform their lives. In conjunction with the 1:1 Express Plus programme, DreamArts offers a diverse range of activities including Experiment performing arts, Friends from Afar, Carers Express, Family Express, and Wellbeing Workshops.

**'It has allowed me to realise my potential and how unlimited it is'  
- Experiment participant**



# Express Plus 1:1 Arts Therapy

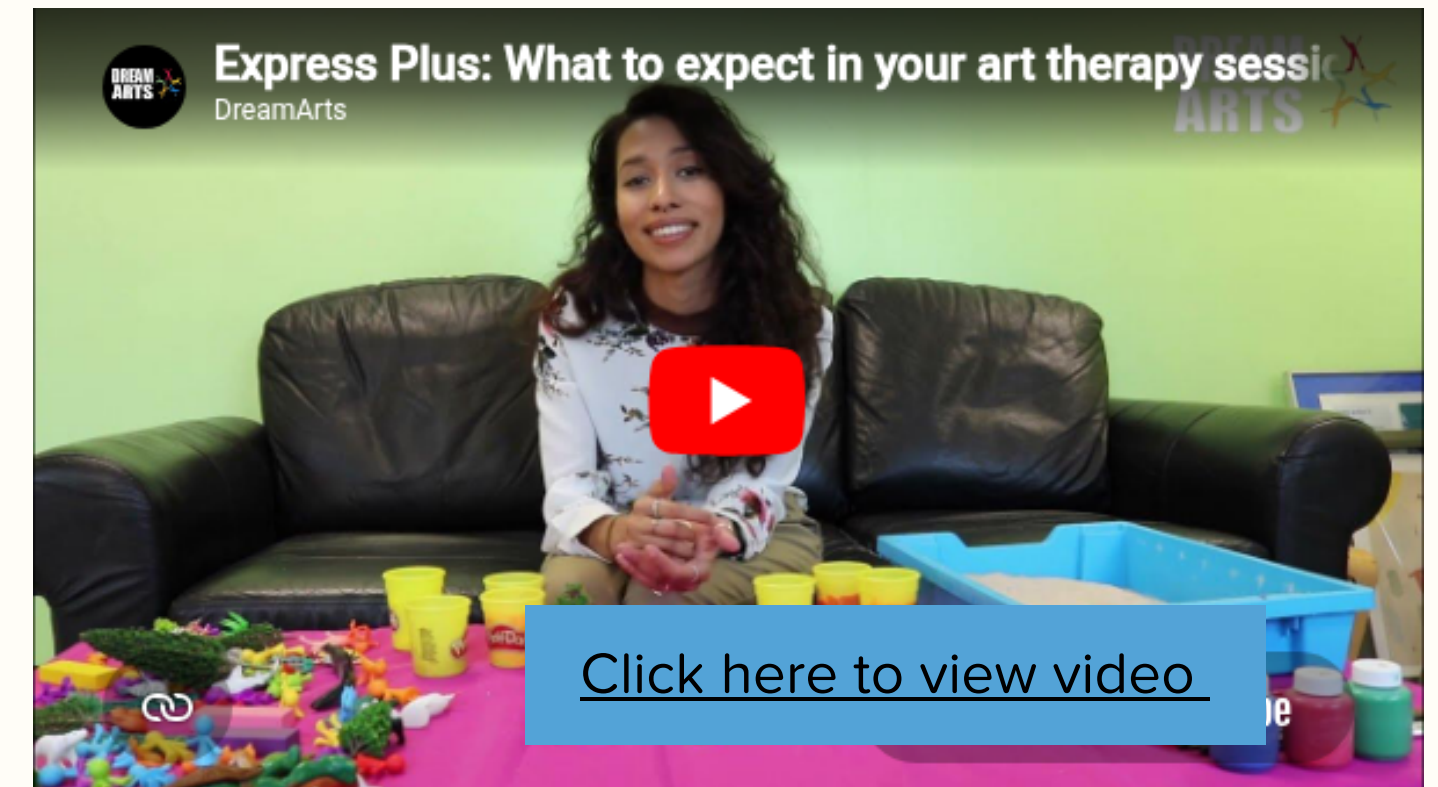


Our Express Plus Programme, is an after school arts therapy service that provides 1:1 therapy to children aged between 7- 25, across the borough. It is an acclaimed service ideal for any trainee to gain valuable experience and develop their practice, particularly within community settings, and we hope that you can promote this opportunity within your institution.

**“I was able to put the effort in with her encouragement to help pull myself out of my situations, in a way that I couldn’t have done beforehand” – Young Person**



Check out our 'Express Plus Venue tour' of one of our centres







Check out our 'What to expect in 1:1 Arts Therapy' video



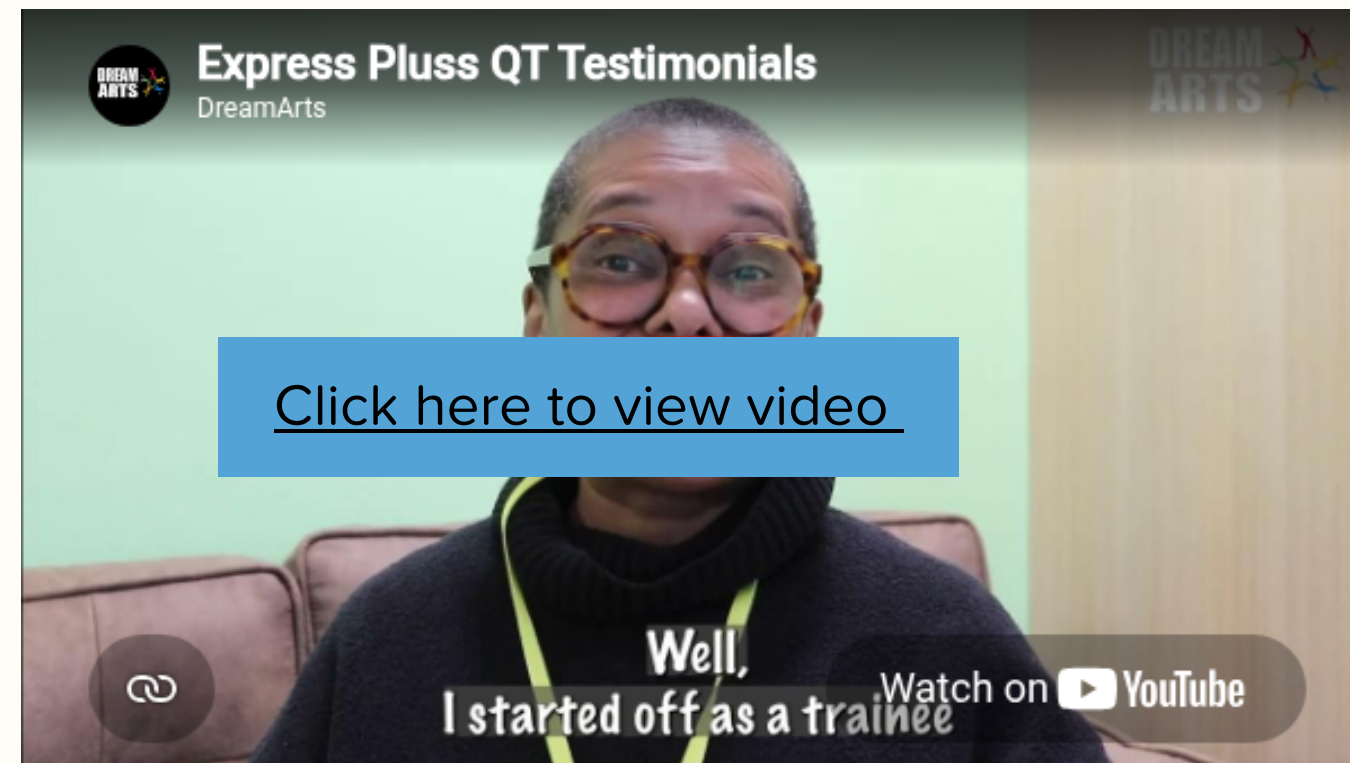
# Who is the placement suitable for?



The placement is suitable for integrative arts/action-methods informed:

-  Child/Adolescent Counsellors or Psychotherapists
-  Systemic/family therapists
-  Art Psychotherapists
-  Play therapists

**“There are training opportunities which go beyond what is usually provided” –QT**



Check out some testimonials from some of our QT's

## Working Hours And location



The volunteer placement is for up to four hours a week. We are looking for qualifying/ qualified therapists in their second year of training and above who are interested in individual/family work for the locations listed below:

 Mondays, 4:00 - 8:00pm, at The Portman Early Childhood Centre (12-18 Salisbury St, London NW8 8DE)






 Tuesday, 4:00 - 7:30pm, Bessborough Nursery, (1 Bessborough Street SW1V 2JD)





**“The skills I learnt to cope will definitely help me to ‘climb’ out of the tough times I face again!”**  
**-Young Person**



# What we expect from you:



-  A minimum of 1 year's commitment in your role
-  A professional and considered approach to client work
-  Willingness to self-reflect on practice and development
-  Ability to think critically about how practice links to theory
-  Openness to different ways of working

-  Good time keeping skills
-  Upholding ethical and safeguarding practices at all times
-  Sound administrative skills
-  Willingness to contribute meaningfully to group supervision and team meetings



Express Plus QT Celebration



Core Team and DreamArts Board Strategy Meeting



# What you can expect from us:



-  A supportive and positive placement experience
-  Opportunity to work with up to 6 clients
-  Experience in working with a variety of client issues
-  Opportunity to work with clients from diverse social backgrounds
-  Experience in understanding and applying the PACE model
-  Experience in using a creative arts approach
-  Access to wider CPD training, and practice development sessions
-  Group supervision with qualified and experienced supervisors
-  Invitation to all wider DreamArts events, performance and showcases





## Contact

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If you would like more information on this role, please contact Fariha Rashid, Therapeutic Director

 fariha@dreamarts.org.uk

 07719104689

## Find Out More

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[://www.dreamarts.org.uk](http://www.dreamarts.org.uk)

## Follow

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DreamArts



DreamArts Charity

**“DreamArts is my favorite part of the week!” -QT**