



JOB DESCRIPTION

Breathe Therapist/Psychotherapist

Breathe Therapies is a not-for-profit organisation and the treatment arm of the charity, Support and Education For Eating Disorders (S.E.E.D).

At Breathe, we wish to ensure that anyone in Preston and the North West who are experiencing an Eating Disorder, Obesity, Mental Health or Wellbeing issues can have access to the most appropriate help and sufficient treatment to overcome the difficulties they may be facing.

Breathe provides a research based multi-disciplinary treatment programme for four treatment pathways. Breathe uses a holistic and integrative treatment model founded by The National Centre for Eating Disorders and involves the combined use of therapeutic interventions.

We are looking to recruit a hardworking, experienced and committed individual, who can demonstrate they have the relevant skills required to undertake this role. You will be expected to be able to work well independently but also as part of a team. We are a busy team in a fast-paced environment but all work together to create the best possible outcomes for our clients.

Job Title: Psychotherapist

Reports to: Clinical Director

Location: Option to work remotely or in-person at Quayside House, Navigation Way off Chain Caul Way, Ashton-on-Ribble, Preston, Lancashire, PR2 2YP

Availability: minimum of 8 hours per week.

Salary:

- £35-£60 per hour depending on experience and qualifications (minimum of 8 hours)
- Part-time: to be agreed in the interview.



Job Purpose:

We are seeking fully qualified, experienced psychotherapist to join our staff treatment professionals. Working as part of a multidisciplinary team, your primary role will be for carrying a case load of clients with eating disorder and supporting your colleagues through your expertise in the area of eating disorders.

Notwithstanding the above this post will also be expected to provide treatment to clients presenting with a wide range of other addictive and behavioural health problems

Key Responsibilities and accountabilities:

Initial Orientation:

- To support the admission process for all assigned clients
- To assist clients with orientation to Breathe Therapies
- Notify relevant staff of client issues and needs (dietary, medication etc)
- Contact referrer and family members (with appropriate consents on file) of client's arrival and acclimation
- Assign appropriate literature to clients

Assessment:

- Conduct initial assessments
- Liaise with referrers and colleagues around securing necessary reports and referral information / documentation for assessment process
- Complete and regularly review the Treatment Plan with client to ensure that this plan addresses individual client needs and specifies clearly identified goals and outcomes

Delivery of treatment:

- Conduct weekly individual sessions with clients and enter client case notes
- Attend regular clinical supervision, clinical team and treatment planning meetings, and multi-disciplinary team meetings
- Complete monitoring forms as appropriate
- Support the client walk and wellness table

Case Management



- Maintain regular contact & liaison with the wider team regarding client's progress in treatment, particularly with regard to medication management
- Maintain and document regular (once weekly minimum) contact with client referrers (this can be via email, telephone or other review formats at the referrers discretion) including a courtesy call within 24 hours of admission
- Maintain and document all necessary contact with family members, employers and other key people in the client's network (with consent from client). At a minimum this must be weekly contact with the key family member /significant other, including a courtesy call within 24hours of admission
- Coordinate aftercare plan for client well in advance of discharge
- Oversee and support client assignments
- Discuss all therapeutic outings, visitors and collateral appointments with treatment team prior to final approval.

Record Keeping:

- Keep timely and accurate client progress and case notes
- Complete all forms (treatment plan, psychosocial, discharge plan, etc) within required time frames
- Conduct audits on admission and discharge

Training

- To provide eating disorder awareness training
- To be open for training

General

- Comply with all terms of employee handbook
- Be punctual and attend all clinical meetings, and start and finish all groups on time
- Be available for all training requirements
- Check and respond to email and telephone calls in a timely manner
- Work on and complete assigned projects given by your line manager
- You may be required on occasion to attend marketing or other functions at week ends or during evenings
- You will be required to provide cover days on some weekends and bank holidays as required



Health and Safety

- To take reasonable care for the health and safety of yourself and others who may be affected by your acts or omissions at work and to co-operate with any requirement to adhere to statutory or other safety regulations
- Ensure that all working practices and procedures comply fully with all statutory regulations, policies, codes of practice and clinical services safety rules currently in force
- Undertake as required all training appertaining to health and safety as relevant

Key Performance Indicators:

- Punctual, professional and efficient conduct in the role
- All patient documentation is completed to a high standard and on time, including case management checklist, treatment plans, continuing care plans, discharge summary
- Regular contact with family and referrers
- Client feedback to be mainly positive.
- Complete all individual and group work sessions with clients
- Update referral sources within required timeframe
- Attend scheduled supervision sessions & staff meetings
- Willing to examine own practice and countertransference reactions
- Actively involved in own self-care both in and outside of the workplace

Work remotely?

Option to work remotely or in-person



PERSON SPECIFICATION

Eating Disorders Therapist/Counsellor

QUALIFICATIONS AND / OR EXPERIENCE

ESSENTIAL

- Degree / Diploma in Occupational Therapy or equivalent
- Registration or eligible for registration with the Health & Care Professions Council (HCPC),
BACP, BABCP or UKCP accreditation or equivalent
- A minimum of 36 months post-qualification experience working with clients presenting with a range of difficulties, including addictive and compulsive behaviours, depression and anxiety
- Evidence of post-registration training in relevant areas such as:
 - Mental health standardised assessment
 - Personality Disorder
 - Psychological therapy approaches
 - Management / Leadership
- Skills and experience in CBT

DESIRABLE

- Master's Degree
- Post Graduate training in Eating Disorder
- Experience working with Eating Disorder clients
- CBT qualifications

KNOWLEDGE

ESSENTIAL

- Extensive knowledge of current trends in Mental Health, and in Eating Disorder in particular
- Extensive knowledge of standardised assessment in Occupational Therapy
Extensive knowledge of evidence based Occupational Therapy in Mental Health, and in Eating Disorder in particular extensive knowledge of risk assessment and management
- Working knowledge of "Recovering Ordinary Lives" strategy for OT in Mental Health 2007-2017

DESIRABLE

- Open to training

SPECIAL APTITUDES

ESSENTIAL

- Excellent communication skills
- Excellent interpersonal skills
- Excellent organisational skills
- Excellent skills in multi-disciplinary working
- Relevant IT skills
- Understanding of safeguarding
- Excellent personal manners
- Good listening skills
- Confidence with dealing with people, confidential documentation, etc.

DESIRABLE:

- Flexible and responsive to the needs of the service and its clients
- Client centred but hold boundaries
- Sound understanding of teamwork