

Role Opportunity: Are you a therapist with an interest in working with refugees and asylum seekers?

About the role

Job Title: Senior Clinician working with either Adults, or Young People or both

Days per week: 1

Contractual Terms: self employed

Pay: £35 per hour plus between £5-8 extra for admin charges per clinical hour.

Location: Office based in central Gloucester

Hello, we are GARAS - Gloucestershire Action for Refugees & Asylum Seekers.

Founded in 1999, GARAS was launched to help address a growing need for the population of Asylum Seekers arriving in Gloucester when Government policy moved the concentration of arrivals in the South East of England to anywhere in the UK. The aim was to advise, sign post, help access to services, sort out accommodation issues, and most importantly hold a welcoming and open door at the heart of our community.

In 2003 a very small counselling service run by volunteers began. This has grown over the years to become a diverse staff team of between 7-10 psychotherapists, psychologists, counsellors and interpreters providing trauma informed therapy sessions for individuals and groups. As we grow and change we continue to transform and modernise mental health culture by supporting individuals at this difficult transition in their lives helping them to mourn, heal, grow and eventually thrive.

Our Values matter a lot to us

- We keep clients at the heart of what we do
- We're radically compassionate
- We offer specialised therapy, which addresses the complexities of the refugee context.
- We take care of ourselves seriously: We believe it important to be supported by supervision, self-reflection, technical support and community to prevent vicarious trauma and provide a stable foundation for our clients.
- We take responsibility for ourselves and our relationships
- We value effective communication and feedback generously

Our Goal in the Psychotherapy Service

To help rebuild fractured lives with a grounded, constant, creative, culturally aware and resilient therapy service that promotes freedom of choice and possibility.

Our Refugee and Asylum Seeking Clients Have:

- Endured Multiple Traumas, they have often faced abuse, violence, and loss, leading to significant physical and psychological wounds. Many of our clients show signs of Post Traumatic Stress Disorder, Anxiety and Depression.
- Additional Challenges, their experience is shaped by their socio-economic and political context. They face additional traumas during forced displacement, escape attempts, including abuse from authorities, trafficking gangs, and harsh conditions in refugee camps.
- Ongoing Uncertainty, they encounter high levels of uncertainty including navigating and culturally adapting to new contexts and societies which impacts their mental health significantly.
- Language and Communication challenges, our clients speak many different languages from around the world, we have learned that effective therapy requires offering therapy in the clients preferred language, bridging language gaps through trained interpreters and bilingual therapists.
- Cultural Diversity: Our clients have diverse cultural backgrounds and beliefs, understanding this is crucial for building trust and rapport with them. We recognise that cultural factors can influence their experience of trauma and their ability to engage in therapy.
- Comorbidity of complex health conditions: Complex health conditions can often usefully be considered through a trauma lens meaning that as a therapist the concept of “The body keeping the score” is key in our work, at the same time we hold the tension between being with our clients in their focus on serious health symptoms whilst considering the possibility for unresolved traumas.
- Resilience and remarkable strengths that have seen them through severe adversity, and the potential to integrate their traumatic experiences and develop creative capacities to engage fully in meaningful a life

The Team

We are currently 7 therapists each working 1 or 2 days a week, coming from a variety of training, social and ethnic backgrounds. Our modalities include psychoanalytic, existential, gestalt, humanistic and integrative; we use a variety of psychological frameworks. We provide both short and long term individual therapy, group work and psycho-education and have additional specialist skills such as EMDR, creative arts based work, trauma informed practices, body based awareness, narrative therapy, CBT.

Who we are looking for

We're looking for qualified, experienced therapists (counsellors, psychotherapists, psychologists) with strong clinical skills and ethical practice. We are open to all training modalities. We are looking for people who can work with adults, young people (15-20) or both.

The refugee context means we need therapists who can be comfortably uncomfortable sitting with clients who often bring extraordinary levels of uncertainty, physical pain, health

problems and loss, combined with stories of everyday financial, housing hardship, victimisation and discrimination. It is not unusual for our clients to be subjected to terrible treatment here in the UK, which is in some ways harder for clients to process given their expectations.

We are looking for therapists who are compassionate, curious and open to learning whilst at the same time are able to hold a “not knowing” stance when it comes to the role of culture and cultural variations in the therapy room.

We are looking for therapists who can step into these spaces with enthusiasm for therapeutic work, those committed to human rights, and promoting the well being and dignity of our clients.

This is a place where you can learn and grow, where your voice matters and where you can also develop your own interests and ideas in response to client need.

Core Role Specifications

The person in this role will hold a minimum caseload of 5 clients seen face to face with room to increase hours in time, you will attend weekly team meetings and monthly group supervision in person or virtually. You will be responsible for managing your appointments and caseload, working alongside and supporting colleagues, making sure standards are adhered to, and handling safeguarding matters in line with GARAS’s safeguarding policy and procedures.

You will also carry out assessments of therapeutic need and collaborate closely with the wider GARAS advice teams and with other services supporting your clients to understand how ongoing systemic factors impact the client’s wellbeing and how practical support from others outside of the therapy room is essential. This could include lawyers, G.Ps, employers, and in the case of young people, foster carers, housing support workers, educational establishments.

Key competencies

Managing a personal workload – Carrying out thorough Assessments of Therapeutic Need
- Providing excellent therapy - Excellent decision-making skills - Organisational Awareness
- Safeguarding experience – keeping accurate, brief records and utilising the organisation’s database.

The Extras We Offer

Paid Supervision.

Flexible working hours

Up to £500 annually for relevant Continued Professional Development. Flexible holiday time (unpaid) but between 6 -12 weeks away.

The deadline for applications is Friday 30th May.

Please contact Ellen at the office for an application form, job description and person specification stating whether you are interested in the adult service, the young people’s service or both.

Ellen Pearce, ellen@garas.org.uk

Therapy Team Administrator Working hours - 9.00 am - 2.30 pm 07392 261570

GARAS

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www.garas.org.uk