METANOIA INSTITUTE

JOB TITLE: Here4You School-Based Counsellor and CBT Trainee

REPORTS TO: Here4You School Liaison Officer

BUSINESS AREA: Here4You

FULLTIME/PART TIME: Full-Time 35 hours per week

LOCATION: Metanoia Institute, 13 North Common Road, W5 2QB (Hybrid)

CONTRACT: Fixed Term (until 31 December 2027)

SALARY: £39,959

About Metanoia

Metanoia Institute has provided high-quality training in psychological therapies since 1984. Our offerings include part-time, university-validated undergraduate and postgraduate courses in Counselling, Psychotherapy, and Counselling Psychology. We also offer a unique NHS-funded programme in Psychotherapeutic Counselling, specialised programmes in Creative Writing for Therapeutic Purposes, Adolescent and Schools Counselling, and a Postgraduate Certificate in Higher Education. Our Continuing Professional Development (CPD) courses further support professionals in enhancing their skills and staying up to date with the latest developments in the field.

As Metanoia looks to the future, it's poised to continue its growth and leadership in the mental health sector. We've recently launched a new and exciting strategy to transcend barriers, making therapy accessible to every corner of society, and using our influence to create impactful and positive change.

This is a time of significant opportunities that will give challenge and reward in equal measure. We hope you're motivated by our vision, mission and ambitions; if you feel you have the right experience and skills, we look forward to hearing from you.

About this role

The Here4You School-Based Counselling Team have a full-time, salaried, one year fixed term training opportunity for a qualified counsellor to undertake, a Recruit to Train, Post Qualification and Post Graduate, CBT Training at UCL whilst working as a counsellor within our school-based Here4You team as part of the NHS England (NHSE) funded Children and Young People (CYP) Psychological Training Programmes (formerly CYP-IAPT).

Recruit to Train is a government-funded initiative aiming to grow the child mental health workforce to meet much needed demand. To help reach this goal, NHSE covers salary and

training costs for a one year post, allowing services to employ trainees to aid in implementing new or expanding existing specialist pathways to bridge the gaps in CYP mental health support.

This is a unique full funded opportunity to apply your learning from weekly teaching into practical clinical interventions working with clients in the service making a direct impact in the lives of children, young people and their families.

Here4You is a school-based counselling service run by Metanoia Institute in West London that provides high quality, professional mental health services to students of London secondary schools and colleges. Metanoia Institute was founded in the early 1980s and was among the first organisations in the UK to offer humanistically oriented professional training programmes. It is a well-established educational charity, specialising in professional training programmes for counsellors, psychotherapists, counselling psychologists, supervisors and coaches.

The position will be based at a Here4You London secondary school counselling setting and you will be expected to travel to Anna Freud in North London (Rodney St, N1 9JH) for teaching during the training year.

More information about the course content can be found on the Anna Freud webpage: https://www.annafreud.org/ucl-postgraduate-study/ucl-postgraduate-programmes/child-and-young-person-iapt-therapy-pg-dip/

Main areas of responsibility

Clinical

1. Offering counselling within H4Y Secondary Schools, in collaboration with the Here4You Schools Liaison Officer and the Pastoral Link person for the school. Collaboratively providing systems that comply both with H4Y and with the context of the school.
2. Accept referrals via agreed protocols within the service.
3. Assess and support children and young people with a common mental health problem in the treatment for which training is provided.
4. Undertake client-centred interviews which identify areas where the person wishes to see change and or recovery and makes an accurate assessment of risk to self and others.
5. Provide a range of interventions using core principles of CYP-IAPT practice along with an evidence-based intervention consistent with the training course they are doing.
6. Involve family members and others in treatment as necessary.
7. Adhere to an agreed activity contract relating to the overall number of client contacts offered, and clinical sessions carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.
8. Attend multi-disciplinary meetings relating to referrals or clients in treatment, where appropriate.
9. Act as an advocate to publicise the service within the school, speaking in assembly and staff meetings where necessary.

METANOIA INSTITUTE

10. Work closely with the Schools Counselling Liaison Manager to identify and support potential 'Young Champions' who will be able to take up an active part in commenting on and contributing to all aspects of the H4Y service form a young person's perspective.
11. Complete all requirements relating to data collection within the service.
12. Keep coherent records of all clinical activity in line with service protocols and use these records and clinical outcome data in clinical decision making.
13. Work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.
14. Assess and integrate issues surrounding education into the overall therapy process
15. Operate at all times from an inclusive values base which promotes recovery and recognises and respects diversity.

Training and Supervision

1. Attend and fulfil all the requirements of the training element of the post including practical, academic and practice-based assessments.
2. Apply learning from the training programme in practice
3. Receive supervision from educational providers in relation to course work to meet the required standards.
4. Prepare and present clinical information for all clients on their caseload to a clinical case management supervisor within the service on an agreed and scheduled basis, in order to ensure safe practice and the clinical governance obligations of the worker, supervisor and service are delivered.
5. Respond to and implement supervision suggestions by supervisors in clinical practice.
6. Engage in and respond to personal development supervision to improve competences and clinical practice.
7. Engage in all requirements to use feedback and clinical outcomes tools
8. Engage in service user participation as appropriate

Professional

1. Ensure the maintenance of standards of practice according to Here4You and professional regulating bodies and keep up to date on new recommendations/guidelines set by the department of health (e.g. NHS plan, National Service Framework, National Institute for Clinical Excellence).
2. Ensure that client confidentiality is always protected.
3. Be aware of and keep up to date with advances in the spheres of treatment for common mental health problems.
4. Ensure clear objectives are identified, discussed, and reviewed with senior therapists on a regular basis as part of continuing professional development.
5. Participate in individual performance review and respond to agreed objectives.
6. Keep up to date all records in relation to Continuous Professional Development and ensure personal development plan maintains up to date specialist knowledge of latest theoretical and service delivery models/developments.
7. Attend relevant conferences / workshops as appropriate, in line with identified professional objectives.

METANOIA INSTITUTE

General

1. To contribute to the development of best practice within the service.
2. To maintain up-to-date knowledge of legislation, national and local policies and procedures in relation to Mental Health and Primary Care Services.
3. All employees have a duty and responsibility for their own health and safety and the health of safety of colleagues, clients and the general public.
4. All employees have a responsibility and a legal obligation to ensure that information processed for both clients and staff is kept accurate, confidential, secure and in line with the GDPR (2018) and Security and Confidentiality Policies.
5. It is the responsibility of all staff that they do not abuse their official position for personal gain, to seek advantage of further private business or other interests in the course of their official duties.

This Job Description does not provide an exhaustive list of duties and may be reviewed in conjunction with the post holder in light of service development.

Person Specification

Essential

- Normally a minimum of a second-class bachelor's degree from a UK university or an overseas qualification of an equivalent standard in a relevant subject e.g. psychology AND a registerable professional qualification in Counselling, Counselling Psychology, Psychotherapy or related profession from a UK university or overseas professional qualification of an equivalent standard
- Experience working with children/young people in a mental health setting
- Capability to complete academic work at postgraduate diploma level, including IELTS or equivalent to the appropriate level for students with English as a foreign language (BAND D) https://www.kcl.ac.uk/study/postgraduate/apply/entry-requirements/english-language.aspx

Desirable

- Experience working as a counsellor within a school setting

Other information

You will be expected to demonstrate, at all times, your commitment to:

- Metanoia values and regulations, including Metanoia's social, economic, and environmental responsibilities.

- Metanoia's Equality, Diversity and Inclusion responsibilities and ensure that you engage in the successful implementation of Metanoia's Equality, Diversity and Inclusion Policy, and;
- their Health and Safety responsibilities to ensure their contribution to a safe and secure working environment for staff, students, and other visitors to the Institute.

Metanoia Institute is an equal opportunity employer committed to fostering an inclusive and diverse workplace. We do not discriminate on the basis of race, religion, colour, national origin, sex, gender, gender expression, sexual orientation, age, marital status, or disability status.

We strive to ensure that individuals with disabilities receive reasonable accommodations to participate in the job application and interview process, perform essential job functions, and access other benefits and privileges of employment. If you require accommodations, please do not hesitate to contact us to discuss your individual needs.

We value diversity and are dedicated to creating an environment where all employees can thrive.