FREELANCE CHILDREN & YOUNG PERSONS THERAPIST

Job Description

Birchall

Supporting people affected by rape and sexual abuse

Walney Extension Community Fund

CRH Charitable Trust

Lancashire and South Cumbria Integrated Care Board

Francis Scott Trust

Sir John Fisher Foundation

Registered Charity No: 1109637 · Company Number: 5424196

AN INTRODUCTION TO BIRCHALL

The Birchall Trust empowers people affected by rape and sexual abuse to recover from their trauma so they can lead safe and fulfilling lives irrespective of gender identity, sexuality, ethnicity, culture, or religion.

We believe that we should live in a society that is free of rape, sexual abuse, and sexualised violence and through a trauma informed approach we….

- Realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.
- Recognise the signs of trauma, and seek to address the underlying causes
- Respond with empathy, integrating the knowledge of trauma into our policies and practice.
- Resist retraumatising people and aim to deescalate the deep anxiety that adversity can cause.

Assisting people to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.

OUR CORE TRAUMA INFORMED VALUES

Our values align to the core trauma informed principles around:

Safety	We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.
Trusted	We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We avoid blame. We believe and do not judge.
Choice	We ensure that the people using our services have a voice and their choices are important, we understand that everyone's experience matters, and that recovery is an individual experience and will be different for everyone.
Collaboration	We work together to achieve the best possible outcome, we are person centred and see the person' s strengths, building upon them, we are reflective and learn together
Empowerment	We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility. We develop resilience enabling people to build on their strengths.

JOB DESCRIPTION

Job Title:	Freelance Children & Young Persons Therapist
Accountable to	Senior Counsellor
Base:	Two posts based in Blackpool
Salary:	Under 12's £37.50 per hour and over 12's £35 per hour
Hours:	Freelance - Minimum of 8-10 Clients over 2 days per post.

ABOUT THE ROLE

We are looking for **two** experienced Freelance Children & Young Person's Therapist, to provide specialist support, counselling, and therapy to children and young people who have experienced sexual abuse, rape or sexualised violence. Each Therapist will be expected to commit to a minimum of two days per week.

Our Freelance Therapists can also deliver pre-trial counselling, one off wellbeing sessions to people waiting for support, and facilitate groupwork and peer support services with our clients.

ABOUT YOU

You are passionate about supporting children and young people to recover, grow and thrive following experiences of trauma, abuse, or adversity. You share our commitment to empowering young people, amplifying their voices, and helping them build safer, healthier futures.

Working within the ethical framework of a recognised professional body, you will use creative and trauma-informed approaches, including art and play-based interventions, to engage and empower young people.

As a self-motivated and proactive practitioner, you will be comfortable working independently, managing your own caseload and building effective relationships with schools, CAMHS, health services and other partner agencies. You will have a strong understanding of safeguarding, risk management and safety planning, alongside excellent communication and record-keeping skills. Above all, you will be committed to delivering high-quality support that makes a lasting difference to the lives of children and young people.

You will be entrepreneurial in your approach, taking ownership of your work, managing your time effectively and demonstrating the flexibility, initiative and professionalism required to deliver high-quality services as an independent practitioner.

PERSON SPECIFICATION

Specialist Knowledge & Qualifications	Essential	Desirable
Recognised professional qualification in counselling, psychotherapy, or Play Therapy, (HE Diploma/Degree/MA)	E	
Membership of a recognised counselling regulatory body and an understanding and adherence to their ethical framework.	E	
A robust understanding of safeguarding and protection processes as applicable to the voluntary sector preferably recent advanced safeguarding training (within the last 2 years).	E	
A minimum of **one year's** post qualification experience as a CYP counsellor/psychotherapist	E	
Counselling training in trauma informed approaches to working		D
Demonstrate a thorough understanding of issues surrounding rape and sexual abuse	E	
Experience of professionally supporting children & young people who have experienced current or historic trauma and/or sexual violence.		D
Experience of effective multi-agency and partnership working		D
An understanding of safeguarding issues with respect to child protection issues, and the legal responsibilities surrounding these.	E	
An excellent understanding of legislative framework including. • Confidentiality • Professional boundaries • Data protection and GDPR principles • Equal opportunities	E	
Ability to work on own initiative and independently, prioritising work effectively to meet KPIs	E	
Ability to work at times under pressure, to self-motivate, motivate others in an enthusiastic, professional, and collaborative way	E	
Ability to self-reflect, develop and improve practice through ongoing training and reviews.	E	

Trauma Informed Values	Essential	Desirable
Able to work in a flexible and responsive way to meet the gender and cultural needs of people using our services	E	
Able to listen closely and communicates effectively with a variety of communities, agencies, and individuals	E	
Able to act with integrity and take personal accountability for your work	E	
Able to use reflective practice to continually improve performance by learning from mistakes and celebrating success	E	
Commitment to delivering quality services, achieve results, working effectively to meet KPI's and sharing knowledge and learning	E	
Commitment to supporting people using our services to be involved through feedback and having a platform to amplify their voices	E	
Commitment to raise awareness in the community and challenge wider issues affecting the people who use our services	E	
Able to apply creative thinking and challenge the status quo to introduce new ideas	E	

HOW TO APPLY

Thank you for showing an interest in applying for a role with The Birchall Trust. Please fill out our online **Application Form.**

Alternately, go to our **Vacancies Page** on our website, select the job you would like to apply for and click the **Apply Here** button.

Top Tip: Please leave up to 20 seconds for the form to submit. You will be redirected to the Equal Opportunities Form once it has been submitted. You will need to attach your most recent CV and you can upload any additional documents that you think will help with your application.

If you require any further advice, please phone **01229 820828**.

Birchall in Numbers

WHAT WE'VE ACHIEVED

2023-24

2022 people accessed advice and information at our community events.

310 children accessed our schools programme work.

1490 individuals contacted our services for information, advice, support and counselling.

190 people received wellbeing support

371 People received adult counselling.

44 children access play therapy.

“I can now understand why I feel and behave the way I do. I have learned grounding techniques which are invaluable. The relationship between my counsellor and I has been priceless. Thank you for giving me my life back.”

Previous Client

WHY BIRCHALL?

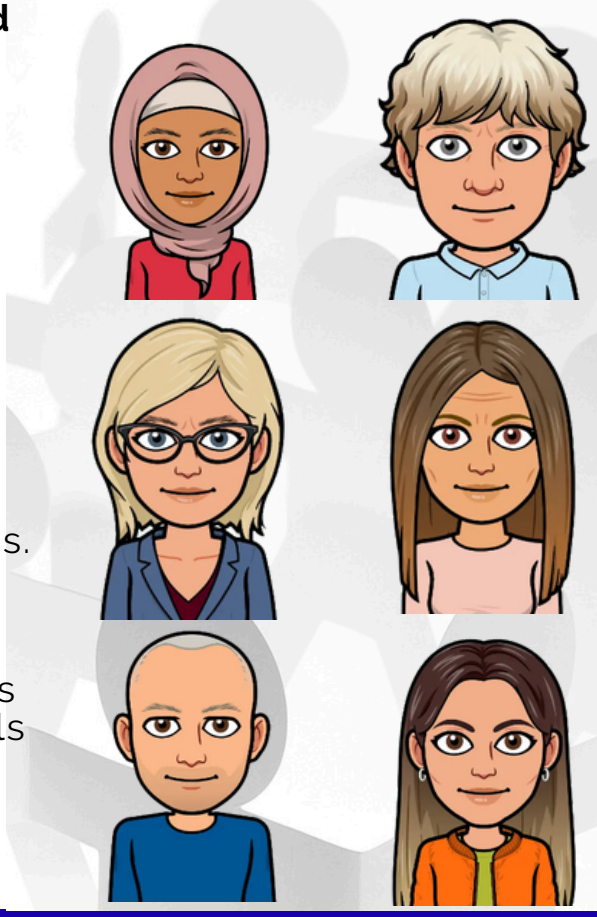
Over the years the experiences and voices of the people who use our services have told us that people recover through safety, connection, belonging, meaningful relationships, opportunities to contribute, and environments in which they feel believed, understood and valued.

As a result, Birchall is embarking on a long-term transformation which commenced in 2024. We remain committed to delivering high-quality counselling and wellbeing services, but we are also building a broader trauma recovery ecosystem that enables survivors to access a wider range of recovery opportunities, including community engagement, volunteering, peer support, survivor leadership and trauma-informed recovery activities.

We deliver services throughout **Lancashire and South Cumbria** and provide:

- Counselling and psychotherapy.
- Wellness Services - i.e. walking and singing groups.
- Emotional support.
- Recovery focused self help interventions.
- Psychoeducation.
- Therapeutic Group programmes.
- Advocacy and practical support.
- Prevention and awareness raising.
- Schools based programmes.
- Community engagement activities.
- Specialist support for vulnerable populations.

Our three-stage trauma recovery framework recognises that everyone heals differently. People can move at their own pace, take breaks when needed, and choose the support that feels right for them.



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Previous Client

USEFUL LINKS

@thebirchalltrust

@TheBirchallTrust

The Birchall Trust

www.birchalltrust.org.uk

www.birchalltrust.org.uk

Cumbria Telephone: 01229 820828 East Lancs Telephone: 01254 919505

North Lancs Telephone: 01524 239595 Fylde Coast Telephone: 01253 201946