

Freelance Children & Young Person Therapist



**Safety
Net**

Registered charity number 1164998



Job Description

Reporting to: Head of Operations.

Type of Contract: Freelance/Employed post would be considered for the right candidate.

Hours: Minimum of 7 hours (1 day , 4 clients a day)

Pay: A sessional rate of £35-£40 per client session (including all client administration) depending on accreditation, qualifications, and experience.

Staff Well-being: We offer an employee assistance package, clinical supervision, and case management.

Base: This freelance post can be a hybrid role, with the successful candidate working remotely from home, but with the expectation to travel to attend meetings and training when required. The successful candidate may wish to offer face to face sessions and travel across Cumbria working remotely from approved outreach offices and our headquarters in Carlisle.

Induction: There will be a full induction on processes and training around systems, process, role specific training, trauma, domestic and sexual abuse training.

Training: We are a committed learning and development charity providing extensive CPD and career progression.

About Safety Net

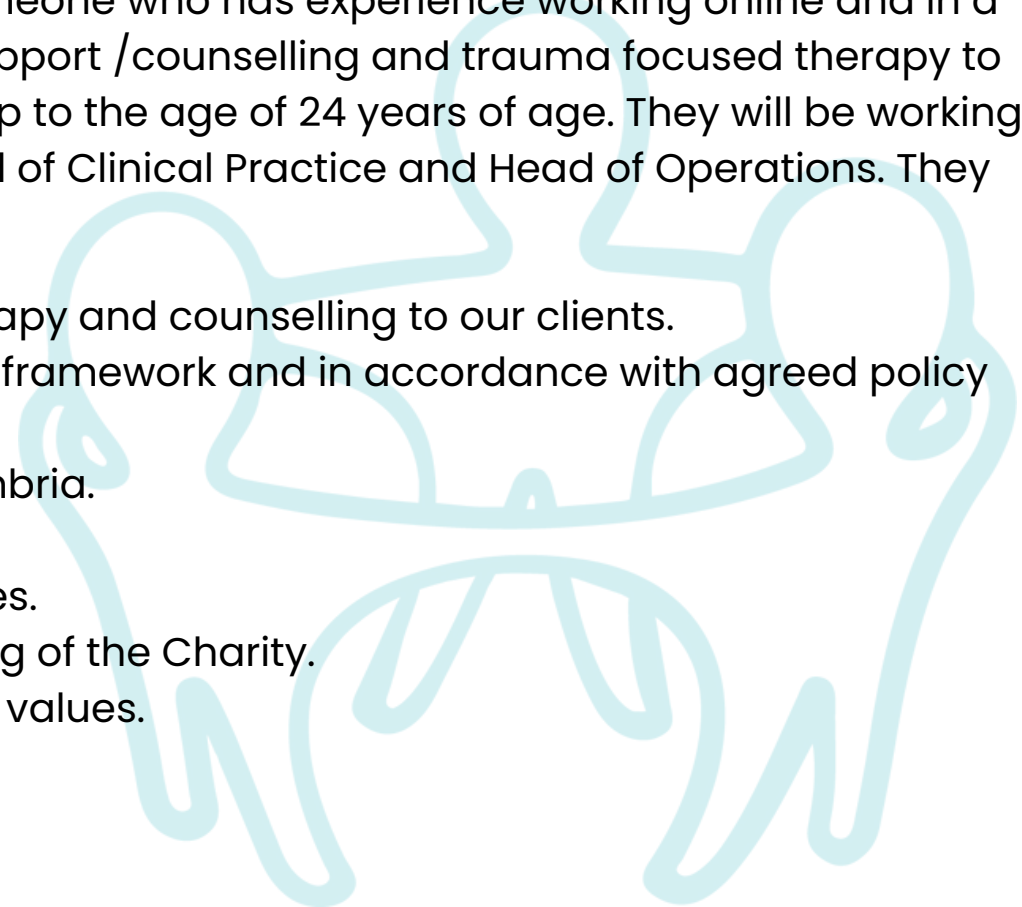
Safety Net drives forward our work to help improve the lives of those effected by rape, exploitation sexual and domestic abuse in Cumbria. This is an exciting time to join our dynamic and expanding team. We are looking for someone who is committed to making a difference to Children and Young people, someone who has enthusiasm , initiative and compassion who enjoys working in a busy environment. Safety Net provides a tiered service provision based on a risk and needs-led assessment. We offer a range of trauma-informed and holistic recovery approaches to working with individuals or whole families.

About the Role

We're looking for experienced and passionate qualified counsellors (minimum L4 Diploma level), with specialist knowledge and experience of working with children and young people e.g., a Play Therapist, Art Therapist or Drama Therapist, who are registered with the relevant accrediting bodies e.g., the British Association of Art Therapists; British Association of Drama Therapists; BACP; UKCP; HCPC or equivalent.

We are looking for someone who understands the issues relating to sexual and domestic abuse, and underpins their work with trauma informed practice. Someone who has experience working online and in a face to face environment who can provide specialist support /counselling and trauma focused therapy to children, young people, their families and other carers, up to the age of 24 years of age. They will be working within the therapeutic team and responsible to the Head of Clinical Practice and Head of Operations. They will:

- Provide specialist support and trauma informed therapy and counselling to our clients.
- Work within Safety Nets agreed 24-week therapeutic framework and in accordance with agreed policy and procedures.
- Support our preventative work in schools across Cumbria.
- Support our Tier 4 services.
- Be passionate and proactive in the delivery of services.
- Positively contribute to the team and effective running of the Charity.
- Be an ambassador for Safety Net and role model our values.



How our tiered services work

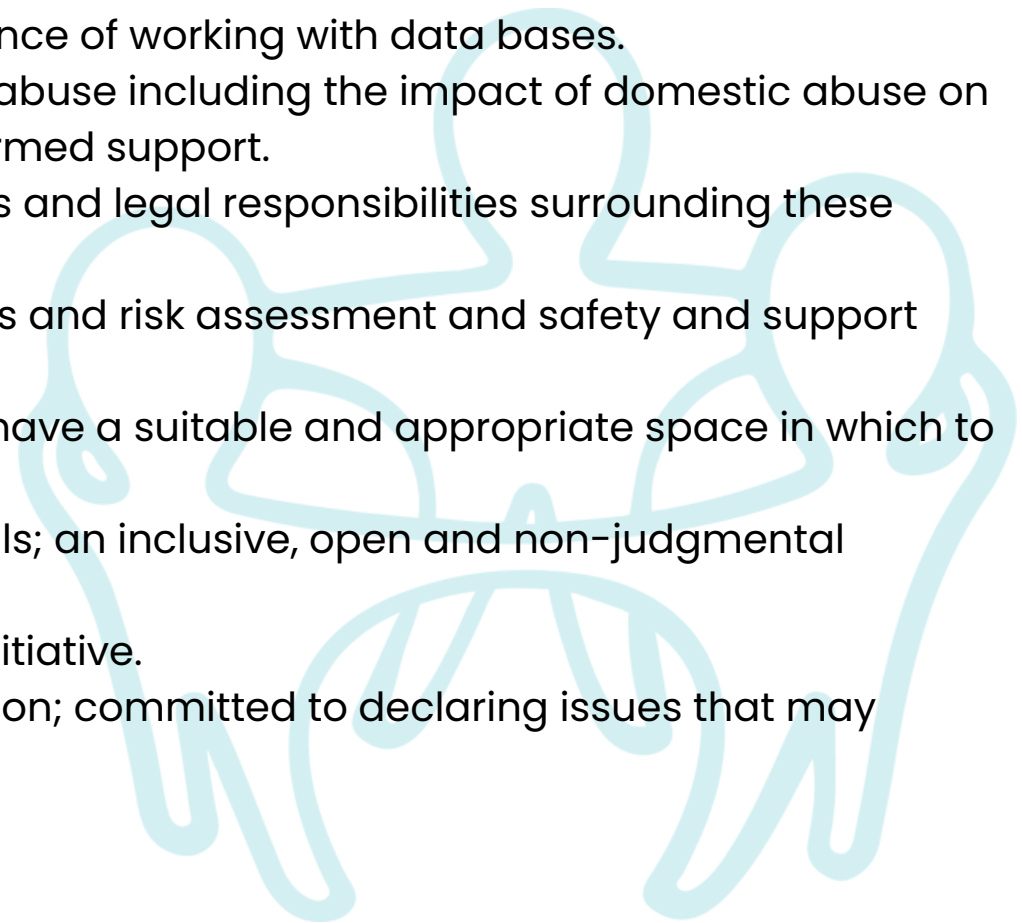
Following assessment, clients are offered support based on the following tiers, depending on their needs:

- **Tier 1: Short term information, advice, advocacy and helpline.** Providing advice around court procedures, pre-trial advice and support, linking you in with and liaising with other agencies and services, as well as advice and support to professionals and family members (up to 3 sessions).
- **Tier 2: Trauma-informed support – providing short-term safety and stabilisation work.** As well as practical support with housing, benefits, court procedures and health needs, our specialist trained practitioners work with clients on strategies to improve safety and ability to cope. This can include mindfulness and relaxation, sleep and self-care techniques, as well as psycho educational work on the impact trauma has on the brain and on the body. (Up to 12 sessions on average.)
- **Tier 3: Counselling and therapeutic support.** We have a team of specialist trained therapists and counsellors who work within a trauma-informed model. Our counsellors and therapists provide a safe, trusting, non-judgmental and confidential space where you can build a therapeutic relationship with your counsellor to explore how the rape and/or domestic or sexual abuse is impacting your life now. The duration of this support is adjusted according to need (Max of 20-25 sessions on average.)
- **Tier 4: Recovery community.** We work in partnership with other charities, groups, gyms and clubs to support integration back into the community, helping you to build social networks and relationships. We also have peer mentors and befrienders to support you when clients have finished therapy or support at Safety Net. Our work in this area includes an arts and crafts group, and a specific men's group, managed by volunteers, many of whom have been clients.
- **Training, education and awareness raising** – Increased awareness of the psychological and emotional impact of domestic violence and sexual abuse through education and training.

Essential Criteria

Person Specification:

- Educated to at least degree level in a recognised professional Therapeutic qualification such as Art Therapy or Play Therapy, to at least equivalent of a post graduate diploma and membership of an appropriate professional body e.g., BAPT, BAAT, BACP.(minimum L4 Diploma level).
- Recognised health, education, social care or childcare degree. e.g., Social Work, Occupational therapy, may be considered, with relevant experience and professional accreditation.
- Have experience of managing own caseload of working with vulnerable children and young people in providing practical and emotional support.
- Have computer literacy skills and have some experience of working with data bases.
- Have a good understanding of sexual and domestic abuse including the impact of domestic abuse on victims and their children, ability to offer trauma informed support.
- Have a good understanding of child protection issues and legal responsibilities surrounding these issues.
- Have a good understanding of the principles of needs and risk assessment and safety and support planning.
- Able to work from the office/outreach buildings and have a suitable and appropriate space in which to deliver video/telephone counselling at home.
- Have excellent interpersonal and communication skills; an inclusive, open and non-judgmental attitude.
- You will be proactive and able to work on your own initiative.
- A proactive and positive approach to conflict resolution; committed to declaring issues that may create conflicts of interest.
- Legal right to work and live in the UK.
- Must be a driver with your own car.



- Committed to respecting and maintaining the confidentiality and privacy required by clients and significant others, able to maintain clear professional and personal boundaries.
- A commitment to the vision and values of Safety Net
- A commitment to embedding trauma informed practice and it's 6 pillars, Trust, Choice, Safety, Empowerment, Collaboration, Gender/Culture.
- Active commitment to Continuing Professional Development.

Please note that this job description is intended to outline the main duties of the post and may change as the post and service develops.

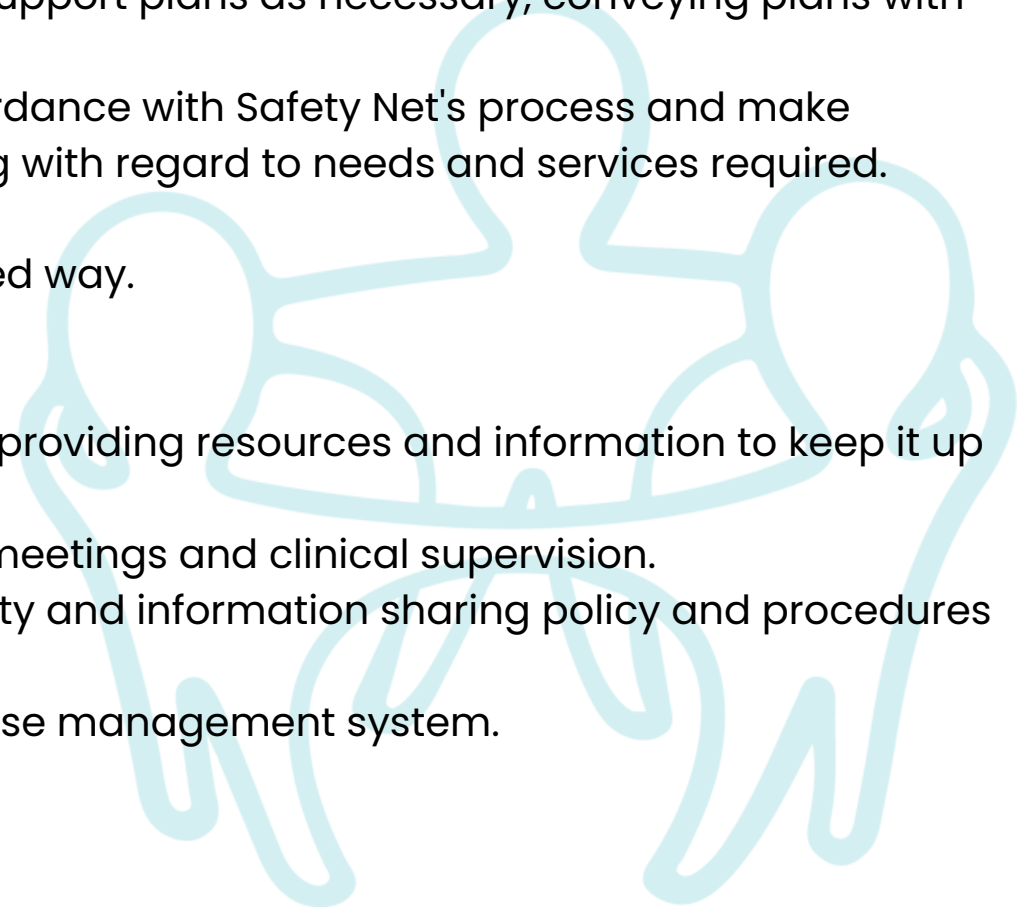
Safety Net is open to newly qualified or experience outside of the charity sector, transferable skills and learning in post, and we will welcome applications from candidates who may not meet the criteria exactly.

Desirable Criteria

- At least 12 months relevant experience working as a therapist/councillor and demonstrating the competences as required.
- Accreditation of an appropriate professional body e.g., BAPT, BACP. (Those working towards this may be considered)
- Experience of working with other agencies both statutory and voluntary in a multiagency setting.
- Knowledge of civil and criminal justice remedies for sexual and domestic abuse victims and their children.
- Experience of working within a multiagency and legislative framework. e.g., Safeguarding, Multi Agency Risk Assessment (MARAC), Early Help Assessments.
- Computer literate (MS office, databases, internet, social media, websites. Breathe HR)
- Experience of managing multiple priorities, scheduling work and working to defined deadlines.

Duties and responsibilities

- Independently manage a caseload of children, young people and families who have been affected by rape, exploitation, sexual or domestic abuse.
- Provide a needs led/risk focused support to clients in accordance with Safety Net's agreed up to 24-week therapeutic support framework.
- Attend multi-agency meetings relating to clients where appropriate.
- Work in partnership with key agencies to coordinate support.
- Educate and involve family members and others in support plans as necessary, conveying plans with sensitivity in easily understood language.
- To undertake initial assessments with clients in accordance with Safety Net's process and make recommendations to the Case Management Meeting with regard to needs and services required.
- To develop evidence-based practice.
- To work with clients in a need, risk and trauma focused way.
- To support our preventive work in schools.
- To support out Tier 4 services.
- To support Safety Net's social media and website by providing resources and information to keep it up to date.
- Attend monthly individual data/case management meetings and clinical supervision.
- Comply with data protection legislation, confidentiality and information sharing policy and procedures and all legislation connected to your work.
- To maintain accurate data and case notes on the case management system.



Duties and responsibilities

- To complete all requirements relating to data collection and outcome monitoring for the service.
- To undertake other duties that may be necessary and are compatible with the nature of the post, and any other reasonable tasks as directed.
- This post is subject to a criminal records check. In the event of a successful application a disclosure will be sought.

Expectations

We are committed to becoming actively anti-racist in everything we do. This is a critical priority for Safety Net. We embrace diversity and understand that being an inclusive organisation, and recognising different perspectives, will enable us to provide excellent services. We are committed to ensuring all our employees are treated fairly and equitably at work and promoting equity in physical and mental health for all.



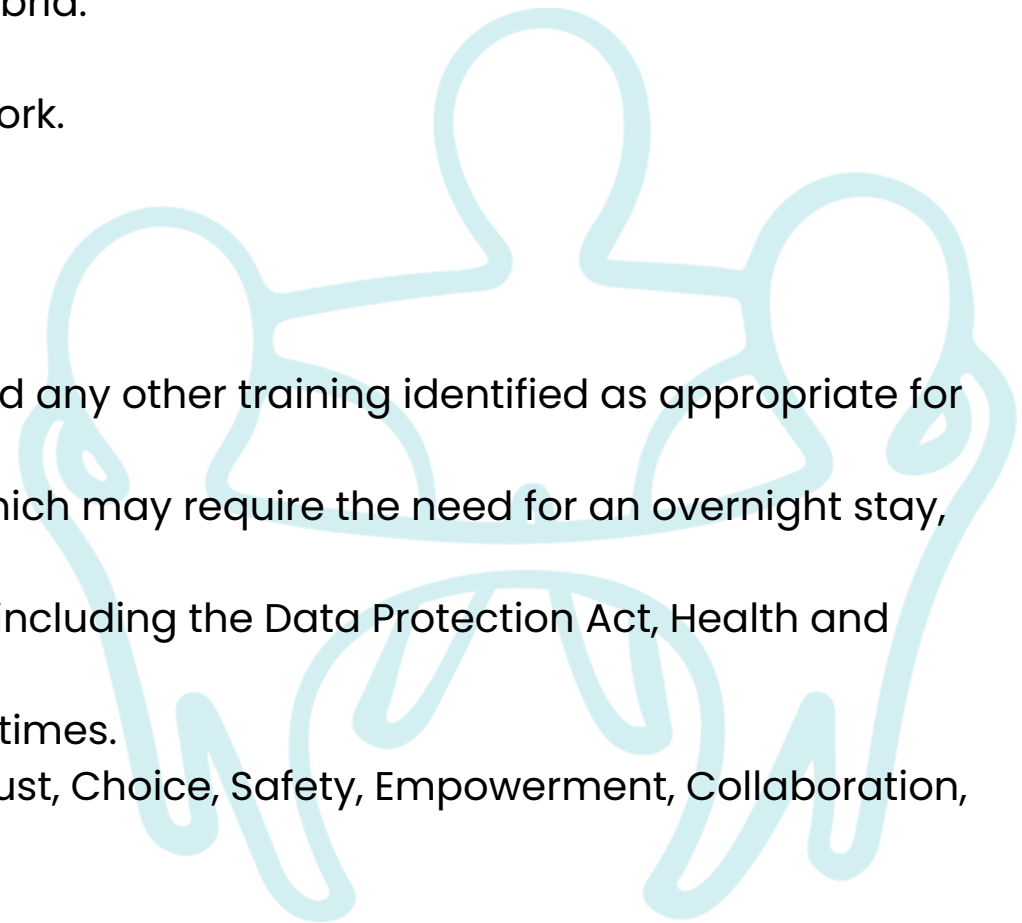
Role expectations:

- Keep abreast of internal and external developments and respond accordingly.
- To attend and contribute to the supervision and appraisal process, meetings, training, and other events as required.

All members of staff at Safety Net are expected to embody our mission, values and competencies.

This includes an expectation that they will:

- Show passion for Safety Nets vision of communities free from abuse.
- Understand and communicate our mission statement that Safety Net supports those affected by rape, exploitation, sexual and domestic abuse across Cumbria.
- Demonstrate we are supportive and compassionate.
- Demonstrate we are committed and believe in our work.
- Demonstrate we care about justice and inequality.
- Demonstrate we care about the environment.
- Demonstrate we care about well-being.
- Take responsibility for their decisions.
- Attend and contribute to Safety Nets staff training and any other training identified as appropriate for the post.
- Occasionally travel and/or work unsociable hours, which may require the need for an overnight stay, evening and weekend work.
- Adhere to relevant legal and statutory requirements including the Data Protection Act, Health and Safety at Work Act and relevant charity law.
- Maintain an appropriate level of confidentiality at all times.
- Embed trauma informed practice and it's 6 pillars, Trust, Choice, Safety, Empowerment, Collaboration, Gender/Culture.



How to apply:

If this sounds like the role for you, please apply via our application form that can be accessed here:

<https://www.safetynetuk.org/our-vacancies>

Completed applications should be sent back to: office@safetynetuk.org.

Details about applying

Safety Net are committed to providing reasonable adjustments throughout our recruitment process and we will always endeavour to be as accommodating as possible. We are also open to flexible working arrangements so please don't be afraid to speak to us about this at the interview stage, so we can explore what's possible.

Closing date: Wednesday 16th August 2023.

Interviews will be on: 21st or 22nd August 2023.

If you would like more information about these roles or to discuss reasonable adjustments,

please contact: office@safetynetuk.org

Safety Net is committed to equality of opportunity for all staff, and applications from individuals are encouraged regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnerships. All appointments are subject to the receipt of at least two satisfactory written references.

