



increased access 2 psychological support

Job Title: Mindfulness Based Living/Walking Community Project Lead

Location: Dumfries & Galloway

Contract: Fixed Term 3 years (to be reviewed yearly)

Salary: £22,000

Closing Date: 9th February 2018

ia2ps is a small, innovative Mental Health Charity delivering a range of Mindfulness and Compassion Based Interventions across Dumfries & Galloway. Clients tend to come to us with anxiety related conditions that may include: Psychological Trauma, Post Traumatic Stress Disorder, Depression, Low Mood, Obsessive Compulsive Disorders, Borderline Personality Disorder, Bipolar, Addiction, Abuse.

Increasingly our Charity is using Mindfulness and Compassion based interventions to support the anxiety related conditions mentioned as a means of helping recovery and building personal resilience.

We work with individuals and groups experiencing a range of Mental Health, Isolation and Loneliness Issues primarily across Dumfries & Galloway.

The post holder will lead the Mindfulness Based Living/Walking Community Project along with a small team of support staff who will be delivering Mindfulness Based Living/Walking to Groups across Dumfries & Galloway. The Project Lead will be instrumental in helping to build Mental and Physical Resilience among Course Participants who have/are experiencing acute isolation and loneliness. Course participants are likely to have experienced a range of mental health issues for example: Anxiety, Low Mood and Depression.

Therapeutic provision will be based on delivery of Mindfulness Based Living and Mindfulness Based Cognitive Therapy to groups of individuals aged 18+. and will include one to one support as and when appropriate.

The Post Holder must have delivered a minimum of 2 Mindfulness Based Living Courses to Groups. They must have successfully completed an in-depth, rigorous mindfulness-based living teacher training programme (Mindfulness Association) and be approved to deliver the Mindfulness Associations, Mindfulness Based Living Course.

The Post Holder must hold a professional therapeutic qualification in Mental Health care at a minimum of Post Graduate Diploma Level (e.g., CBT, Counselling) and be a member of the BACP or equivalent.

Knowledge and experience of the populations that the mindfulness-based living/walking course will be delivered to is essential, including experience of teaching, therapeutic or other care provision with groups and/or individuals.

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