



JOB DESCRIPTION

Systemic Family Therapist

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: Systemic Family Therapist

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

Reporting to: Clinical Director

Job Purpose

- To provide a high-quality specialist Family Therapy service within Breathe's Eating Disorders and Mental Health Pathways.
- To liaise closely with paediatric services & other allied professionals to ensure excellent patient care.
- To provide direct clinical work to families and to offer systemic consultation and training to other professionals as appropriate.



- The post requires the holder as a member of the multi-disciplinary Breathe Team to maintain a Family Therapy Caseload and to also undertake some generic assessments as required.
- To carry a complex caseload and to work effectively and according to NICE (National Institute for Health and Care Excellence) guidelines wherever possible to improve outcomes for young people

Key Responsibilities and Duties:

- To support the running of the Therapy clinics within Breathe. To work alongside other Breathe professionals on complex cases (e.g. with the Nurse Specialist and Cognitive Behavioural Therapist in the treatment of eating disorders).
- To liaise with external paediatric services, GP , Social Workers in the treatment of eating disorders and/or psychological Therapies.
- To ensure all cases are coordinated and clinicians worked as appropriate.
- To participate fully in the work of Breathe offering the specialist Family Therapy clinics as well as participating in the referral and assessment process for those with an Eating Disorder and/or Psychological needs.
- To develop the Family Therapy service to meet the needs of those referred into the service and to use resources creatively by co-working with partnership agencies.
- To support the running of brief systemic clinics within the local community joining staff and other professionals when appropriate.
- The post holder will exercise full responsibility for systemic treatment, reviews and closing summaries and will be accountable for professional actions and policies.
- To be responsible for implementing a range of skills in systemic psychotherapy interventions drawing upon different models and approaches, adjusting and refining practice to meet the needs of clients.
- To work in ways that are sensitive to the needs of young people, families and individuals from a wide range of racial, cultural and religious backgrounds as well as different family forms and contexts. To be mindful of the impact that race, culture, gender, sexual orientation, religion, age, disability and social difference may have on client systems and to develop innovative ways of meeting particular needs.
- To be skilled and experienced in working with matters of child protection
- To provide duty cover in the clinic, undertaking emergency assessments on a rotational basis, responding rapidly where necessary, making judgements about risk and decisions about treatment plans adhering to Trust policy and legislation.



- To maintain clinical records in accordance with the policies and procedures.
- To have the knowledge to refer patients to other specialist clinics as appropriate.
- To maintain UKCP (UK Council for Psychotherapy and other relevant registration e.g. BACP, BPS where relevant) Registration and keep abreast of good practice within the field of Family Therapy.
- To attend internal mandatory training.
- To attend multidisciplinary team meeting.
- To attend Team Meeting.
- To adhere to company policy, procedures and contract at all times.

Schedule:

The post holder will be required to work a minimum of 8 hours a week.

Work remotely?

- Option to work remotely or in-person



Family Therapist

Person Specification

Qualifications/Special Training:

Essential:

- A relevant core profession within Health and Social Care
- A postgraduate clinical Diploma/Masters' Degree in Systemic Family Therapy from a training institute recognised by AFT, or equivalent.
- The post holder must have significant evidence of working practice as a Systemic Psychotherapist with children and families and must also hold registration as a Systemic Psychotherapist with the United Kingdom Council for Psychotherapy (UKCP).

Experience and Attainments:

- Significant post qualifying experience in a core profession working with children, adolescents and families.
- Extensive knowledge & experience of working with Eating Disorders
- Ability to work effectively both independently and as part of a team.
- Experience of working with Child Protection issues.
- Experience of working with self-harm/risk assessment and risk management.

Knowledge/Skills

- Ability to undertake complex assessment and treatment of children, adolescents and families; particularly with young people with an eating disorder.
- Knowledge of research and developments in systemic psychotherapy.
- Knowledge of child development/serious mental health problems.
- Knowledge of relevant legislation and its implications in child/family and mental health contexts.
- Knowledge of Child Protection.



- Knowledge of ethical issues and of equal opportunity and related policies and procedures.
- Knowledge of and commitment of anti-discriminatory practice.

Personal requirements

- Ability to act independently and autonomously within appropriate guidelines and referring to management where appropriate.
- Ability to work as a team member.
- To be innovative in-service delivery.
- Ability to endure prolonged periods of concentration.
- Ability to manage the emotional demands of highly distressing circumstances.
- Ability to manage exposure to verbal aggression and risk of physical aggression from clients.
- Excellent written and oral communication and inter-personal relationship skills.
- Basic I.T skills.
- Able to manage high levels of stress.