



**Job title:** Psychological Wellbeing Practitioner (PWP)

**Responsible to:** Clinical Services Manager

**Location:** Based in Belfast covering Northern Ireland

**Hours:** 37 hours per week

**Contract:** Fixed Term 1 Year

**Salary:** NJC scale 6 £25,419

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Nexus has over 35 years' experience offering a specialised professional counselling service to survivors of sexual trauma. We also provide training and education workshops across Northern Ireland on topics such as consent, relationship and sexuality education, internet safety and child sexual exploitation.

From April 2019, Nexus also manages the 24 Hour Domestic and Sexual Abuse Helpline, which is funded by the Department of Health, Department of Justice and the Department for Communities.

Our people are a dedicated and professional group of individuals who are vital to the success of the Organisation. We aim to be champions of lasting positive change for people affected by sexual assault/ trauma providing a positive influence through the delivery of influential, professional, quality driven and sustainable services.

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### **Job purpose**

The successful applicant will work under the direction of our clinical team to deliver weekly low intensity CBT recovery programme to individuals impacted by sexual trauma and domestic abuse. This will involve individual triage, assessments, initial assessments, programme planning and preparation, progress monitoring, risk assessment, risk management and escalation.

This role is full time, for a minimum of at least 12 months and will involve full Nexus training for the successful candidates. This is an excellent way of enhancing your experience, working within the Nexus Team.

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### **Key Responsibilities**

- Determine client eligibility and suitability for the service using triage assessments.
- Place clients on the recommended waiting list, such as group therapy or education.
- Work closely with Nexus Clinical Team to design and development an eight-week trauma recovery programme using a match-stepped care model.
- Monitor and evaluate the programme assessing mental health functionality via CORE and Empowerment Star instruments.
- Facilitate Peer Support groups throughout NI using face to face and virtual platforms.
- Liaise with multi-agency professionals to maintain a client lead practice.
- Maintain professional practice standards in line with Nexus principles and core standard.
- Undertake responsibilities in directly supporting the work of others in delivering all the services of the team.
- Keep professional records of all programmes of work with supportive notes.
- Provide a series of staged assessment reports and a final post evaluation report.
- To keep clear records of activities and expenses.
- Other appropriate duties as required by Line Manager.
- Contribute to the development of best practice and service development, taking a lead role as required

### **General responsibilities**

- Work within Nexus policies, procedures and standards
- To work across other Nexus projects
- To maintain an awareness of own and other's health and safety and comply with Nexus Health and Safety procedures
- To comply with Nexus Diversity and Equality policies and practices
- To comply with all relevant Nexus child and vulnerable adult safeguarding policies
- To maintain and develop competence in the use of IT systems
- Hours of work flexible depending on need

### **Person Specification**

Appointment to this post will be subject to Access NI clearance.

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### **Essential Criteria**

- 3<sup>rd</sup> level qualification in the areas of Counselling/Psychotherapy/Social Science/Mental Health Nursing.
- Qualification in Psychological Wellbeing Practitioner post graduate training course, accredited by BACP, NCS or BPS.
- Minimum of 1 years' experience of facilitating group sessions in a health and social care or education setting

- Facilitating support groups
- Developing, designing and delivering training and education projects
- Managing a project including returns and monitoring
- Managing financial and other resources within budgetary expectations
- Excellent organisational and time management skills
- Computer literacy (proficiency in the use of Word, Excel, Access, PowerPoint)

**Desirable Criteria**

- Experience of working with Domestic Abuse or Sexual Trauma
- Working in the voluntary sector
- Working directly with funding officers
- Working directly with vulnerable adults and/or survivors of sexual violence in a supporting role
- Qualification in facilitation or relevant fields
- Recent training (accredited or unaccredited) in fields related to the post

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**This job description is not incorporated into the employee's contract of employment.**

**It is intended as a guide and should not be viewed as an inflexible specification. It may be varied from time to time in the light of strategic developments following discussion with the post holder.**