



CDS UK

Clinic for Dissociative Studies
35 Tottenham Lane
London N8 9BD

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JOB DESCRIPTION for PSYCHOTHERAPIST at CDS UK (CLINIC FOR DISSOCIATIVE STUDIES)

Job Title: Psychotherapist

Contract: Self-employed

Hours: One double session per week (100 minutes)

Salary: £75 per session (£150 per double session) plus travel and travel time expenses

Location: Consulting room in Reading, Berkshire

Closing date for application: September 18th 2020

OVERVIEW

Do you have experience in working with clients with trauma-related dissociative disorders and an interest in working as part of a specialist clinic team?

We are seeking an experienced Psychotherapist, Psychologist or highly experienced Psychotherapeutic Counsellor to work with a CDS UK client who lives in Reading, Berkshire.

Weekly sessions need to take place within Reading, Berkshire (in line with Covid-secure guidelines) and we invite applications from suitably qualified applicants who live within reasonable travelling distance. Travel expenses will be covered.

About CDS UK

CDS UK (Clinic for Dissociative Studies) is a specialist, national psychotherapy service and registered charity, offering outpatient psychotherapy and support to people with trauma-related dissociative disorders, including D.I.D (Dissociative Identity Disorder).

CEO: Mark Linington

Consultants: Dr Valerie Sinason

Patrons: Sir Richard Bowlby, Professor John Morton, Mr David Leevers

CDS-UK (Clinic for Dissociative Studies) ~ Charitable Incorporated Organisation (CIO) ~ Registered in England and Wales ~
Registered Charity No. 1178552
Registered Office: 35 Tottenham Lane, London N8 9BD

CDS UK is a charity and an independent provider to the NHS, subcontracted by CCGs nationally on a discretionary per-patient basis, where local mental health services are unable to provide appropriately specialist treatment. The client population seen at CDS UK are, almost without exception, survivors of extreme and complex developmental trauma, often abuse within organised groups. This is challenging but often deeply rewarding work. Specialist supervision, case managerial support and CPD are an essential part of working with this population and are provided by CDS UK.

Therapeutic approach

CDS UK offer a trauma and dissociation informed psychotherapeutic approach, rooted in psychodynamic and attachment-based psychotherapeutic theory, adapted to meet the needs of people with complex traumatised and dissociative presentations. We also use thinking from other theoretical and clinical paradigms such as play and arts psychotherapies, trauma-focused CBT and body/sensorimotor psychotherapy, as well as developmental approaches to inform our clinical work. A robust but flexible and open-minded clinical approach is essential in this work and is a good fit within the organisation.

We offer a team approach, as most of our clients require a greater degree of between-session support than in standard outpatient psychotherapy settings. We aim to create a small virtual therapeutic community around each client, and many have a secondary CDS UK support therapist or support worker, in addition to their principle therapist, CDS UK case manager and local NHS support from Community Mental Health Teams. Good liaison between team members and services is considered a priority.

About Dissociation, Dissociative Disorders and Dissociative Identity Disorder (D.I.D)

Dissociation is a naturally occurring phenomenon. Most people experience it in very mild forms, such as being so absorbed in an activity that one temporarily loses contact with a wider reality.

People with dissociative disorders have typically experienced severe trauma in early childhood, alongside the absence of protection from an adult caregiver. This can lead to dissociation becoming more deeply embedded within the structure of their personality. People with Dissociative Identity Disorder (D.I.D) have discrete identity states that have evolved as a way of managing trauma and then continue into adulthood even when trauma has stopped. People with dissociative disorders usually have a variety of post-traumatic symptoms and may 'switch' between different identity states with varying levels of amnesia between these states.

PERSON SPECIFICATION

ESSENTIAL

- A minimum of 4 years' post-qualification experience of working as a psychotherapist, including work with people with complex traumatised states and dissociative conditions
- Accreditation by the BPC, UKCP, HCPC and/or BACP

- An understanding of the impact of trauma on the mind and body, including how dissociative disorders develop following extensive developmental trauma and disorganised attachment
- An ability to assess risks and develop risk management plans
- Current indemnity insurance and a DBS check within the last 12 months. We can assist with organising the latter on appointment if required
- An ability to work as part of an overall clinic and wider clinical team around each client
- Excellent communication skills, both verbally and in writing
- An ability to make good use of specialist supervision
- An ability to work independently and flexibly

DESIRABLE

- Advanced training and/or extensive clinical experience in the field of complex trauma and/or dissociation
- An understanding of NHS mental health services, to enable liaison with any involved local NHS professionals and knowledge of funding and commissioning compliance requirements
- Membership of the European or International Society for the Study of Trauma and Dissociation (the ESTD or/and ISSTD)

KEY TASKS

1. Offering weekly psychotherapy to a client with a trauma-related dissociative disorder in Reading.

- Provision of one double (100 minute) psychotherapy session per week to a client with a dissociative disorder in Reading
- Attendance at fortnightly individual CDS UK supervision for this work. This can be conducted by telephone or online if needed
- There may be scope to take on additional clients after six months and following discussion and agreement with the clinical management team

2. Team Working

- Good liaison with the clinic support therapist, case manager and/or local NHS professionals involved with the client
- Attending CDS UK case management meetings and/or professionals' meetings with local NHS services at appropriate intervals as required (additional payment is available for this)
- Attendance and participation at CDS UK CPD events is strongly encouraged

3. Notes and record keeping

- Keeping clear, regular and concise clinical records of therapy sessions, including risk assessments

- Writing regular clinic reports on the allocated client (s) for funders and local service providers

SUPERVISION

Fortnightly individual clinical supervision will be provided by a senior member of the CDS UK team, who will be a specialist Consultant Psychotherapist in this field.

FURTHER INFORMATION

Please direct any enquiries for further information to Mr Mark Linington, mark.linington@clinicds.com

TO APPLY

Please apply with a full CV and covering letter outlining your relevant training, experience and suitability for the post to recruitment@clinicds.com

