

## Parent infant psychotherapist

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**Department:** Children, Young People , Education & Skills

**Division:** CAMHS

**Reports to:** Consultant Clinical Psychologist & CAMHS Team Manager

**JE Ref:** CYP586

**Grade:** CS10

**JE Date:** 06/11/2020

### Job purpose

The main purpose of this post is to provide parent infant psychoanalytic psychotherapy to parents within Jersey.

This post is being developed to improve outcomes for children linked with 1001 day initiative. The aims are not only to meet the immediate presenting problems in the baby or the toddler, but also to help the parent and child feel more positively about themselves and their interaction. Each intervention looks to promote the importance of early attachment and the importance of investment in very early relationships to improve life outcomes for children.

The potholder will be supported by the Child and Adolescent Mental Health Service whilst working in partnership with early years practitioners across the island. There may also be opportunities for the post holder to be involved in teaching and development of Psychodynamic principles across services.

### Job specific outcomes

1. To assist in developing a referral pathway within CAMHS framework, so that all new referrals are treated in a timely manner and followed up where necessary.
2. To complete assessments and care planning for new cases.
3. To plan and implement individually tailored psychotherapeutic treatment for parent-infant dyads. This to include time-limited and longer-term treatments.

4. To ensure that all ongoing cases are managed and recorded in accordance with the clinic's procedures.
5. To produce clinical reports as required.
6. To record contact and performance data as required to meet key performance indicators
7. To liaise with external parties regarding appropriate referrals, as agreed and in accordance with the clinic's policies regarding patient confidentiality.
8. To assist other staff members in providing specialist consultation from the perspective of a parent infant psychoanalytic psychotherapist to other professionals.
9. To represent the team at agreed external meetings, including reaching out to potential referrers and other third parties.
10. To undertake all duties in accordance with the team policies, including those policies relating to the safeguarding of children.

### **Statutory responsibilities**

- The postholder will have to comply with all relevant States Laws, such as the Health and Safety at Work (Jersey) Law 1989 and any other associated legislation, Standing Orders, Financial Directions, and other relevant Codes of Practice, in respect of managing the key project deliverables of programmes and costs through the active management of procurement, approval, financial and administrative procedures.
  - To be responsible for your own health and safety and that of your colleagues, in accordance with the Health and Safety at Work (Jersey) Law, 1989
  - To work in accordance with the Data Protection (Jersey) Law;
  - This role is politically restricted. The jobholder is not permitted to undertake political activity involving standing for election to the States or as a Parish Constable, or publicly supporting someone who is standing for election or playing a public part in any political manner.
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**Services (TIER 1,2 and 3 jobs only – DELETE if not applicable)**

- *List the primary service areas that are accountable to the role*
- XX
- XX

**Organisation chart**

*Insert an organisation chart showing this role and its line managers and reports (individual names must not be included only post titles)*

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This post reports to the CAMHS team manager and is professionally accountable to the Consultant Clinical Psychologist both of whom in turn report to Group Director Children's Service.

Group Director  
Children's Service



CAMHS Team Manager  
and Consultant Clinical  
Psychologist



Parent infant  
psychotherapist

## Person Specification

### Specific to the role

Describe the knowledge, skills, experience, and qualifications required to perform the job to a satisfactory standard.

It is important to convey what the job requires, rather than what an individual might have, as these may be different. For example, you may have a postgraduate level qualification, however, an A' Level standard qualification is the requirement for the job.

| ATTRIBUTES  | ESSENTIAL  | DESIRABLE |
|---|--|-----------|
| <p><b>Qualifications</b><br/>Please state the level of education and professional qualifications and / or specific occupational training required.</p>  | <p><i>Educated to degree level.</i></p> <p>A recorded/registered qualification in parent infant psychotherapy</p> <p>A commitment to developing specialist training and advanced skill relevant to psychotherapy practice</p>  |           |
| <p><b>Knowledge</b><br/>This relates to the level and breadth of practical knowledge <b>required</b> to do the job (e.g. the understanding of a defined system, practice, method or procedure).</p> | <p>Demonstrates advanced theoretical &amp; practical knowledge of parent infant psychotherapy in specialist area (CAMHS) to inform assessment of clients.</p> <p>Evidence of experience of applying psychotherapy models to working with common mental health issues and within a professional role.</p> <p>Knowledge of how to carry out risk assessments within scope of practice.</p> <p>Familiarity with codes of practice of Health and Social Care Professions Council (HCPC).</p> |           |

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|---|--|--|
|   | <p>Good understanding of safeguarding.</p>   |  |
| <p><b>Technical / Work-based Skills</b><br/><i>This relates to the skills specific to the job, e.g. language fluency, vehicle license etc.</i></p>  | <p>Able to demonstrate a range of information technology skills i.e. an ability to effectively use IT equipment and role critical software.</p> <p>Able to provide clinical supervision to other members of the multi-disciplinary team.</p> <p>Well-developed skills for assessing clients in specialist caseload.</p>  |  |
| <p><b>General Skills/Attributes</b><br/><i>This relates to more general characteristics required to do the job effectively, e.g. effective written communication skills, ability to delegate, motivation or commitment etc.</i></p> | <p>Strong relationship building with both internal and external stakeholders up to and including at a senior level, and especially to develop good therapeutic relationships with clients.</p> <p>Able to understand and manage a range of complex facts or situations requiring analysis.</p> <p>Strong problem-solving acumen.</p> <p>Excellent communication; verbal and written.</p> <p>Communicates effectively across all levels and media.</p> <p>Ability to adapt personal style in order to influence others and gain support for ideas. Demonstrates empathy towards individual clients.</p> |  |

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|  | <p>Supports the development of and shares learning with other members of staff.</p> <p>Able to remain professional and effective under pressure.</p> <p>Committed to continuous service improvement and also continued professional development for themselves and their team.</p> <p>Self-directed and resourceful.</p> <p>Flexible approach to work.</p> |  |
| <p><b>Experience</b><br/><i>This is the proven record of experience and achievement in a field, profession or specialism. This could include a minimum period of experience in a defined area of work if required by an external body (for example a period of post-qualification experience).</i></p> | <p>Experience of working with young people and families with mental health issues.</p> <p>Experience of working effectively within a multidisciplinary team.</p> <p>Experience with routine outcome monitoring.</p>  | <p><i>Experience of working as a parent infant psychotherapist</i></p> |
| <p><b>Criteria relating to Safeguarding</b><br/><i>Other requirements needed to confirm suitability to work with vulnerable people e.g. attitudes, skills, experience etc.</i></p>   | <p>Relevant training undertaken in relation to adult/child safeguarding. Knowledge of service procedures and protocols.</p>  |  |

## Core Accountabilities, Attributes and Behaviour Indicators

Appointees to this role will be required to adhere to and perform their duties in line with the standards identified in the States of Jersey tier 5 core accountabilities attributes and behaviour indicators.