

## Job Description: Psychotherapist

**Job Title:** Trauma Informed Psychotherapist /Systemic Practitioner

**Location:** Helen Bamber Foundation, London

**Responsible to:** Director of Therapy/Clinical Team Manager

**Hours:** 3 days per week (22.5 hours, 0.6 FTE) permanent

**Salary:** £37,000 (pro rata)

**Benefits:** 16.5 days holiday plus 4% matched pension contribution

## BACKGROUND

The Helen Bamber Foundation is a human rights organisation with an international reputation for providing medical consultation, therapeutic care, legal protection and practical support to survivors of trafficking and torture. We are a team of therapists, doctors, lawyers, caseworkers and administrators who help men, women and children recover from the emotional and physical damage they have suffered as a result of torture, human trafficking, or other forms of cruelty.

## OVERVIEW OF THE ROLE

As a Psychotherapist within the Helen Bamber Foundation, you will work alongside our current Senior Psychotherapist and be responsible for supporting the Head of Therapies and the Team Manager in providing a comprehensive range of therapeutic interventions to clients of the Helen Bamber Foundation.

In addition to providing psychotherapy, stabilization and psychoeducation and trauma focused therapy, this role will include delivery of psychological assessments for both medico-legal and clinical purposes, as well as delivery of clinical supervision to staff from non-clinical backgrounds who nonetheless have significant client contact, and supervision of assistant psychologists. As you develop in the role you will also have opportunities to contribute to the on-going development of the service and at times, the role may include input into policy, research and fundraising and delivery of consultancy and training.

We are looking for someone who is committed to working therapeutically with individuals who have experienced human rights abuses and who have developed trauma spectrum disorders as a result. The successful applicant will ideally have proven experience in working therapeutically with this client group, have a passion for human rights work beyond the individual client work, and a desire to contribute to

**Founder:** Helen Bamber OBE, DU (Essex)

### Human Rights Advisory Group

Sir Nicolas Bratza, Parosha Chandran, Shu Shin Luh

### Managing Executives

Kerry Smith (Chief Executive Officer),

Professor Cornelius Katona MD FRCPsych (Medical Director)

Gareth Holmes (Director of Fundraising and Communication)

Anne Muthee (Director of Finance and Operations)

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effecting change at a policy level. This role requires the ability to be with the complex and sometimes harrowing details of a client's experience, and to react and respond creatively and appropriately to their needs. Additionally, you will be knowledgeable and experienced in consultation and assessment including risk management, and have competence, or a commitment to receiving training, in at least one model of trauma therapy such as EMDR or NET.

## EQUAL OPPORTUNITIES

The Helen Bamber Foundation and Asylum Aid is an equal opportunities and Living Wage employer. We are committed to attracting and recruiting diverse candidates as we strive to ensure that our staff, trustees, volunteers and ambassadors reflect the communities we serve and the wider community we work in at every level of the organisation. We actively welcome applications from people of colour, applicants with disabilities, applicants with lived experience of the asylum system, and from other minority groups.

## MAIN DUTIES AND RESPONSIBILITIES

- Working closely with the Therapy Team Manager and the Director of Therapy to ensure the delivery of a range of evidence based psychological therapies to clients of the Helen Bamber Foundation.
- To provide specialist psychological assessments and deliver psychological therapies to clients of the Helen Bamber Foundation.
- To liaise with other non-statutory and statutory organizations on matters of clinical care and policy.
- Where appropriate, to train in the preparation of medico-legal reports and to contribute to the preparation these reports.
- To supervise other staff or trainees. This may include assistant psychologists, research assistants or non-clinical staff.
- To manage all necessary administration relevant to the role
- To keep abreast of latest research and developments in trauma-focused therapy
- To attend staff and volunteer meetings as and when required
- To attend fortnightly clinical supervision sessions
- To maintain clinical notes and records and statistics, including contemporaneous client notes and interactions with internal departments and external agencies
- To participate in service planning and working groups

Where applicable:

- To contribute towards research and audit projects relevant to the Helen Bamber Foundation (in collaboration with the Head of Therapy and Medical Director).
- To provide internal and external training in collaboration with the rest of the team and as required.

## PERSONAL PROFESSIONAL DEVELOPMENT

- Performance Review and Personal Development Planning.
- Access to a wide range of resources and trainings at HBF.

Your responsibilities:

- Ensuring your Continuing Professional Development requirements of the relevant statutory body.
- Working within the expectations of relevant governing professional bodies.

- Ensuring you are up to date with relevant literature and research relevant to the client group and attend appropriate training as agreed with your line manager.

## PERSON SPECIFICATION

The successful candidate will be a psychotherapist or systemic practitioner who is passionate about working with victims of human rights abuses, delivering evidence-based therapies alongside more traditional psychotherapy for posttraumatic stress disorder and other mental health problems, as well as understanding the unique social and political context our clients are living in and the effect of this on their psychological wellbeing.

You may also be required to assist in the facilitation of a trauma-focused therapeutic programme, including co-facilitating a therapeutic support group

### Essential

- Due to working patterns, at least one of your 3 working days MUST be a Tuesday
- Experienced psychotherapist / group counsellor/systemic practitioner
- To be fully registered and accredited with the relevant professional body (BACP or UKCP),
- Experience of assessing and providing therapy to complex clients with challenging presentations and social needs
- To have experience working with clients with PTSD and other trauma spectrum disorders.

To have experience in working with individuals who have experienced multiple traumatic events across their lifespan, developmental trauma and/or have a clinical presentation suggestive of Complex PTSD.

- Experience of/willingness to train in, and commitment to delivering therapy for the treatment of PTSD using trauma focused CBT, EMDR, or Narrative Exposure Therapy.
- To have demonstrable experience in providing other evidence-based therapies for common mental health problems.
- To have experience in assessing and working with individuals from a range of cultural or ethnic backgrounds.
- Experience of, and commitment to working within a multidisciplinary environment.
- Working knowledge of the legal, political, and social issues in the human rights, asylum & refugee, and health sectors.
- Ability to manage caseload independently, exceptional organizational skills with experience of managing multiple tasks and prioritizing effectively.
- Accuracy and excellent attention to detail.
- Good interpersonal and team working skills, with an ability to work independently and seize opportunities.
- Computer literate and confident in using all MS Office software.
- Understanding of, and commitment to, the objectives of Helen Bamber Foundation.

### Desirable

- At least one year's post accreditation experience.
- Experience of providing clinical supervision.
- Experience of working with interpreters.
- EMDR Supervisor qualification

- Prior experience of working with asylum seekers, refugees, or survivors of trafficking in a clinical context.
- Experience of working with clients who present with complex long-term medical conditions
- Experience with facilitating therapeutic groups.
- Experience of providing training.

**Please note** that the successful candidate will be offered the job subject to suitable references and a DBS check. This role will require disclosure of both the adult and child barring lists. If appointed, you will be required to give your consent to HBF to receive regular updates on your criminal records status throughout your employment.

**Please submit an up-to-date CV and a covering letter by midnight on Sunday 28<sup>th</sup> August 2022**, outlining your relevant skills and experience, as well as how your previous experience matches the listed responsibilities and person specification to [jobs@helenbamber.org](mailto:jobs@helenbamber.org). Please state in your covering letter when you would be available to start the role. **Interviews are scheduled to be held the week commencing Monday 5<sup>th</sup> September 2022.**

For any queries, please call 0203 058 2020 and ask to speak to Dr Kemi Komolafe ([kemi.komolafe@helenbamber.org](mailto:kemi.komolafe@helenbamber.org)).

We regret that we can only respond to applicants who make it to the interview stage. No agencies.