

## Trainee Therapist Placement 2026 Role Description and Personal Specification

<b>Post:</b>	Children and Young People's Trainee Therapist
<b>Team:</b>	Therapy Team
<b>Placement Manager:</b>	Rebecca Parkhill, Clinical Manager
<b>Placement Supervisor:</b>	Anna Lichtensteiger, Senior Therapist and Nature Based Therapy Lead
<b>Placement Hours:</b>	<p>Option of placement days:</p> <ul style="list-style-type: none"> <li>• 1 day a week (Mon, Wed or Thurs)</li> <li>• Hours split between 2 days (Mon, Wed, Thurs)</li> </ul> <p>Option of clinical hours:</p> <ul style="list-style-type: none"> <li>• 3 therapy sessions per day</li> <li>• 2 therapy sessions and 1 Initial Meeting/assessment per day.</li> <li>• To include at least one slot at or after 3.30pm.</li> </ul> <p>Non-Clinical hours:</p> <ul style="list-style-type: none"> <li>• 1 hour for each clinical hour (which includes set up and pack down time, writing clinical notes, liaising with professional networks and safeguarding).</li> </ul>
<b>Supervision:</b>	<p>2 hours per month of 1:1 clinical supervision.</p> <p>Group Supervision will be considered if trainees are available on the same day (maximum of three participants).</p> <p>Peer support is also offered through attendance at the weekly Therapy Team Meeting held on Mondays from 11-12/12.30pm and is recommended.</p> <p>Our Clinical Supervisor is an Art Psychotherapist, EMDR &amp; Environmental Arts Therapist qualified with BPS for Clinical Supervision. If your training institute requires the Clinical Supervisor to have a different Supervision Qualification, trainees will need to source this independently.</p>
<b>Working Days:</b>	<p>Options include:</p> <ul style="list-style-type: none"> <li>• Monday, Wednesday or Thursday.</li> </ul>



	<ul style="list-style-type: none"><li>• Peer Support through attendance to Therapy Team Meeting on Monday encouraged.</li></ul>
<b>Location:</b>	<ul style="list-style-type: none"><li>• St Pauls, Bristol BS2 9LJ</li><li>• Outreach site in either North Somerset or BANES</li></ul>
<b>Contract:</b>	12 months

**The Green House are committed to being as flexible as possible in terms of days/hours/length of placement to meet the needs of the Trainee Therapist, the training provider and the service needs of TGH.**

## Why The Green House?

The Green House is the only specialist charity providing free therapy and support to children, young people and families living across BNSGG and BANES who have experienced sexual abuse or assault.

The Green House service is distinct in four ways:

- We are evidence-based, with everything we do, guided by research and best practice
- We are led by the voices of young people and their families
- We are centred on community and connection
- We are focused on the transformational power of the creative arts in helping survivors to rebuild their lives

In 2022, we transitioned from a single therapy option to a whole family, community based model which provides a more accessible and comprehensive approach to support, whilst reducing wait times by 63%. Though we deliver a local service, our work is influencing the national response to child sexual abuse. We provide national training on pre-trial therapy and survivor-led leadership programmes.

It is an exciting time to join us as we establish our new service model, deliver a new strategy and look to increase both our local and national visibility. You will be joining an ambitious team who work tirelessly to improve the lives of children, young people and families who have experienced sexual abuse.

Although The Green House delivers a local service, the work we do is increasingly leading the way in changing the national response to child sexual abuse – from delivering national training on pretrial therapy to our involvement in the Upfront Survivors project.



## Purpose of the Placement

The Trainee Children and Young People's (CYP) Therapist sits within The Green House Therapy Service under the direction of the Clinical Manager, Rebecca Parkhill and Senior Therapist and Nature Based Therapy Lead, Anna Lichtensteiger who will offer Clinical Supervision.

The Trainee CYP therapist is responsible for completing Introduction Meetings and providing time-limited trauma-informed therapy to children and young people (4-18 years old). They will also work systemically with the child's support networks (including family/carers and other professionals). The CYP therapist will be a part of a wider team of family support workers, survivor voice advocates, researchers, management and administration staff.

Through completing a placement with us, the trainee therapist will gain valuable clinical skills through direct clinical work and specialist clinical supervision, in supporting children and young people who have experienced sexual abuse and assault.

We ask for a commitment of 1 year from our trainee's. This is required to be able to offer a robust and comprehensive induction package, including training, equipment and specialist 1-1 and group clinical supervision.

## Duties and Responsibilities

1. An opportunity to conduct Initial Meetings for the Therapy Team with children, young people and their families to understand what their hopes are for accessing the service, ascertain if they meet the criteria and assess risk.
2. Provide therapeutic intervention in a creative way based on the clients hopes and goals for support.
3. Provide time-limited therapy of 12 sessions in accordance with The Green House's agreed therapeutic support framework, there may be opportunity to extend.
4. Work in partnership with key agencies to coordinate support and to liaise with referrers, other professionals and agencies as appropriate.
5. Attend multi-agency meetings relating to clients, where relevant and appropriate to do so.
6. Work alongside parent(s)/carers to develop a shared understanding of their child's emotions and behaviour; sharing psychoeducation and ideas for supporting their child in an accessible way.
7. To offer therapy reviews to children, young people, parents and their carers in a collaborative way.

8. To offer and write clear and assessable letters to children and young people at the end of their therapy.
9. Attend and actively participate in weekly Therapy Team Meetings where possible.
10. Work in partnership and confidentially with the Family Support Team and VOICE service when concurrent referrals are made.
11. To assess and respond to risk and safeguarding concerns as per The Green House's Safeguarding and Risk Policies and Procedures.
12. To respond to the needs of children, young people and their families in a trauma-focused way.
13. To attend and make good use of fortnightly Clinical Supervision and 6 weekly Placement Management meetings both in person and online.
14. To signpost and support children, young people and their families to access both internal and external services.

### **Service Administration**

1. To write accurate and timely clinical notes in accordance with Pre-Trial Notes Guidance.
2. To record every intervention about a child, young person and parent/carer on the Case Management system Oasis.
3. To liaise appropriately with the Clinical Manager and Pathway Administrators with regards to changes to the caseload.

### **Data Administration and Evaluation**

1. Use current databases and systems to enter and extract data for internal and external reporting of the service where necessary.
2. To complete all requirements relating to data collection and outcome monitoring for the service to support the progressive development of The Green House's evidence-based practice. To contribute to the design and review of these processes as required.
3. Comply with data protection legislation, confidentiality and information sharing policy and procedures and all legislation connected to your work.

### **General Responsibilities**

1. Adhere to risk and safeguarding procedures outlined in The Green House's Children and Adult Safeguarding and Risk Policies.
2. To maintain up to date Safeguarding Training for Children and Adults and have a good working knowledge of current local and national safeguarding guidance and legislation.

3. Ensure that all work is carried out in line with Health and Safety and other policies outlined in The Green House Bristol's Employee Induction Pack and Handbook.
4. Work with the team to facilitate effective communication across the organisation.
5. Contribute expertise and knowledge to organisational discussions. e.g., service development, changes in policy.
6. To adhere to the BACP Ethical Framework and the trainees own professional body to ensure ethical practice.
7. Assist with basic house-keeping requirements.
8. To be ambassador for The Green House and to work within the values of the charity.
9. To be passionate and proactive in the delivery of services.
10. To undertake other duties as required in keeping with the aims of this post.
11. To work within The Green House's values and promote the vision to end the social silence, stigma and shame of child sexual abuse.

Although the core duties are set out within this Role Description, a flexible approach to work is essential. The Trainee Therapist may be required to adapt their working style to take account of service changes.

## PERSON SPECIFICATION

### Children & Young People's Trainee Therapist

<b>Criteria</b>	<b>E=Essential</b>	<b>D = Desirable</b>	<b>E/D</b>
<b>Knowledge and understanding</b>			
To be undertaking a recognised professional qualification in a relevant field (play/creative arts psychotherapy/ integrative counselling) to a postgraduate level or similar.			<b>E</b>
To be in at least second year of training and has capacity and competence to undertake specialist complex case work.			<b>E</b>
Knowledge and understanding of current trauma theory and practice including common trauma responses and presentations in children, young people and families who have experienced sexual abuse or assault. This could be through taught trauma modules or non-clinical experience within trauma and/or sexual abuse or assault settings.			<b>E</b>
Knowledge of and understanding of safeguarding for children and adults.			<b>E</b>
Knowledge and experience of working with young people and their families around mental health, risk and safety planning.			<b>E</b>

Understanding of anti-discriminatory practice and working in ways that are inclusive of all cultures and identities	E
<b>Skills and abilities</b>	
Ability to build robust relationships with children, young people and their families to create the foundations for trust and safety to begin time-limited therapy.	E
Ability to provide client centred trauma focused work to children and young people.	E
Ability to be calm and thoughtful when responding to risk and safeguarding.	E
Ability to work both independently and collaboratively as a member of a multidisciplinary team.	E
Ability to work with distressing traumatic content and emotions in supporting children, young people and their families.	E
Ability to write clear and accurate notes and use standard IT packages and case management systems.	E
Excellent communication and writing skills; ability to communicate effectively using age-appropriate language in both verbal and written forms.	E
The ability to reflect on own practice and be an active participant in case discussions.	E
Excellent organisational and planning skills and an ability to manage a caseload of clients.	E
Ability to understand the importance of self-nurture and care in the context of working with trauma.	E
<b>Experience</b>	
Experience of using creative approaches such as art, drama or play, alongside your core modality, when working therapeutically with children and young people.	E
Have experience of working with children and young people from the age of 4 - 18	D
Experience of facilitating person centred assessments (including outcome measures), formulation and being guided by this within the therapeutic intervention.	D
Experience of multi-disciplinary working and building positive working relationships with multi-agency professionals and external agencies.	D
Experience of working with people with a range of presenting needs.	E
Experience of working in culturally diverse communities.	D
Experience of working with safeguarding principles and procedures.	E



Working in an organisation that deals with sensitive and confidential information.	<b>E</b>
<b>Other Requirements</b>	
Ability to work at The Green House's premises and outreach locations.	<b>E</b>

## How to Apply

Please submit your CV and supporting document to [recruitment@the-green-house.org.uk](mailto:recruitment@the-green-house.org.uk).

The closing date for all applications is 5pm, Monday 4<sup>th</sup> May 2026. We anticipate interviews to take place on Fridays, 22<sup>nd</sup> May and 5<sup>th</sup> June.

We understand that candidates may value different formats to communicate their skills and experience, therefore we do accept the following formats:

2-page cover letter

5-minute-long video (either sent as an mp4 attachment alongside your CV or a link to an unlisted YouTube video)

Within your cover letter or video, we wish you to demonstrate how you meet the person specification and answer this question:

1. As a trainee therapist, developing awareness of your own responses to clinical work is essential. Please describe how you currently look after your emotional wellbeing, how you use support systems (e.g. supervision and peer groups), and how you plan to develop this further in a role where exposure to trauma is significant.

There is an optional Equal Opportunities Form included for our internal diversity in recruitment monitoring, which can be sent to us at the same address alongside your application. The form will not be seen by those involved in the recruitment process. Although not mandatory, this monitoring allows us to align recruitment with our overall HR Strategy, and continuously improve on how we attract, recruit, and retain a diverse range of candidates.

We pride ourselves on being a relational organisation. If you would like to speak to someone from The Green House at any point during your application, then please



email [recruitment@the-green-house.org.uk](mailto:recruitment@the-green-house.org.uk) to arrange a phone call with a member of our team.

## **Equality, Equity, Diversity, and Inclusion**

The Green House is committed to providing equal opportunities for all, irrespective of age, disability, race, sex, religion/belief, sexuality, gender identity, marital/civil partnership, pregnancy/maternity and working patterns. We want to have staff that appropriately represents all the communities we serve as an organisation. Therefore, we are particularly keen to hear from candidates living with a disability, and those from the global majority.