

In this role description pack, you will find:

- p2-10 Honorary Therapist/Counsellor
- p11-18 Clinical Supervisor

CONTACT FOR ENQUIRIES

Gabriella Brent Therapy Director, The Advocacy Academy M: 07766053569

E: wellbeingteam@theadvcacyacademy.com



Honorary Counsellor/Therapist Information for applicants

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WELCOME

Thank you for your interest in becoming an honorary counsellor/therapist.

The Advocacy Academy (TAA) is a youth movement working to unleash the power of young Londoners to create a more just and equal society. Across a transformational six-month Fellowship programme, we give these young leaders the knowledge, skills and confidence to make a real difference in their communities

Unsurprisingly, working with these impressive Advocates over the past four years has revealed the difficult circumstances many of them are living with and the enduring impact on their everyday lives and capacity as change-makers. We consider the Fellowship programme to have profound benefits to the psychological wellbeing of our young leaders. Primarily we see these benefits through theoretical positions and practices consistent with liberation psychology. We recognise, however, the limits to what TAA can achieve and the need for some Advocates to benefit from a more focused and personalised therapeutic approach. The waiting lists for existing NHS and community services are too long for those who are in immediate need. We have therefore decided to pilot a small therapy service alongside the Fellowship programme.

This spring we will begin piloting short-term one-to-one counselling and psychotherapy to a selection of Advocates who have self-referred and been screened by TAA as 'therapy ready'. We consider short-term to be in the region of 12-16 sessions. The pilot will be evaluated and, subject to its success, continued as a rolling programme. We very much hope that the counsellor/therapists who come on-board for this pilot will consider working with us as we expand later this year.

We are seeking honorary counsellors/therapists who share our positions and values on social justice. We firmly believe that there is nothing inevitable about injustice and inequality, and that young people have the power to drive social change. We are seeking those who are actively committed to fighting inequality and sharing their skills and training in creative ways with communities for whom psychological services are often less accessible.

This is a fantastic opportunity for both experienced and trainee counsellors/psychotherapists to work at the heart of a fast growing, community-based and values-driven social justice charity. We are honoured to be supported by some of the sectors leading Foundations and Trusts, including: Comic Relief; The Paul Hamlyn Foundation; The Tudor Trust; and Esmée Fairbairn.

Successful candidates will be provided with fortnightly, two-hour, mandatory group supervision. Candidates who are currently in training must be in personal therapy, have accrued a minimum of 150 client hours and will be asked to provide an approval letter from their training course as well as details of their personal supervisor. All candidates will require their own professional indemnity insurance. Therapeutic sessions will take place on weekdays after school in and around Brixton.

As we are constantly evolving our programme, candidates will need to be comfortable working in a small, community based, start-up environment. We need therapeutic skills to help design and deliver a carefully considered therapeutic service that enables us to support our young people as they grow into inspiring social leaders.

We encourage applicants with social justice experience and from people of colour, LGBTQ+ folk and those with disabilities. Please let us know if you have any special requirements which we might need to consider in relation to the selection process. Any requests will be taken into account and will not affect your equal opportunity in the selection process. We very much look forward to working with you to build this invaluable resource for young people.

With excitement,

Amelia Viney

Founder & Director

Gabriella Brent

Therapy Director

ABOUT US

WHAT

The Advocacy Academy is a youth movement working to unleash the power of young Londoners to create a more just and equal society. Across a transformational six-month Fellowship programme, we provide a holistic education in social activism, giving these young leaders the knowledge, skills and confidence to act together to achieve long-term, systemic change. Our participants learn how to take action on issues that are personal to them, because movements against injustice and inequality are best led by those who are directly affected.

WHO

Our beneficiaries are all young people aged 16-18 from across several London boroughs. 75% are from Black, Asian and Minority Ethnic backgrounds, 70% are women, 80% identify as working class. None have a history of civic participation. Since 2014, we have been building our capacity, and now offer a class of 20 places on the Fellowship, with four applicants for every space.

More than 250 expert campaigners, academics, politicians and creatives from across the UK come to pass on what they know to our Advocates. We also have youth workers who provide pastoral support to our participants across the retreat and throughout our programme.

OUR WORK

We want young people to have the power to influence decisions about their lives, but right now 88% feel like their voices are completely unheard in society (*Sky Survation Poll, 2014*). We are hugely proud of how we have responded to this need over the past two years. Our first big achievement was to grow our 30-hour pilot programme into a 300-hour curriculum, fully co-created with our beneficiaries. Our method of education is absolutely unique – carefully crafted to give our Fellows the power to envision the society they want to be part of, and develop the skills to make it a reality.

Each Fellow is given the opportunity to:

- Attend over 150 workshops, delivered by expert campaigners, academics and politicians
- Write and deliver a lobbying speech to Helen Hayes MP in the House of Commons
- Host a roundtable on local issues with their Councillors in the Town Hall
- Plan and run a grassroots campaign together in their community
- Deliver their own creative campaigns, supported by one-to-one coaching

Our evaluation shows that the programme is having a transformative impact - of our Class of 2017-18, 86% felt better able to articulate their opinions in public with clarity and impact, 93% felt more confident to improve their communities, and 100% have taken action on an issue that matters to them because of the Fellowship.

Read more about our work - and the values that inform it - on our <u>website</u>. You might also enjoy our <u>videos</u> and our recent piece in <u>The Guardian</u>.

THERAPEUTIC SERVICES

The Advocacy Academy is on a mission to develop a new generation of social-change leaders, supporting them to tackle the biggest challenges of the 21st Century - from gender equity to mental health. We envision a society in which young people are leading the struggle, effectively challenging injustice and inequality to create a better tomorrow.

"The Advocacy Academy taught me that I matter and that I am powerful." Betty, Class of 2017

We've taken 84 young people through our flagship programme, the Social Justice Leadership Fellowship, an immersive six-month crash-course in community participation, made up of three residential retreats and weekly evening gatherings, delivered by an outstanding team of experts from more than 30 local partner organisations. Across 300 hours of interactive workshops, speakers, trips, and one-to-one coaching, we support 16-18 year olds from a diverse set of backgrounds to develop the knowledge, skills, and confidence to take action on the social issues personal to them. Together they lobby in Town Hall and Parliament and run their own grassroots campaigns, learning to channel their anger and alienation to create a stronger and more vibrant South London community. We are incredibly proud of each of the journeys our Advocates take including:

- Amal and Ilhan leading the first delegation of young British Muslims to meet the Editor of The Sun to discuss his newspaper's Islamophobic coverage.
- Amina and Milena leading workshops for teachers across Lambeth on what they can do to combat sexual harassment and violence in schools.

We want all our young people to be passionate and powerful, but traumatic experiences have exhausted and worndown many of our participants. Such experiences include: repeated exposure to violence; neglect; abuse; being a young carer; being queer in a religious or conservative household; not feeling seen or encouraged to grow into their potential; exposure to youth violence and gangs; and dealing with daily microagressions, othering and being oppressed by systemic inequality. On occasion some have emotionally collapsed, dropping out of school, or thought about or attempted suicide. We feel they need a space to be seen, held, nurtured, believed in, supported and enabled. Whilst we frequently signpost our young people to NHS and other service providers we have identified a small group for whom these services are inaccessible or the waiting times are unacceptable. For them, TAA may be the first time they have opened up about their distress and are only willing to explore this within the context of TAA.

We know that short-term therapy is not long enough to work through the complex challenges these young people face. However, the previous experiences of the members of our wellbeing team have demonstrated that excellent short-term therapy can provide meaningful change. This includes: a supportive space in a time of need – reducing harm and risk; an opportunity to do deep work on a focused issue; a chance to provide a stop gap experience whilst they are on a waiting list for another service; and provide a positive experience of help-seeking which can build confidence and

trust for longer-term engagement with NHS and other services. For some young people this service will serve as crisis management, for others we hope this service will be preventative.

Most of the young people coming for therapy will not have experienced therapy before. It is likely they will come from communities for whom mental health and therapeutic support is stigmatised. We therefore need therapists who:

- Can relate to young people and their daily realities
- Safely and confidently engage clients to make use of the short-term offer available
- Work collaboratively, understanding therapy as a relationship between two equals on a journey together
- Welcome and work with difference with respect, curiosity and non-judgment
- Critically reflect on their power, privilege and oppression and how this may influence their client work
- Understand the impact of societal/community/familial intergenerational trauma on individuals and systems
- Understand and treat people holistically
- Uses a non-pathologising approach and language and understands defenses and 'problematic' behaviours
 as an intelligent response to coping with distress
- Promotes justice, equality, acceptance and inclusion
- Use an approach or model rooted in a recognised and ethical training

JOB DESCRIPTION

This is a part-time role for 20 weeks (12-16 weeks + possible extension) with a view to on-going work subject to the pilot's success.

Job Title	Honorary Counsellor/Therapist
Salary	Volunteer
Hours	2-4 hours per week depending on agreed client load + 2 hrs supervision fortnightly
Location	South London
Contract	Honorary
Reports to	Therapy Director / Development Director

Once committed, applicants must be available to complete 12-16 weeks of therapy work.

All candidates must have an enhanced DBS check dated no more than one year from the 1^{st} of January 2019. If this doesn't apply the Academy will arrange one for you.

Successful candidates will be requested to provide references from a recent employer and personal supervisor. In addition trainees will be asked to supply a confirmation letter from their training institution.

KEY AREAS OF RESPONSIBILITY

- To provide short-term weekly therapy (50 min sessions) for up to four therapy clients using a model or approach rooted in a recognised and ethical training
- To write summary session notes following each session and to keep notes in accordance with TAA data protection and GDPR policies
- To attend fortnightly supervision provided by TAA and if you are unable to attend then to make up a one hour session at your own cost
- To prepare for supervision sessions by having an agenda/notes and bringing appropriate issues to supervision
- To be willing to learn, to develop your skills, to be open to receiving support and be challenged by your supervisor and fellow counsellor/therapists
- To collect client evaluation forms and to participate in the evaluation process
- To participate in shaping The Advocacy Academy's therapeutic approach including attending a workshop and focus group.

ESSENTIAL EXPERIENCE

- Qualified from or in a recognised and ethical training accredited by UKCP, BACP, HCPC or BPC
- A minimum of 150 client hours (not including befriending)
- Experience facilitating short-term therapy

- At least one year consecutive of personal therapy
- If a trainee, currently in personal therapy
- A thorough understanding of social justice identity issues including race, gender, gender identity, sexual orientation, disability, class, immigration status and more
- Awareness of safeguarding and data protection issues
- Experience of using supervision

DESIRABLE EXPERIENCE

- Qualified counsellor/psychotherapist/clinical or counselling psychologist
- 450+ client hours
- Has experience working with young people (16-25)
- Trained in trauma approaches
- Experience participating in social justice work either professionally or personally
- Knowledge of liberation psychology or radical pedagogy e.g. healing justice, decolonised education, pedagogy
 of the oppressed

PERSONAL CHARACTERISTICS

These are values expected of all TAA staff and associates:

- You are passionate about, and committed to, creating a more fair, just and equal world
- You're authentic and live with integrity you're open, honest and brave
- You're compassionate, respectful and value others peoples' views
- You are reliable and have follow through you do what you say you'll do, when you say you will
- You pursue growth and display humility you value feedback and being outside your comfort zone
- You see and believe in the potential of The Advocacy Academy and want to help us get there

HOW TO APPLY

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To apply, candidates will need to send a CV and a supporting application addressing the following set questions. (No more than 1000 words for all four questions)

- 1. Tell us about a social justice issue that makes you angry and why it matters to you.
- 2. Describe a piece of client work you are really proud of and explain why
- 3. Tell us what does understanding someone holistically mean to you?
- 4. Tell us about you, your qualities and skills that make you suited to this role

Candidates are welcome to present their supporting statement in an alternative format, such as a video or audio recording.

Closing date for applications is 5pm on 10th February



Clinical Supervisor Information for applicants

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Most of the young people coming for therapy will not have experienced therapy before. It is likely they will come from communities for whom mental health and therapeutic support is stigmatised. We therefore need therapists and a supervisor who:

- Can relate to young people and their daily realities
- Safely and confidently engage clients and support therapists to make use of the short-term offer available
- Work collaboratively, understanding therapy as a relationship between two equals on a journey together
- Welcome and work with difference with respect, curiosity and non-judgment
- Critically reflect on their power, privilege and oppression and how this may influence their client work
- Understand the impact of societal /community /familial intergenerational trauma on individuals and systems
- Understand and treat people holistically
- Uses a non-pathologising approach and language and understands defenses and 'problematic' behaviours
 as an intelligent response to coping with distress
- Promotes justice, equality, acceptance and inclusion
- Use an approach or model rooted in a recognised and ethical training

JOB DESCRIPTION

The TAA Supervisor will be responsible for supervising a small group of honorary therapists working directly with Advocates who have self-referred and been screened by TAA as 'therapy ready'.

This is a part-time role for 20 weeks (12-16 weeks + possible extension) with a view to on-going work subject to the pilot's success.

Job Title	Clinical Supervisor
Salary	£ negotiable (on your application form please tell us what you would be looking for as an hourly rate)
Hours	2hrs fortnightly + occasional additional ad hoc work (e.g. writing referral letters, attending an evaluation workshop)
Location	South London
Contract	Freelance
Reports to	Therapy Director / Development Director

Once committed, applicants must be available to complete 12-16 weeks of therapy work.

All candidates must have an enhanced DBS check dated no more than one year from the 1^{st} of January 2019. If this is not the caseTAA will arrange one for you.

Successful candidates will be requested to provide references from a recent employer and supervisor.

KEY AREAS OF RESPONSIBILITY

The Clinical Supervisor will help to build TAA's therapy service and hold clinical responsibility for therapists involved. The successful candidate will be responsible for managing the risk and safety of the TAA therapist team and clients through providing support, care, professional and personal development to the honorary counsellor/therapists in the TAA wellbeing team.

Additional Responsibilities

- To work with the TAA Therapy Director and TAA CEO to monitor the service
- To ensure the integrity of counsellor/therapist-client relationships
- To manage the risk and safety of clients and therapists
- To provide excellent quality supervision to the TAA honorary therapists, 2 hours fortnightly
- To see therapists for occasional supplementary sessions when required
- To attend your own supervision (at your own cost)
- To keep all information discussed during supervision confidential, except any unsafe, unethical or illegal practice
 including issues that may need to be shared in accordance with the TAA safeguarding policy

- To escalate serious risk to TAA and emergency services as appropriate
- To protect the time and space for counsellor/therapists supervision
- To enhance the quality of professional knowledge and its application
- To promote the professional and personal development of TAA counsellor/therapists
- To encourage awareness of a multi-disciplinary / integrative approach to healing
- To promote healthy exchanges between counsellor/therapists approaching problems and healing form different perspectives
- To support thinking through and hold responsibility for decisions about client session extensions and endings
- To write referral and supporting letters on behalf of clients to NHS and community services as required
- To write summary session notes following each supervision session and store these in accordance with the TAA data protection policy
- To oversee the collection of client evaluation forms
- To participate in the evaluation process
- To participate in shaping The Advocacy Academy's therapeutic approach including attending and possibly hosting training, a workshop or focus group.

ESSENTIAL EXPERIENCE

- Diploma in Counselling and Psychotherapy or equivalent working with children and adolescents
- Three years clinical experience or 600 clinical hours
- Either UKCP, BACP, HCPC or BPC accreditation
- Evidence of good professional standing and further training beyond diploma level
- Currently practising counselling/psychotherapy/clinical psychology and in supervision with a qualified supervisor
- Working knowledge of safeguarding procedures
- Able to provide references from recent employer and supervisor

DESIRABLE EXPERIENCE

- Trained to work with adults and young people
- Worked in CAMHS
- Trained in trauma approaches
- Excellent management experience

PERSONAL CHARACTERISTICS

These are values expected of all TAA staff and associates:

- You are passionate about, and committed to, creating a more fair, just and equal world
- You're authentic and live with integrity you're open, honest and brave
- You're compassionate, respectful and value others peoples' views
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