

HCPC REGISTERED ARTS THERAPIST (CYP Mental Health & Early Intervention)



Total Insight Theatre is an award-winning community organisation with extensive experience delivering culturally responsive mental health, wellbeing and creative health programmes for children, young people and families.

This role offers an opportunity to shape an innovative community-based therapeutic pathway for young people who are often underserved by traditional mental health services. You will help create meaningful alternatives to crisis and hospital admission while working alongside a passionate organisation committed to improving mental health outcomes for young people and families across East London.

LOCATION: Newham (with referrals from Hackney and Tower Hamlets)
CONTRACT TYPE: Freelance Fixed-Term Contract
CONTRACT VALUE: £19,500
RATE OF PAY: £300 per day
CONTRACTED DAYS: 65 days across the funded project period.

The final delivery schedule will be agreed at appointment and aligned with participant recruitment, programme delivery and reporting requirements.

RECRUITMENT TIMELINE

Application Deadline: Sunday 22 June 2026, 11:59pm
Interviews: Week commencing 29 June 2026
Expected Start Date: August 2026

We reserve the right to close this vacancy early should a suitable candidate be identified before the advertised closing date.

Applicants are therefore encouraged to apply as soon as possible.

ABOUT THE ROLE

We are seeking an HCPC Registered Arts Therapist to lead the delivery of an innovative, culturally responsive early intervention programme for young people aged 14–25 experiencing emerging psychosis, psychosis-like symptoms or severe emotional distress.

This community-based programme aims to reduce crisis escalation, improve access to support and provide alternatives to hospital admission for young people who may face barriers to engaging with traditional mental health services.

The programme will be delivered in Newham, with referrals accepted from Hackney and Tower Hamlets.

This is an opportunity for a therapist who is passionate about equity, inclusion, creative approaches to mental health and supporting young people from ethnically diverse communities.

ABOUT THE PROGRAMME

The programme provides an early intervention and community-based support pathway for young people who maybe experiencing significant emotional distress, psychosis-like symptoms or increased risk of mental health crisis.

The model combines:

- Individual stabilisation and engagement sessions.
- Therapeutic arts-based interventions.
- Small group therapeutic delivery.
- Ongoing maintenance and peer-support opportunities.
- Community-based support pathways.

The programme aims to improve emotional wellbeing, strengthen coping strategies, increase engagement with support services and reduce escalation into crisis services.

KEY RESPONSIBILITIES

Therapeutic Delivery

- Deliver individual and group arts therapy interventions.
- Undertake assessments and therapeutic planning.

- Create safe, inclusive and psychologically informed therapeutic environments.
- Support emotional wellbeing, engagement and recovery.

Clinical Governance

- Maintain clinical records and outcome measures.
- Manage safeguarding and risk in line with organisational policies.
- Deliver therapeutic interventions in accordance with HCPC standards, professional codes of practice and evidence-informed approaches appropriate to the needs of young people.
- Contribute to monitoring and reporting requirements.

Partnership & Collaboration

- Work collaboratively with CAMHS, Early Intervention in Psychosis (EIP) services, schools and community partners.
- Attend review meetings and multidisciplinary discussions where appropriate.
- Support referral, safeguarding, escalation and transition pathways.
- Work within agreed risk management and escalation procedures where specialist intervention is required.

PERSON SPECIFICATION

Essential

- Current HCPC registration.
- Recognised postgraduate qualification in Art Therapy, Dramatherapy, Music Therapy or another HCPC-regulated Arts Therapy discipline.
- Experience working with children, young people or young adults.
- Experience supporting individuals experiencing emotional distress, trauma or mental health challenges.
- Strong understanding of safeguarding, risk management and professional boundaries.
- Excellent communication and relationship-building skills.
- Ability to work independently and manage a clinical caseload.

Desirable

- Experience within CAMHS, Early Intervention in Psychosis (EIP) or community mental health services.
- Experience supporting young people experiencing psychosis or psychosis-like symptoms.
- Experience facilitating therapeutic groups.
- Understanding of culturally responsive practice.

- Experience working with Black, Asian and ethnically diverse communities.
- Understanding of evidence-informed approaches to early intervention, youth mental health and community-based therapeutic practice.

Personal attributes

- Compassionate and relational.
- Calm and emotionally attuned.
- Creative and flexible in approach.
- Culturally responsive and inclusive.
- Committed to improving access to support for underserved communities.
- Able to build trust with young people, families and professionals.

ADDITIONAL INFORMATION

- An Enhanced DBS check is required for this role.
- The successful candidate must maintain current HCPC registration throughout the contract period.
- The successful candidate will be responsible for maintaining appropriate professional supervision arrangements in accordance with HCPC and professional body requirements.
- The role is offered on a freelance basis and the postholder will be responsible for their own tax, National Insurance and professional indemnity arrangements where applicable.

TO APPLY

Please submit the following via Charity Job:

- A current CV.
- A covering statement (maximum two pages) outlining your suitability for the role and relevant experience.

We particularly welcome applications from therapists with experience delivering culturally responsive practice and supporting Black, Asian and ethnically diverse young people and communities.

Applicants are encouraged to apply as early as possible.