

Job Description - Outdoor Therapist

JOB DETAILS

Job Title	Outdoor Therapist	Line Manager	Locality Manager
Directorate	Operations	Salary Range	£27,900

ORGANISATION OVERVIEW

Venture Trust supports people facing challenging life circumstances to overcome barriers and realise their potential. We work alongside people who have been impacted by trauma, and together we build the programme they need to move forwards in their journey.

Our strengths lie in the trust and relationships we forge, our therapeutic approach and in harnessing the transformational benefit of being outdoors and amongst nature. Working in communities, in greenspaces and journeying through some of Scotland’s most wild places, we meet people where they are. By taking time to create safe relationships, we can support people to grow. We work to create community, to strengthen support systems and accompany people as they reach new places. This relational approach allows people to develop in sustainable and meaningful ways.

Our values underpin everything we do:

- **Courage** - we remain brave when things are tough
- **Care** - we will attend to people and place
- **Curiosity** - we are thoughtful
- **Collaboration** - we work together for greater impact

JOB OVERVIEW

As an Outdoor Therapist, you have a vital role in the delivery of this pioneering service. You will deliver effective, safe and accessible therapy to individuals and groups, including young adults and adolescents. You may be required to deliver training and offer consultancy to other groups and organisations, including within Venture Trust. You will be responsible for ensuring the ethical and inclusive delivery of services to a diverse range of clients. This will include those who may have current or historical experience of poverty, joblessness, social isolation, abuse, traumatic or adverse events, experience of the criminal justice system, severe and multiple disadvantages and the associated impact.

Working closely with colleagues in a multi-disciplinary team, you will facilitate therapeutic development opportunities through outdoor experiences. This could be day activities utilising urban greenspaces or 10-day Wilderness Journeys travelling through Scotland’s Wilder Places, building community, navigating challenge, and facilitating a transformative therapeutic experience for participants.

MAIN RESPONSIBILITIES

Outdoor Therapy

- Be consistently available to offer ongoing, regular therapy to clients, upholding clinical confidentiality and ethical standards at all times

- Offering appropriate clinical interventions relevant to client
- Meet clients on a regular basis as appropriate at an outdoor location, and on occasion indoors or online/by phone
- Regularly present cases and participate in reflective practice spaces, and group and individual supervision
- Undertake client assessments on intake and make recommendations on suitability for outdoor/online/phone/group therapy
- In accordance with the relevant policies and legislation, maintain accurate and up to date client notes and associated paperwork
- Proactively and accurately communicate with the Locality Manager regarding caseload, client management and risk considerations
- Commitment to personal reflective practice and continued professional development

Deliver Wilderness Journeys and Outdoor Activities

- Design, deliver and lead bespoke programmes of community and wilderness-based outdoor and environmental activities, to suit individual needs in a group environment
- Facilitate therapeutic journeys for participants harnessing the benefits of the outdoors and nature
- Work in a person-centred, trauma-responsive manner, applying therapeutic skills and personal development knowledge
- Be accountable and responsible for the safety of the group in dynamic situations
- Identify and maintain knowledge of outdoor activities and resources to fit with a changing environment of weather and seasons
- Able to deliver sustained wilderness journeys, with consideration given to equipment, journeying and vehicle management
- Develop partnerships within the community to support the delivery of activities
- Develop opportunities for peer support for participants within the community

Safety and Health

- Ensure the minimum standards are upheld to maintain ongoing professional registration.
- Adhere to the Statement of Ethics and Code of Practice or Ethical Framework of the professional body with which you hold a valid membership e.g. COSCA, BACP, UKCP etc
- Operate within Venture Trust safety management systems, in line with policy and procedure
- Maintain the security and safety of self, premises and confidential records
- Maintain the safety of clients through policy adherence and clinical assessment
- Keep all skills up to date and relevant, ensuring you work within your own competency

Practice Development

- Liaise with partners and referrers; representing and promoting the service, training and consultancy opportunities, as well as Venture Trust more widely
- Work with a collaborative and interdisciplinary focus to develop and validate the outdoor therapy approach as equal in value to other 'traditional' services

- Involvement with professional networks nationally, at a European level and internationally where appropriate
- Support development and delivery of professional outdoor therapy trainings

OTHER:

- Undertake training and professional development as required
- Undertake any other reasonable duties as may be required

PERSON SPECIFICATION

Knowledge, Skills and Experience

Essential:

- Educated to at least Post Graduate Diploma Level in Counselling or Psychotherapy.
- Hold a current professional membership and registration with an appropriate body (e.g. COSCA, BACP, UKCP or BPC)
- Minimum of one year of post-qualifying experience in ongoing practice
- Experience working with Venture Trust's client group in a supportive or therapeutic role
- Willingness and demonstrable personal competence to safely work outdoors for prolonged periods
- Ability to manage unexpected situations in a dynamic outdoor environment
- Experience of working with complex presentations in therapy
- Training in working with trauma and interventions specific to the presenting problems
- Training or experience in working with young people and adolescents
- Experience of implementing GDPR regulations and appropriate legislation

Desirable:

- Outdoor qualifications, including Summer Mountain Leader
- Accreditation with a professional body or commitment to pursuing
- A post-qualifying specialism or Masters degree
- Training in practices associated with working with the impact of trauma, such as mentalisation based treatment, somatic interventions, internal family systems and dialectical behaviour therapy
- Experience of facilitating group therapy
- Experience of working therapeutically with the specific issues facing Venture Trust's clients
- Experience working with younger people aged 10-16

ADDITIONAL INFORMATION

- This post is subject to a PVG from Disclosure Scotland and basic driver checks

Venture Trust is a living wage employer and committed to promoting equality and diversity.