

# SELF SPACE

EVERYDAY MENTAL MAINTENANCE

## JOB DESCRIPTION

### Psychological Therapist

**Job Title:** Psychological Therapist

**Salary:** Competitive

**Days per week:** 2x 7 hour slots for sessional work.

**Status:** Freelance

**Reports to:** Founder/Founding Partner

Founded in 2017, Self Space was launched to help address a growing need for accessible and contemporary mental health support. We provide flexible, forward thinking therapy to individuals and for some of the most progressive global companies from a broad range of creative and corporate industries, including tech, finance, advertising, marketing, hospitality and fashion. Our mission is to revolutionise the culture around accessing mental health support, making it more commonplace and aspirational, in the same way most of us think about our physical health.

We are looking to recruit flexible therapists who are able to work either across our sites in London or remotely (online digital sessions via video). We particularly welcome applications from Psychotherapists, Cognitive Behavioural Therapists, Couples Therapists, Counselling Psychologists, Clinical Psychologists and those with specialist training in Trauma, Eating Disorders and EMDR or DBT.

The successful applicant will have excellent clinical skills, including within written and verbal communication. A calm and good humoured nature and the ability to work independently in sessions, but to collaborate with a small and friendly team are essential.

#### Outline of role:

- To provide face to face and online individual therapy to clients
- To attend regular external clinical supervision
- To attend team meetings
- Ensuring your diary is kept up to date on our digital booking system
- To have the capacity to work autonomously and within the BACP, UKCP or HCPC ethical frameworks
- Internal oversight and support will also be provided by our Founding Partner.

Key Responsibilities	Detail
	<ul style="list-style-type: none"> <li>• Delivering high quality therapeutic interventions to a range of clients face-to-face and online</li> <li>• To have the capacity to work autonomously and within the BACP, UKCP or HCPC ethical frameworks</li> <li>• To write brief case notes following each session (digital case note system)</li> <li>• Working flexibly to meet the needs of the service</li> <li>• Attending induction sessions as required</li> <li>• Fulfilling administrative tasks in line with Self Space Handbook</li> <li>• Maintaining professional codes of conduct at all times</li> <li>• Following safeguarding, data protection, confidentiality and other protocols as necessary</li> <li>• Keeping clear lines of communication with all relevant colleagues within Self Space</li> <li>• Liaising with other professionals to ensure safety and wellbeing of clients</li> </ul>

### Person Specification

Knowledge and Skills	Essential	Desirable
Registered with appropriate regulatory body e.g. HCPC/ BACP, UKCP	✓	
Minimum 3 years as a practicing therapist	✓	
Have proof of Public liability Insurance	✓	
Have good knowledge of calendar, mail and booking systems	✓	
Experience in selecting and interviewing workshop leads	✓	
Specialist training in Trauma, EMDR, Eating Disorders or DBT		✓

Resilience and the ability to cope with challenging situations	✓	
Confident in representing Self Space in other areas of its work		✓
Current Enhanced Children and Adult DBS Clearance (or be willing to undergo this)	✓	
Experience of psychoeducation delivery and evaluation		✓
Experience of using Group work skills		✓

**Interested in applying?**

Application deadline 07/07/20. Interviews will be held on 23<sup>rd</sup> July.

If you have any questions about the role, email: [chance@theselfspace.com](mailto:chance@theselfspace.com)