

# CBT Counsellors Liber8

<b>Initiative</b>	Liber8
<b>Job Title</b>	CBT Counsellor
<b>Base</b>	Based in Blantyre South Lanarkshire
<b>Hours</b>	2 p/t posts (2 x 14hrs) 2 days per week
<b>Duration</b>	Initial 12-month contract with potential to extend
<b>Salary</b>	(Scale: £32,760- £38,220 pro-rata: dependent on experience)
<b>Reports To</b>	Counselling Coordinator

## **Job Purpose:**

We are seeking to recruit experienced therapists to enhance and complement the existing work of Liber8's counselling services. The post holder/s will provide specialist counselling and group work to individuals, who may have experienced substance use, trauma PTSD, debilitating anxiety, and other complex presentations.

The minimum qualification for this post is Diploma in Counselling accredited by BABCP / BACP/ COSCA and post qualifying experience

The post holders would be expected to deliver evidence-based techniques, recommended by NICE/SIGN as, effective approaches in healing, mental health issues, dissociative disorders, grief, addictions, and the effects of abuse; aimed at the treatment and resolution of the presenting issue and associated trauma.

Following the NICE guidance, the therapist would undertake and develop, screening; full baseline, strength-based assessment, and treatment plans.

Experience of working in the area of substance use, trauma, disorders, facilitating or co-facilitating therapy groups is desirable. We are looking for therapists who work in an integrative way, rather than being confined to a single therapeutic approach. We also welcome applications from those who are able to bring experience of expressive and creative therapies to their work

## **Key Tasks & Responsibilities**

- Provision of effective clinical assessments and evidence-based treatment plans
- Be able to understand clinical presentations and needs, and to develop an effective approach to meeting these using established counselling and/or psychotherapeutic models.
- Supporting clients to set and achieve identified goals, positive outcomes and assessing and demonstrating progress to ensure timely completion of treatment
- Working to BACP/COSCA/BABCP, Standards and Ethical Frameworks.
- Maintaining own professional standards and accreditations, including CPD and any other requirements
- To nurture an ethos of mutual respect in the workplace in keeping with the aims of the charity.
- To offer where required, group work relating to substance use, trauma, relapse prevention and recovery management
- Delivering a structured therapeutic programme through group-work sessions and one to one intervention.
- Where required, take responsibility for the planning and delivery of psycho-educational workshops and courses.
- Be willing to share your knowledge and skills, while nurturing the spirit of curiosity and natural sense of enquiry of our placement students within our counselling placement

scheme

- Communicate effectively with a range of individuals, clients, professionals, and organisations
- Engage with clients in a way that is authentic, empowering and adapted to their individual needs.
- Willing to challenge limiting or disempowering assumptions, attitudes, and practices; not only within the client, but within themselves and the wider social context.
- To work in accordance with Liber8s policies, procedures and working practice agreements.
- To operate within an Equal Opportunities Framework and promote equality issues in all aspects of work.
- This is not an exhaustive list of all the duties and responsibilities that may be required from time to time and is subject to change in accordance with the needs of Liber8

### Circumstances

- May be occasionally required to work evenings and or weekends
- Access to car and current active full UK driving license
- Ability to work irregular hours e.g., 1-7pm
- To adhere to Liber8 policies and procedures, including confidentiality, data protection, safe working practices, equal opportunities, child protection, GIRFEC and health and safety
- To attend relevant internal and external meetings.
- Will undertake a PVG (Disclosure Scotland check)
- This contract is 12 months initially with a strong prospect of the post becoming permanent (depending on impact of the role and available funding).
- A competitive salary and company pension contribution