



Trauma Recovery CIC

SEXUAL, DOMESTIC & RELATIONAL TRAUMA

Associate Trauma Counsellor

Job Description

Salary: £30 per hour

Hours: 16 per week

Location: home based, online

Contract: initial 6 months self employed with possibility of an employed role at the end of the initial period

Start date: Immediate

About Trauma Recovery CIC

Trauma Recovery launched in October 2020 offering free time limited trauma therapy and affordable rates for open ended therapy all survivors of sexual, domestic and/or relational trauma. The service now covers Hertfordshire, Bedfordshire, Essex and Cambridgeshire.

We offer trauma focused therapy to victims/survivors of trauma regardless of when the experience took place.

Clients engage with the service from various backgrounds and we are able to offer funded time limited therapy, funded open ended therapy as well as open ended self funded therapy.

The service works with a variety of organisations to secure funding for their service users.

Job Summary

We are seeking a compassionate and dedicated Trauma-Focused Therapist to join our award-winning, innovative team. We operate in a fast-paced and dynamic environment, and we are also looking for someone who is comfortable working with risk.

In this role, you will work with victim/survivors of sexual violence within a clearly defined and structured framework, with a specific focus on phase 1 trauma therapy.

You will utilise your knowledge of working with the impact of traumatic experiences, identifying and working with risk, intense emotions and behaviours and other trauma responses to offer focused time limited and open ended therapy sessions remotely via video.

This role initially is 6 months on a self employed basis with the possibility of an employed role after the initial period. Within the 16 hours you will see up to 13 clients per week, attend team meetings, case management and clinical supervision. All supervision is funded by Trauma Recovery CIC and is with our approved external clinical supervisors.



You will attend regular online team meetings, CPD sessions and training days (some training days are in person).

You will have excellent communication skills, knowledge of the links between past trauma and current behavioural presentations.

Working hours are set and will be negotiated prior to the role commencing, however all team members are required to work Tuesday mornings in order to attend meetings, clinical supervision and CPD and to work at least one late shift (Wednesday or Thursday 3pm until 8pm).

Responsibilities

- Provide trauma-focused therapy to victim/survivors of sexual violence, with an emphasis on phase 1 trauma therapy using our focused SAFE framework.
- Maintain accurate and confidential client records, documenting progress and treatment interventions.
- Stay informed about current research and best practices in trauma therapy, integrating new knowledge into clinical practice.
- Participate in regular team meetings and clinical supervision sessions to enhance professional development and ensure quality care delivery.
- Work therapeutically with victim/survivors of sexual abuse or rape within the agreed age group
- Commit to working within the SAFE framework for trauma-focused therapy
- Complete client notes accurately and clearly
- Attend clinical supervision, case management CPD and team meetings regularly
- Work as part of a team to develop the service
- Identify ongoing client needs and safeguarding concerns
- Contribute to monitoring and feedback on the service
- Work within The National Counselling and Psychotherapy Society code of conduct and ethical guidance, maintaining professional conduct at all times
- Ensure that you maintain professional membership of a PSA approved body (NCPS, BACP, UKCP)
- Execute and assist with administrative support as needed
- Follow steps to ensure compliance with GDPR and Trauma Recovery policies and procedure



Person Specification

We are looking for an exceptional individual with a passion for making a difference to the lives of others by supporting our clients to heal from the impact of trauma

Knowledge and experience

- Qualified to at least level 4 counselling diploma level
- Minimum 1 year post qualifying experience
- Your qualification must have included a minimum of 100 placement hours
- Experience of working with victim/survivors of sexual abuse or rape
- Experience in offering trauma focused therapy within a clear, focused framework
- Understanding of multi-agency working
- Commitment to deepening your knowledge and expertise around working with all victims of trauma regardless of gender and background
- A clear understanding of the tri-phase trauma therapy model
- An understanding of emotional and practical issues which may arise in relation to trauma
- Training in trauma focused CBT, the tri-phase model and an understanding of the work of Babette Rothschild and Janina Fisher is a plus

Skills and abilities

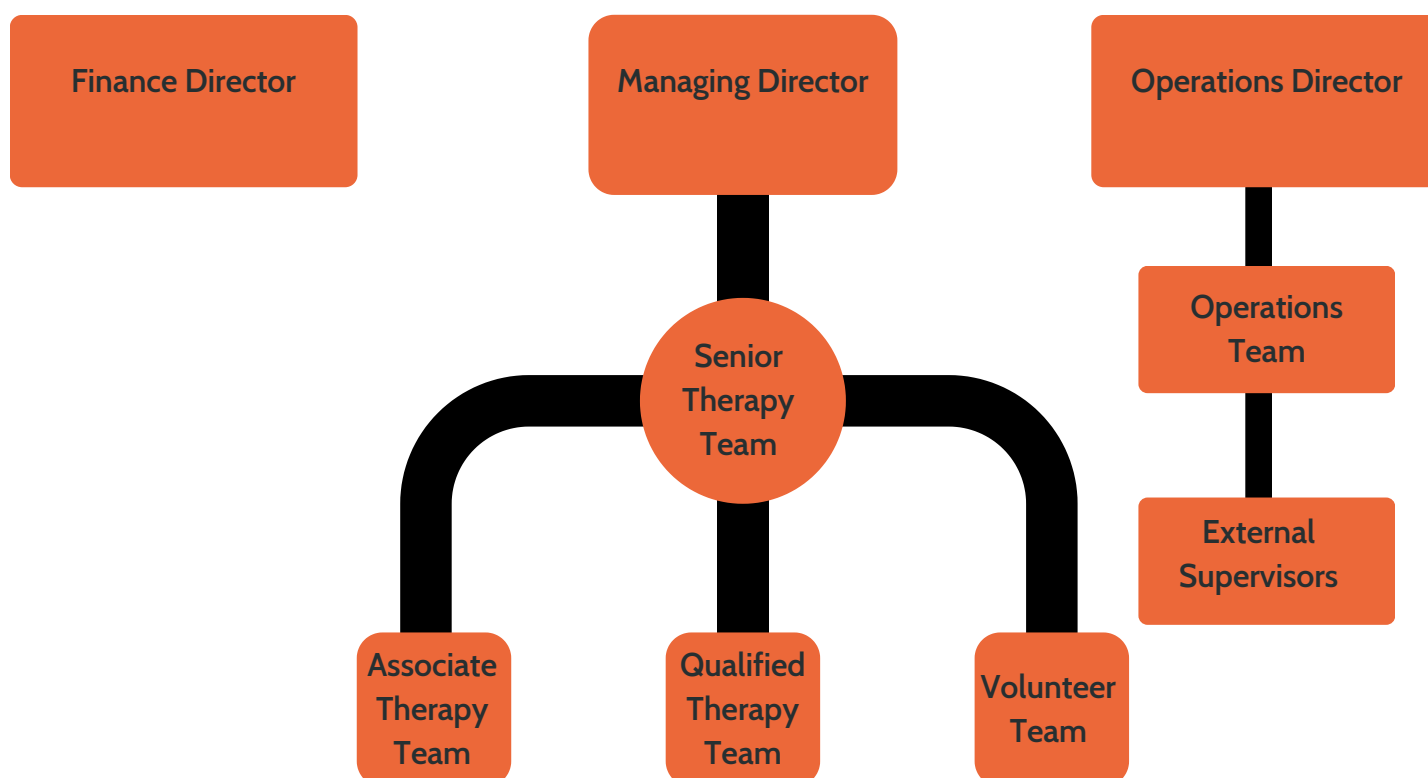
- Strong communication and interpersonal skills, with the ability to establish rapport and build therapeutic relationships.
- Ability to work within a clear process to safeguard clients
- Ability to complete client notes and assessments in an accurate and timely manner
- Basic IT skills
- Commitment to Trauma Recovery's vision, ethos and values
- Commitment to attend clinical supervision and case management regularly as required
- A clear enhanced DBS check
- Ability to attend Trauma Recovery CPD regularly
- Commitment to adhere to all Trauma Recovery CIC's policies and procedures
- Commitment to monitoring, feedback and evaluation processes
- Commitment to adhere to NCPS code of conduct and ethical guidance
- Commitment to integrate with Trauma Recovery CIC clinical model/framework
- To provide TRCIC a minimum notice of at least 8 weeks if leaving the service
- To provide TRCIC a minimum notice of 4 weeks for holidays or any planned breaks
- To participate and assist with all research, feedback and evaluation projects by accurate data completion.
- Ability to engage clients with different cultural needs and to deliver counselling that is culturally sensitive



What we offer

- A competitive salary for a not-for-profit organisation based outside of London
- Possibility of an employed role (depending in funding and company requirements)
- Funded monthly individual clinical supervision with external supervisors
- Regular in house CPD
- Regular full-day team training
- Regular team-building sessions
- Regular case management supervision and team meetings
- Multi-disciplinary trauma recovery service covering Hertfordshire, Bedfordshire, Cambridgeshire & Essex
- Collaborative working with other professionals as part of a team
- Opportunity to develop your role and progress within the business

Company structure





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How to join our team

To apply for the role there is no need to send a CV, simply complete an application form.

[Apply Here](#)

(if the link does not work, please visit: www.trcic.org/join-our-team)

When completing your application please ensure you address the outlined specification and demonstrate how you meet the criteria by providing relevant examples.

We welcome and encourage applications from people of all backgrounds.

Please Note:

Please note that all applications received after the closing date (if this has been stated) will be automatically rejected as standard practice and without exception, in the interests of fair process.

The Counsellor Task Description and Personal Qualities Specification do not constitute a contract but form part of a working agreement; subject to agreed variation.

Successful Applicants will be required to complete an Enhanced DBS check and provide satisfactory references.