

## Psychotherapist

### About One in Four

One in Four is a leading charity dedicated to ending the trauma of child sexual abuse. We are passionately committed to supporting survivors through life-changing psychotherapy and advocacy services. Our work also extends to influencing policy and legislation to drive societal change. We address all aspects of child sexual abuse, including working with those who have committed sexual offences as part of a core child protection strategy.

Our organisation is client-centred, transparent, and committed to treating all clients and colleagues with dignity and respect. At One in Four, we strive for excellence by meeting the evolving needs of our clients in innovative and evidence-based ways. We maintain a culture of collaboration, accountability, and continuous learning while fostering kindness and creativity within our team.

### Position

<b>Title:</b>	Psychotherapist
<b>Reporting to:</b>	Clinical Director
<b>Direct Reports:</b>	None
<b>Place of Work:</b>	One in Four offices at 35-36 Arran Quay, Dublin 7. Potential hybrid working (one day out of four per week from home, subject to client needs).
<b>Working Hours:</b>	15 hours (over two days, including one late day, 12 to 8 pm, availability to work on Saturdays is an advantage)
<b>Nature of post:</b>	Permanent (following probationary period)

### Role Summary

Reporting directly to the Clinical Director, the newly appointed Psychotherapist will join the team working across both the survivor and prevention programmes.

They will provide long-term depth psychotherapy, and more targeted and structured counselling interventions to survivors, based on their clinical needs and presentation.

### Principal Duties and Responsibilities:

#### Provision of Support

- Provide individual and group psychotherapy to clients who have been sexually abused in childhood.
- Support families impacted by sexual violence in individual and group settings.

- Provide psychotherapy sessions online, as required.
- Be available to work one evening per week for individual or group work.
- Be willing to undertake training to deliver innovative clinical approaches.

### **Caseload Management**

- Undertake the appropriate caseload assigned by the Clinical Director.
- Responsible for managing a caseload appropriate to the number of days per week worked with the organisation, with an average of four clients per day.
- Attend regular line management with the Clinical Team Leader and case management supervision with the Clinical Director.
- Ensure that the Clinical Director is kept informed of issues regarding client safety re: suicide risk, self-harm, medication, and psychiatric needs.
- Maintain accurate and detailed case notes and client records.

### **Best Practice**

- Provide both depth psychotherapy, and structured counselling interventions, employing methods based upon evidence, and working in ways which are sensitive to and appropriate for the needs of individuals.
- Read relevant current literature and stay up-to-date with developments regarding best practice and work as part of the clinical team toward best practice models.
- Commit to further training and to amending practice in line with organisational needs.
- Adherence to the One in Four Code of Ethical Practice.
- Adherence to the policies and procedures of One in Four as set out in the Staff Handbook and within the Psychotherapy Programme.
- Adherence to the Children First Guidance and the Children First Act 2015.
- Ensure that appropriate records and statistics are kept up-to-date within the requirements of Data Protection legislation.
- To adhere to the confidentiality policy of the organisation.

### **Stakeholder Engagement**

- Liaising with external agencies (e.g., social workers, probation officers and medical professionals) regarding clients' needs and/or risk.
- Deliver specialist training in-house to placement therapists or to external agencies in relation to trauma.
- As part of normal working hours to attend clinical team meetings, internal group supervision, and individual external supervision.

*Due to the nature of the work carried out by One in Four, all clinical staff work four days per week. Typically, Psychotherapists will work on prevention one day per week, the survivor programme three days per week and will work late one evening per week.*

## KPIs / Priorities

After 6 months in the role, you will be expected to be working towards the following KPIs and priorities:

- Developing a good therapeutic alliance with the clients on both programmes.
- Maintaining a caseload without a high level of dropout.
- Mastering the administration relevant to the role, including case notes and reports.
- Developing supportive collegial relationships with team members and the senior team.
- Contributing well to clinical team meetings through sharing ideas on case formulations, and bringing clinical issues, for example.
- Demonstrating reflective practice.

*These duties are a guide to the general range of responsibilities and are neither definitive nor restrictive. The post-holder may from time to time have to undertake any other duties commensurate with the post, as designated by the Clinical Director.*

## Person Profile

One in Four are seeking a professional and empathetic Psychotherapist to provide support to One in Four's service users. The post holder will be an accredited Psychotherapist that strives to provide the highest standards of services, informed by the clients' evolving needs. In order to be successful in this role, the post holder will have the ability to identify the most appropriate evidence-based approach to psychotherapy, and the personal resilience and flexibility to work with a diverse range of service users. They will engage with service users and colleagues with dignity and respect and continually act in the best interests of the service users to ensure that One in Four can continue their efforts to break the cycle of abuse. The appointable candidate will be excellent team player with a calm temperament who works without judgement or ego.

## Core Competencies and Skills Summary

- A minimum of 3 years relevant post-qualification experience working with adults
- An accredited qualification in psychotherapy recognised by IACP / ICP or recognised professional post-graduate qualification in Clinical or Counselling Psychology (applicants must be eligible for Chartered Membership of the Psychological Society of Ireland).

- Excellent listening and communication skills
- Strong emotional intelligence
- Flexibility and ability to demonstrate evidence-based approaches in ways of engaging with service users
- Experience working in the area of trauma
- Personal resilience and ability to work with clients from a variety of backgrounds
- Proficient IT skills
- Ability to reflect on practice in order to facilitate personal learning, professional development and service improvement
- Ability to foster good working relationships with external agencies and organisations
- Passion for One in Four's values, mission and the work that they do

## Remuneration

A competitive salary range of €55,000 to €61,000, (pro rata for four days) commensurate with experience is offered for the position.

- Non-pay related benefits include:
- 25 days annual leave pro rata
- Optional PRSA Pension available
- Continuous professional development

## How to apply

Please send a CV and cover letter outlining your experience and fit for the role to [recruitment@oneinfour.ie](mailto:recruitment@oneinfour.ie). Documents should be in Word or PDF format only. Please ensure you include the title of the role in the subject line of the email.

The closing date for applications is **Tuesday 25 February 2025 at 5pm**.

Interviews will be held on Friday, 7<sup>th</sup> March, and Monday, 10<sup>th</sup> March at our office on Arran Quay.