



## Job Description

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| <b>Job Title:</b>     | CBT Counsellor   |
| <b>Salary:</b>        | £30,574 pro rata   |
| <b>Salary Info:</b>   | 2 x 17.5 hr posts  |
| <b>Reporting To</b>   | Counselling Coordinator  |
| <b>Job Type:</b>      | 1yr Fixed Term (Aspiring Communities Fund)   |
| <b>Liaising with:</b> | Project Co-ordinator, participants, families, partners, wider staff team, volunteers, and external bodies  |
| <b>Location:</b>      | Liber8 Main Office base, 1/3 Station Road Blantyre and school/youth/partner venues throughout South Lanarkshire (You must be available mostly late afternoons, early evenings & occasional weekends) |
| <b>Closing Dates:</b> | <b>24 September - Interviews days: 8th &amp; 9th Oct 2019</b>  |

### Job Role & Purpose

This is a new early intervention programme for mental health & wellbeing in young people aged 14-18 referred to the GOTO service who are experiencing mild mental health, emotional and or behavioural issues.

The project is a pilot and the first of its kind devised by a consortium of five partners.

We intend to use a unique blend of Youth Work, Counselling and CBT interventions to prevent escalation of poor mental health in young people. Our programme will be flexible to the needs of our young people and therefore the staff we are looking to attract to this new venture would need to have a similar outlook to their work pattern.

Although the project is only funded for one year through Aspiring Communities Fund it is our ambition if successful, to use our robust evaluation information to approach other funders to extend the life of the project.

Regenfx Youth Trust and Liber8 will lead the project and appoint the necessary staff. We need dynamic and driven individuals to take up the posts of 2 x Qualified Counsellors and a Youth Support Youth Worker to assist the Project Co-ordinator.

Responsibilities will also include providing CBT group work sessions/ workshops/ programmes on a variety of topics and help facilitate theme-based supportive discussion groups and service awareness sessions for young people, working alongside youth engagement workers.

The successful applicant will have a proven track record in working with young people. For this post you will be employed by Liber8 and Clinical Supervision will be provided; the Youth Support Worker will be employed by Regenfx Youth Trust.

## **Duties and Key Responsibilities**

- Provide high quality, accessible, ethical, professional 1-1 counselling sessions and group work to young people
- Carry out strength-based assessments including risk assessments with new referrals and where required Fraser/Gillick competence assessments for young people under 16.
- Operate a suitable appointment system flexible to the needs of the young people: providing a scheduled evening drop in service if an identified need.
- Provide CBT group work sessions/workshops/programmes on a variety of topics e.g. anxiety/social skills/social anxiety with specific identified young people where required
- Liaise with referring agents, parents and carers where required
- Contribute to the evaluation of the service by using a range of clinical wellbeing, evaluation and measurement tools, e.g. YP CORE: YP S&D
- Build healthy and effective relationships, including attending locality meetings with outside agencies, referral organisations and partners where required
- Develop and facilitate theme-based supportive discussion groups and service awareness sessions for young people, working alongside youth engagement workers.
- Develop and maintain adequate records of clinical work: maintain accurate and up to date records of all work undertaken and to produce evaluative reports and presentations when required
- Provide staff or parent training / group work if required
- Attend regular meetings with the GOTO team and Line Manager and provide scheduled updates on services provided
- Fulfil professional supervision requirements
- Undertake relevant training to continue professional development
- Keep informed of needs and issues that affect young people
- Liaise with the Line Manager as required to discuss any issues of clinical or service excellence or concern
- Carry out administrative tasks associated with the counselling service
- Attend clinical supervision with the assigned Liber8 clinical supervisor
- To work at all times within the ethics and guidelines of COSCA/BACP/BABCP

**In addition, all post holders are expected:**

- To comply and work within Liber8's policies and procedures at all times: abiding by the Code of Conduct
- To follow Liber8's Children & Adult safeguarding policies and procedures.
- To ensure their work adheres to national and local guidelines and legislation, e.g. GIRFEC
- To keep suitable case records according to agency policy, legal and other requirements, ensuring that all project case records and files are maintained and securely held according to Liber8's Data Security Framework
- To be committed to anti-discriminatory and equal opportunities practices
- To take part in and encourage service user participation in accordance with agency policy.
- To be IT competent. This means using email, internet, mobile devices, using Microsoft office, researching and downloading relevant materials
- To attend Liber8's induction, identified training and abide by our policies and procedures on Safeguarding, Health and Safety and Equality and Diversity
- To attend appropriate continuing professional development and training events and be committed to team events
- Work closely with Liber8's existing internal projects: attend and contribute to wider team and organisational meetings
- To represent Liber8 at meetings, events, conferences and be a good ambassador for the work we do
- Posses relevant current COSCA/BABCP/BACP Registration or Accreditation or eligibility and willingness to work towards accreditation).

**Applications can be downloaded at:**

[www.liber8.org.uk](http://www.liber8.org.uk)

[www.goodmoves.com](http://www.goodmoves.com)

**By emailing [admin@liber8.org.uk](mailto:admin@liber8.org.uk)**

**Tel: 01698 825114**

## Person Specification

### Knowledge, Job Related Skills, Qualifications & Experience:

(Ess= Essential: Des = Desirable)

| Experience   | Ess | Des |
|--|-----|-----|
| Experience in individual counselling with young people to include working with risk issues.  | ✓   |     |
| At least two years' experience of offering counselling to young people   |     | ✓   |
| Experience of having worked within a multi-agency setting.   |     | ✓   |
| Experience of working independently as well as in a team.  | ✓   |     |
| Experience of working in a within and out with school settings.  |     | ✓   |
| Experience of partnership working with other professionals and of networking and liaison with a range of voluntary and statutory services  |     | ✓   |
| Experience of managing administrative tasks to include evaluations.  | ✓   |     |
| Experience and/or knowledge of local statutory and voluntary agencies.   |     | ✓   |
| Experience in group counselling with children and or young people.   |     | ✓   |
| Experience of delivery topic specific group work   | ✓   |     |
| Experience of working to brief/short term counselling model (6-8 sessions) & longer-term models  | ✓   |     |
| Experience of delivering CBT group work sessions, workshops and programmes   | ✓   |     |
| <b>Qualities, Skills &amp; Abilities</b>   |     |     |
| Ability to communicate and build trusting relationships effectively with young people  | ✓   |     |
| Genuine interest and enthusiasm for working with young people  | ✓   |     |
| Good written and verbal communication skills.  | ✓   |     |
| To be able to work competently on a time limited basis.  | ✓   |     |
| Ability to establish and maintain effective relationships  | ✓   |     |
| Collaborative working style and strong work ethic; possess a can-do attitude   | ✓   |     |
| Ability to manage caseloads while working on own initiative and be self-motivated  |     | ✓   |
| Demonstrate a sound sense of personal integrity and ethics   | ✓   |     |
| IT competent and confident.  |     | ✓   |
| Demonstrate a working understanding of the principle of equal opportunities and diversity.   | ✓   |     |
| Ability to provide creative and/or activity-based therapies.   |     | ✓   |
| Warm, approachable, flexible interpersonal attitude.   | ✓   |     |
| Ability to communicate effectively with parents/carers and professionals.  | ✓   |     |
| <b>Qualifications &amp; Training</b>   |     |     |
| Graduate or Post graduate level Counselling Diploma or equivalent.   | ✓   |     |
| COSCA/BABCP/BACP Registration or Accreditation or eligibility and willingness to work towards accreditation).                              | ✓   |     |
| Post qualifying youth work/counselling qualification   |     | ✓   |
| <b>Knowledge</b>   |     |     |
| Sound understanding of GIRFEC, Child & Adult Safeguarding issues, policies and procedures.   | ✓   |     |
| Sound understanding of adolescents/ young adults developmental processes.  |     | ✓   |
| <b>General</b>   |     |     |
| A commitment to the Aims and Purposes of Liber8  |     |     |
| Holds a valid driving license and have access to a vehicle to meet young people in a variety of community venues within the scheduled day. |     |     |