

## **Job Description**

**Post Title: Trainee Parenting Therapist**

**Location: Portsmouth, Fareham, Gosport and surrounding areas**

**Fixed Term Contract from January 2023.**

**Salary: £25,500 plus travel bursary of £500 per annum**

**Responsible to: Line Manager, Family Values**

**Key relationships: University of Reading, South West Family Values and Family Values (a trading arm of SWFV), Schools, CAMHS, Local Authority, CCG, Public Health.**

**Closing date: Friday 30<sup>th</sup> September 2022**

**Interviews: There will be two rounds of interviews that will each take place mid-late October, dates to be confirmed.**

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### **CYP IAPT**

The Children and Young People's Improving Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme delivered by Health Education England and partners that aims to improve existing children and young people's mental health Services (CYP MHS) working in the community. Parenting Therapists for Children and Young People training will benefit from being integrated fully within CYP MHS and linked to the CYP IAPT collaborative, which brings a valuable organisational infrastructure.

### **Portsmouth Family Values (PFV)**

FV is a trading arm of SWFV, a community interest company dedicated to providing early intervention, preventative support to families to improve outcomes for children and young people. This is our third year working collaboratively with the University of Reading to provide services to meet the needs of children and young people's mental health.

We are looking to recruit up to four Trainee Parenting Therapists to undertake post-graduate CYP-IAPT training at the University of Reading. The successful candidates will work as part of the PFV team to ensure the early identification of children and young people with emotional and mental health wellbeing difficulties, this role will have a special focus on parenting interventions to support children aged 3-10 years with conduct difficulties.

This training opportunity is designed specifically for staff who have experience working with conduct problems in children using both individual and group approaches to engage parents/carers. Training will cover the evidence-base for parent training, and assessment and treatment strategies for conduct problems in children as well as training in two parenting interventions (Incredible Years and Helping the Non-Compliant Child). The post holder will then be expected to use the skills developed to identify children with conduct difficulties, assess the suitability to the evidence-based programmes and completion of the interventions. Trainee's

will work directly with parents, either individually or in group settings, to empower them to manage their children’s challenging behaviours.

Trainee’s will be assessed by essay, case reports, a presentation, video submissions and a portfolio of your work. Trainee’s will be offered high quality clinical supervision and are expected to bring recorded video clips of your clinical work for review each week.

The CYP IAPT course offers an exciting opportunity to learn about evidence-based approaches for working with children, young people and their families. The CYP IAPT training is a postgraduate level course which does require students to use their own initiative and time outside of work when studying. It is likely that you will need to spend several hours a week of your own time on course-related work including preparing for supervision and coursework deadlines.

The successful applicants will spend 2-3 days per week at the University of Reading and the remainder of the week in service undertaking clinical work for the course aswell as pieces of work directed by the demands of PFV. Due to current COVID 19 guidelines, it is possible that some or all of the teaching will be delivered remotely.

This is initially a fixed 12 month contract whilst undertaking CYP IAPT training. On successful completion of training, further employment opportunities may be available within the organisation depending on service need and subject to funding. Successful candidates will be able to carry continued employment benefits across from this training post to future posts within Family Values.

**Personal Specification for the successful applicant:**

<b>Personal Specification</b>	<b>Essential</b>	<b>Desirable</b>
Qualification	Evidence of ability to study successfully at undergraduate level or the equivalent.	Psychology or other health /social care/youth related undergraduate degree.  Other relevant postgraduate degree
Professional	Core Profession as defined by BABCP  OR  Completion of Knowledge, Skills and Attitudes (KSA) portfolio prior to entry on the programme.	

Experience	<p>Minimum of 2 years experience in working with children/young people and parent and carers.</p> <p>Knowledge of evidence based parenting interventions.</p>	<p>Evidence of working with children and young people with mental health difficulties.</p> <p>Experienced in the delivery of evidence based parenting interventions.</p>
Skills & Competencies	<p>Ability to evaluate and put in place the effect of the training.</p> <p>Computer literate.</p> <p>Excellent verbal and written communication skills, including telephone skills and use of internet mediated communication.</p> <p>Able to develop good therapeutic relationships with clients.</p> <p>Able to develop good professional relationships with colleagues inside and beyond child and adolescent mental health services.</p> <p>Responsive to and willing to ask for feedback and supervision.</p>	<p>Evidence of use of outcome measures in work with children, young people and their parents.</p>
Knowledge	<p>Knowledge of child and adolescent development and the role of parents/carers in supporting children and young people's emotional well-being.</p> <p>Understanding of systems and contexts in which children and young people are likely to live.</p>	<p>Demonstrates an understanding of common challenges faced by parents/carers in raising children with conduct difficulties.</p> <p>Able to identify common mental health problems in children and young people</p>
Training	<p>Able to attend the formal training as required.</p> <p>Able to complete academic components of the course.</p> <p>Able to integrate training into practice</p>	

<p>Other Requirements</p>	<p>High level of enthusiasm and motivation.</p> <p>Excellent organisational and self management skills.</p> <p>Ability to use supervision and personal development positively and effectively.</p> <p>Able to work under pressure.</p> <p>Regard for others and respect for individual rights of autonomy and confidentiality.</p> <p>Ability to be self-reflective in own personal and professional development and in supervision.</p> <p>Able to travel to meet the demands of the service users.</p> <p>Experience of lone working including home visits to vulnerable families.</p>	<p>Car driver and/or ability and willingness to travel to locations throughout the organisation.</p> <p>Fluent in languages other than English</p>
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The job post and training will commence in January 2023.

For an informal discussion, please contact Nicola Legodi on 07787 446946 or [nicola@southwestfamilyvalues.org.uk](mailto:nicola@southwestfamilyvalues.org.uk).

To apply, please complete the application form and return it to [info@southwestfamilyvalues.org.uk](mailto:info@southwestfamilyvalues.org.uk)