



## Support for survivors of rape and sexual abuse

### Job Description

<b>Job Title:</b>	Trauma therapist/s
<b>Responsible to:</b>	Counselling Service Manager
<b>Salary:</b>	£14.04 per hour / £5,840 per annum
<b>Hours:</b>	8 hours per week
<b>Contract:</b>	Part-time, 12 month pilot contract (possibility of becoming permanent subject to funding)
<b>Location:</b>	Survive office in York (plus occasional work at other locations)
<b>Vetting:</b>	In addition to DBS checks, successful candidates will need to undergo additional vetting for this role which requires them to have been resident in the UK for the last three years.

### **Background Information**

Survive helps survivors of rape, sexual assault or child sexual abuse rebuild their lives, relationships and reach their potential by delivering specialist services.

Survive started in York in 1990 as a survivor-led support group for women who had experienced child sexual abuse. They found comfort and solace in talking to others who had the shared experience of child sexual abuse. Over three decades later and Survive now offers 1-1 support work, counselling and trauma therapy in York and across North Yorkshire to any adult survivor (including male survivors) of any sexual violence including rape, sexual assault or child sexual abuse. Survive also operates a helpline for those affected directly or indirectly by sexual violence and has a small library of self-help books covering a range of subjects – from inspirational survivor stories and coping with the impact of sexual trauma to recognising and managing mental health conditions such as anxiety and depression.

Our values of being Inclusive and Enabling, offering Hope and showing Integrity and Courageous Advocacy underpin everything we do.



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[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk)

Registered Charity No. 1069129  
A company limited by guarantee No. 03455000

**This post is being funded by a donation from an individual benefactor.**

### **Main purpose of post**

As a Trauma therapist, you will deliver trauma-informed therapeutic services to adult survivors of sexual violence who have already completed 10 weeks of stabilisation counselling with Survive.

You will deliver up to 20 sessions of trauma therapy to clients face-to-face, online or over the telephone. You will work with survivors to reduce the day-to-day impact of their trauma.

You will also conduct initial assessments with clients waiting to assess 10 weeks of stabilisation counselling.

This post reports to the Counselling Service Manager.

### **Outline of main duties**

The following is a summary of the key responsibilities of the post. It is not intended to be an exhaustive list and the post-holder may be required to carry out other duties which are appropriate to the scale and nature of the job role.

- Deliver 1-1 trauma therapy to survivors of sexual and/or domestic violence.
- Conduct initial assessments with survivors before they start 10 weeks of stabilisation counselling.
- See up to 7 clients per week across trauma therapy and initial assessments.
- Appropriately use different therapeutic tools, depending on the needs of the individual, to help them cope and recover from sexual violence.
- Be responsible for fulfilling clinical supervision and Continual Professional Development (CPD) requirements as stipulated by BACP.
- Maintain up to date knowledge of clinical practice guidelines to contribute to the highest professional standards of counselling practice.
- Adhere to BACP Ethical Framework for Good Practice in Counselling and Psychotherapy or UKCP equivalent.



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- Adhere to Survive's ethos and follow Survive policies and procedures including (though not limited to) Safeguarding, Health and Safety, Confidentiality, data protection and information sharing.
- Maintain accurate and appropriate records of all client work in line with GDPR/data protection policies and update Charity Log database.
- Monitor and evaluate outcomes for survivors using scales such as the CORE10 or IES-R trauma scale.
- Ensure appropriate records are maintained in line with data protection.
- Liaise with other organisations and professionals where appropriate to support a multi-disciplinary care package.
- Provide information and contribute to report writing when required.
- Attend regular meetings with line manager to review work load and any other issues, including training and development needs.
- Be an active member of the Counselling Team, participate in Survive team meetings and work with others to provide the best possible support and outcomes for clients.



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## Person Specification – Trauma Therapist

	Essential	Desirable
<b>Qualifications</b>		
A good standard of general education.	<input type="checkbox"/>	
Educated to a minimum Diploma level in Counselling or Psychotherapy.	<input type="checkbox"/>	
3-5 years post qualifying experience as a practising therapist or counsellor (including voluntary work).	<input type="checkbox"/>	
Registered or accredited member with UKCP, BACP or equivalent professional body.	<input type="checkbox"/>	
Qualification and experience of using EMDR.		<input type="checkbox"/>
<b>Experience</b>		
Experience of working therapeutically with adult survivors of sexual violence.	<input type="checkbox"/>	
Experience and knowledge of working with survivors of Child Sexual Abuse and dissociative disorders	<input type="checkbox"/>	
Experience of working with clients who have experienced sexual violence and trauma.	<input type="checkbox"/>	
Experience of assessing client needs and risk	<input type="checkbox"/>	
Experience of working therapeutically with complex trauma, dissociation and dissociative identity disorders.	<input type="checkbox"/>	
Experience of building positive and empathetic relationships with clients	<input type="checkbox"/>	
Experience of measuring outcomes		<input type="checkbox"/>
Your practice is underpinned by a Humanistic approach.		<input type="checkbox"/>



Experience of working in the voluntary sector.	<input type="checkbox"/>	
Understanding of, and the ability to be at ease with, the experience and consequences of sexualised trauma.	<input type="checkbox"/>	
Experience of handling sensitive information.	<input type="checkbox"/>	
<b>Skills</b>		
Skills in working with the impact of trauma	<input type="checkbox"/>	
A sensitive and mature approach to working within a specialist service	<input type="checkbox"/>	
Ability to work with a range of presenting issues including trauma as a result of sexual violence - depression, anxiety, eating disorders, relational issues - and the competence to work with those clients experiencing serious psychological disorders	<input type="checkbox"/>	
Ability to work as part of a team, to build and sustain good working relationships with staff and volunteers.	<input type="checkbox"/>	
Excellent written and verbal communication skills, ICT and administrative skills.	<input type="checkbox"/>	
Confident use of Microsoft Office applications and computerised client database systems.	<input type="checkbox"/>	
Able to record information, file, retrieve, sort and complete electronic and paper based documents accurately.	<input type="checkbox"/>	
Able to deliver counselling face-to-face, online or via telephone.	<input type="checkbox"/>	
Able to prioritise work effectively to meet demanding deadlines.	<input type="checkbox"/>	
Ability to respond to ethical or professional dilemmas.	<input type="checkbox"/>	
<b>Knowledge</b>		
A recognised trauma model and the impact of sexual violence	<input type="checkbox"/>	
A good working knowledge of issues relating to rape, sexual assault and child sexual abuse, and its impact on survivors.	<input type="checkbox"/>	
Knowledge of the criminal justice system.		<input type="checkbox"/>
Knowledge of or experience using the principals of pre-trial therapy.		<input type="checkbox"/>
Up to date understanding of current research pertaining to therapeutic work with survivors.	<input type="checkbox"/>	



Knowledge of the voluntary and community sector.	<input type="checkbox"/>	
Knowledge of other key agencies and services		<input type="checkbox"/>
<b>Other Job-related characteristics</b>		
Active promotion of equal opportunities, diversity and inclusive practices.	<input type="checkbox"/>	
A commitment to the values of Survive.	<input type="checkbox"/>	
Commitment to personal and professional development, including a desire to develop expertise relating to therapeutic work with survivors of rape, sexual assault and child sexual abuse.	<input type="checkbox"/>	
Resilient and able to maintain a positive attitude when faced with clients' extremely difficult emotional circumstances.	<input type="checkbox"/>	
Awareness of the possible impact of the work and commitment to looking after your own personal wellbeing	<input type="checkbox"/>	
A flexible approach to work and problem solving.	<input type="checkbox"/>	
Able to offer some flexibility of work time if given sufficient notice.		<input type="checkbox"/>

