

# Associate Psychotherapist Application



July 2022

Thank you for your interest in working with Therapy Nottingham.  
Completed application forms should be returned to [hello@therapynottingham.co.uk](mailto:hello@therapynottingham.co.uk)

## Personal details

First name:

Last name:

Telephone:

Email:

Address:

## Education

School or college	Dates	Qualifications

## Professional qualifications, training, and accreditation

Accrediting body:

Number / reference:

Accrediting body:

Number / reference:

Training institution	Dates	Qualifications

## Relevant work experience and additional CPD

Organization	Dates	Experience

## Modality and approach

Therapy Nottingham is an Integrative psychotherapy service, working in an open-ended way with a relational and developmental focus.

Describe your modality and rationale, including which distinct aspects and approaches you integrate, why you integrate them, and how you do this. (Max. 250 words)

How do you understand the ideas of health and change in psychotherapy, specifically from relational and developmental perspectives? (Max. 250 words)

## Personal statement

You should submit a separate personal statement document with this application form, addressing the main responsibilities and person specification for this role.

## References

You will need to provide at least two referees who are able to comment on your suitability for this role.

1. Your current supervisor  
(If you have changed your supervisor in the last twelve months, please also include contact details for your previous supervisor(s) covering at least the last twelve months.)

Name:

Email:

Telephone:

Other supervisor details:

2. If you are employed in a Psychotherapy or related role, this should be your line manager.

Name:

Email:

Telephone:

Relationship:

## Main responsibilities

1. To provide psychotherapy interventions to Therapy Nottingham clients aligned with the organisational approach.
2. To participate in service planning for all aspects of improving service delivery. (Includes evaluation and monitoring of psychotherapy provision, policy development and service evaluation).
3. To work within the relevant ethical framework applicable to your accreditation body, and the BACP Ethical Framework for the Counselling Professions.
4. To undertake counselling consultations to assess circumstances presented, assess risk, and negotiate appropriate services.
5. To maintain accurate and up-to-date records.
6. Fulfil the administrative requirements in compliance with Service policy.
7. To maintain continuing professional development through supervision and attendance at training events in accordance with maintenance of accreditation standards.

## Person specification

### Essential skills

- Able to conduct assessments and deliver appropriate interventions.
- Demonstrate competence in risk assessment and an ability to respond to clients in crisis.
- Able to demonstrate flexibility in psychotherapeutic approach as an appropriate response to the wide range of problems presented by clients.
- Effective communication skills. Be able to communicate effectively with a wide range of people in ways appropriate to their needs.
- Competent IT skills. Demonstrable knowledge and use of Word and Outlook.
- Ability to maintain accurate and up to date client records and complete administrative work efficiently.

### Essential knowledge and experience

- Demonstrate evidence of a good understanding and knowledge of mental health problems to be able to effectively identify and assess risk and take appropriate action.
- Demonstrate awareness and understanding of developmental and relational perspectives within your psychotherapeutic approach.
- Have evidence of an ability to work as part of a team and to work as an independent psychotherapist.
- Have evidence of an ability to manage a complex caseload, requiring flexibility, time- management and organisational skills.
- Evidence of a capacity to cope with periods of intense pressure of work.
- Work with a supervisor appropriate to your training and accreditation, meeting with them for a minimum of ten times per year.

### Essential qualifications and training

- Have professional accreditation as a psychotherapist (e.g., UKCP, BACP MBACP (Acred) or equivalent).
- If you are not currently accredited, you must be able to demonstrate actively working towards this with an expectation of completing it within six months.
- Undertaken supervised counselling work experience.
- Will have completed psychotherapy training to at least Diploma (or equivalent) level.
- Work within the BACP Ethical Framework for the Counselling Professions.
- Demonstrate a clear understanding of ethical issues with specific reference to confidentiality and boundaries.

### Essential other requirements

- Satisfactory Enhanced disclosure obtained from the Disclosure and Barring Service.