Adolescent Counsellor

Newbridge Youth Training and Development Centre are recruiting a part-time Adolescent Counsellor. As an Adolescent Counsellor, you will be responsible for helping our learners thrive and reach their goals. You will work in small group and one to one settings to ensure that the individuals in our care are emotionally& psychologically strong, physically safe and socially healthy..

**Job Responsibilities**

* Conduct counselling sessions in group or individual settings to help learners cope with problems related to family issues, abusive histories, drug and alcohol abuse, and other issues.
* Offer additional support to family members by facilitating therapeutic talking sessions during appropriate times.
* Assist other staff members such as Instructors, key workers in developing an appropriate plan of success for each individual learner.
* Monitor each learners’ progress during their time in Newbridge YTDC employing evaluations, gathering documentation and assessing specific goals.
* Demonstrate model behaviour, appropriate communication skills and positive feedback so resident learners can make progress with positive behaviour interventions.
* Ensure safety of learners by following all proper regulations, safety recommendations and procedures each day.
* Record information and document incidents as they occur to help keep track of problem behaviours or unsafe conditions on campus
* Act as a resource to individual learners when they need guidance about specific life situations or social issues.

**Qualifications & Competencies**

Professional Qualifications, Experience, etc

(a) Candidates must possess:

(i) A recognised qualification at minimum Level 7 or higher qualification on the NQAI framework in Counselling, Medicine, relevant Health & Social Care Professionals (e.g. Psychology, Social Work, Occupational Therapy, Speech & Language Therapy) or registered or eligible to be registered as a Nurse with the Nursing & Midwifery Board of Ireland (An Bord Altranaisagus Cnáimhseachais na hÉireann).

and

(ii) Be accredited as a counsellor with the Irish Association OF Counselling & Psychotherapy (IACP) and Irish Association of Humanistic and Integrative Psychotherapy (IAHIP).

and

(iii) Have two years’ experience as a counsellor in a relevant Irish Council of Psychotherapy setting. and

(b) Candidates must be currently employed in a counselling/psychotherapy setting in the Irish health sector.

**Competencies**

* Knowledge of child and adolescent counselling
* Knowledge of developmental psychology and of family development and transitions and the ability to match interventions to the appropriate developmental stage
* Knowledge and understanding of developmental issues and mental health problems of children and adolescents
* Knowledge of the law related to working with under 18s
* Ability to operate within professional and ethical guidelines
* Ability to work with issues of confidentiality and consent, including ability to develop a contract with the guardians
* Ability to work with agencies
* Ability to work in culturally diverse environments
* Ability to engage and work with children and adolescents and their systemic world
* Ability to communicate with children and adolescents with consideration of different developmental levels and backgrounds
* Knowledge of psychopharmacology used in work with children and young people, including side effects
* Knowledge of when and how to refer
* Ability to foster and maintain a good therapeutic alliance and to grasp the client’s perspective
* Ability to conclude counselling relationships

**Generic therapeutic competencies:**

* Knowledge of models of intervention, and their employment in practice
* Ability to work with the emotional content of the session
* Ability to manage endings and service transitions
* Ability to work with groups of young people and/or parents/ carers
* Ability to make use of supervision specific for this type of work
* Reflective Practice

**Assessment Competencies**

* Ability to conduct a collaborative assessment
* Ability to conceptualise and formulate the case
* Ability to identify situations of concern and manage them appropriately

**Skills**

You'll need to have:

* sensitivity, empathy and a genuine interest in the emotional problems faced by adolescents and their families
* excellent communications skills
* the ability to cope with the extremes of human emotion, ambiguity and vulnerability
* the ability to work on your own and as part of a multidisciplinary team
* resilience, to withstand being overwhelmed or burdened by your clients' problems
* the capacity to differentiate your personal feelings and emotions from those of the child or adolescent
* Confidence to help adolescents explore difficult and painful aspects of their life.

**Responsibilities**

As an adolescent therapist, you'll need to:

* carefully observe young people and respond to what they might be communicating through their behaviour and play
* provide assessment and treatment of children and adolescents as individuals or in a group
* Tailor your approach to the individual and work in an age-appropriate way.
* Provide short-term and long-term interventions with young people and/or parents, from a few sessions to regular appointments over their term in Newbridge YTDC
* Work alongside other professionals in planning how best to help the individual, for example in schools, hospitals, children's services and child protection agencies
* Offer training, consultation and supervision to colleagues,
* Plan service delivery in conjunction with commissioners and develop new services
* Keep up to date with developments in theory and research and undertake continuing professional development (CPD).

**Professional development**

In order to retain your membership of the accrediting body (the ACP), you'll need to undertake continuing professional development (CPD) to keep up to date with clinical and theoretical advances.