



Everyone deserves  
a safe place to  
call home.

Company Limited by Guarantee number 1741926  
Charity Number 287779  
Registered in England as Single Homeless Project



Single  
Homeless  
Project

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<b>Job title:</b>	Young Persons' Psychotherapist
<b>Delegated Authority:</b>	Level 7
<b>Team:</b>	Opportunities - In-house Psychotherapy Service
<b>Responsible to:</b>	Psychotherapy Services Manager
<b>Responsible for:</b>	N/A

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## Job purpose



Working across Single Homeless Project's (SHP) Young Person's accommodation and support provision within London Boroughs of Islington and Waltham Forest, you will provide psychotherapy/counselling and psycho-educational groups as part of The Opportunities Programme's In-house Psychotherapy Service.

More information on this service can be found here [Psychological Therapies - Opportunities Programme | Single Homeless Project - London Homeless Charity \(shp.org.uk\)](https://shp.org.uk/psychological-therapies-opportunities-programme)

To provide a psychologically informed service to young people and the services that support them. Working as part of a multi-disciplinary team, the post will offer in-person interventions which are prevention-focused rather than crisis management, including both individual psychotherapy and psychoeducation group-work; which will be co-produced, informative, and enlightening on physiological responses to trauma.

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## Key accountabilities

### Clinical Assessment

- To undertake clinical assessment of newly submitted referrals of young people aged 16-25) for the purposes of informing direct client therapy work you will provide or for allocation to Honorary Counsellors and Psychotherapists.
- To identify referred people's aims for using therapy, their presenting clinical needs and treatment (where applicable), any historical and current psychosocial indicators pertinent to their case and any risks pertaining to the person's ability to use the service, or that may present likely harm to self or others.
- To ensure the purpose of assessment is to inform ways of working rather than exclusion, subject to the access criteria of the service.
- To conduct assessments in-person (or by phone/online if preferred by the client) on-site at SHP projects.
- To attend regular line management and clinical supervision with the Psychotherapies Service Manager to discuss, monitor and receive support regarding the referral and assessment process and its management.
- To maintain clinical records, and document assessments on SHP's client database.

### Provision of one-to-one psychotherapy

- To provide accessible one-to-one psychotherapy to young people aged 16-25, many of whom will have emotional, psychological and/or mental health problems and/or substance use issues.
- To provide weekly time-limited psychotherapy sessions to young people.
- To maintain clinical records, provide verbal and written reports on cases when required.
- To maintain professional registration, insurance and engage in continuous professional development.
- To act within the professional code of conduct and ethics of registering body.
- To work collaboratively with other professionals working with young people, inside and outside of SHP.
- To attend regular line management and clinical supervision with the Psychotherapies Service Manager (and specialist external supervision where required) to discuss, monitor and get support in the delivery of formal therapy.

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## Provision of psychoeducational groups to young people

- To co-produce trauma-aware accessible and time-limited psycho-educational groups on themes agreed with young people and facilitating ways in which young people can contribute to all/any aspects of the group work.
- To ensure psycho-educational groups follow recognised good practice models of facilitating groups with young people.
- To liaise with SHP colleagues where applicable around engagement of young people, progress and issues of risk and safeguarding.
- To maintain clinical records pertaining to the group process and monitoring information towards group work evaluation.
- To attend regular line management, clinical supervision and training to discuss, monitor and receive support in the delivery of the group work.

## Information Management & Monitoring of the service to young people.

- To contribute to the development of and apply formal monitoring and evaluation to, the work with young people.
- To ensure that all relevant data is recorded promptly and accurately on the client recording system Inform.
- To follow SHP's Safeguarding Procedures and report any concerns to the Psychotherapy Services Manager/and or designated Safeguarding Lead.
- To encourage young people to disclose safeguarding issues and support them therapeutically through the process.
- To work within and contribute to the development and provision of a high-quality psychotherapy provision to socially excluded young people including care leavers.
- To ensure that online or hardcopy documents are reviewed and deleted/archived or destroyed within the appropriate time frames.
- To ensure that reports and forms are completed for stakeholders in a timely manner by making requests for data, collating and providing reports to the Service Manager / Head of Service.

## Health and Safety

- To ensure building (room) and activity risk assessments regarding psychotherapy and group work are completed in consultation with the service manager & central policy team.

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- To ensure that required clinical risk assessments and management plans are completed and updated in a timely manner, and that they are regularly reviewed to reflect changing situations /needs/information.
  - To comply with organisational and service policies & procedures around safe working practices for staff and clients.
  - To ensure the therapy service's work with young people abides by SHP's Safeguarding Policy.

## **Teamwork & Partnerships**

- To be flexible, share skills and knowledge and support colleagues.
- To participate in team meetings, reflective practice, supervisions, performance reviews and training by preparing, sharing and discussing ideas and offering critical thinking and solutions.
- To take personal responsibility for own development and learning.
- To develop opportunities by networking and establishing relationships with internal and external services.
- To work in partnership with other SHP departments, statutory and community agencies.
- To take personal responsibility for a professional approach that enhances the reputation of the service at the project both internally and externally.
- To work with partnership agencies to improve the provision of the therapy service.

## **Miscellaneous**

- A willingness to work outside of core office hours when needed and to be flexible on working days / times to suit the needs of the service.
- SHP is at discretion to amend your responsibilities and, in addition to these, you may be required to perform other duties as may be required for the efficient running of the organisation.
- To create inclusive working environments and cultures to enable colleagues and clients to feel safe and empowered to achieve their full potential.

# Technical and professional know-how needed for position

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**When completing your application, you will be required to address (using examples) some of the points below**

## **Experience and Knowledge**

- Experience of psychotherapy work with young people as individuals and in groups who have been in care, experience emotional distress, current substance dependencies and/or histories of complex trauma.
- BCP, BPS or UKCP registration or full BACP accreditation following completion of psychotherapy training.
- Personal use of psychotherapy and demonstrable experience & accreditation in the delivery of clinically supervised psychotherapy work.
- Experiencing of co-producing psychotherapeutic interventions with young people.
- Experience of working as part of a multi-disciplinary team in the interests of clients.
- Experience of monitoring and evaluating effectiveness of own psychotherapeutic work.
- Experience and committed to applying anti-discriminatory practice to psychotherapeutic work.

## **Skills and Abilities**

- Ability to work with organisational dynamics, systemic tensions and the impacts of this on staff.