



increased access 2 psychological support

Job Description

Job Title: Mindfulness Based Living/Walking Community Project Lead

Location: Dumfries & Galloway
Contract: Fixed Term 3 years (to be reviewed yearly)
Salary: £22,000

Reporting to: Simon Robertson - Chair, ia2ps

Job Purpose

This *NEW* Mindfulness Based Living/Walking Community Project will be delivered across Dumfries and Galloway to support people aged 18+ who are experiencing acute isolation and loneliness. The Project aims to improve the long term health and wellbeing of participants affected by one or more of the following multiple Mental Health Challenges: Anxiety, Low Mood, Depression and Obesity. The aim of the Project is to build Mental and Physical Resilience by developing coping skills, confidence and self compassion in a peer supported environment using Mindfulness & Compassion Based Interventions.

Job Dimensions

The Post Holder will provide leadership and the Provision of a high quality Mindfulness Based Living Therapeutic Service for individuals affected by isolation and loneliness working within a professional and ethical framework recognised by relevant professional bodies. This involves recruitment, managing assessment and orientation plans for individuals with a variety of mental health problems (based on expertise at a post-graduate diploma level of training in cognitive behavioural therapy or counselling).

The post-holder is required to work autonomously within professional guidelines and the overall framework of the charity's service's policies and procedures. They are also expected to contribute to the design, development and implementation of the projects monitoring and evaluation within their own area of work.

Continuing Professional Development

The Post Holder will be expected to engage in appropriate programmes of CPD, and to document this, in adherence with the requirements of the British Association of Behavioural and Cognitive Psychotherapy or equivalent.

The applicant should have the following:

A. Mindfulness Based Teacher Training

1. Familiarity with the delivery of a minimum of 2 Mindfulness Based Living Courses to Groups.
2. Successful completion of an in-depth, rigorous mindfulness-based living teacher training programme (Mindfulness Association). Approved to deliver the Mindfulness Associations Mindfulness Based Living Course.
3. Successful completion of a Compassion Based Living Course. For example Compassion Based Living (Mindfulness Association), Mindful Self Compassion (Chris Germer, Kirsten Neff).

B. Training or background required in addition to mindfulness-based teacher training

1. A professional therapeutic qualification in Mental Health care at a minimum of Post Graduate Diploma Level.
2. Knowledge and experience of the populations that the mindfulness-based living/walking course will be delivered to, including experience of teaching, therapeutic or other care provision with groups and/or individuals.

C. Ongoing Good Practice Requirements

1. Commitment to a personal mindfulness practice through daily formal and informal practice. Participation in a minimum of one (5 day) annual residential teacher-led mindfulness retreat.
2. Ongoing Professional engagement in processes which continue to develop mindfulness-based teaching practice.
3. A commitment to ongoing development as a Therapist/Mindfulness Facilitator through further training, keeping up to date with the evidence base, recording and reflecting on teaching sessions, participation in webs forums etc.
4. Adherence to the ethical framework appropriate to the Project Lead/Therapist professional background and working context.

To apply for this post submit a covering letter (no more than 2 A4 Pages) and an up to date CV, for the attention of Simon Robertson, Chair, ia2ps.

The fastest way to submit your application is to attach as an email to:

info@ia2ps.co.uk

Birkenshaw House
Butterhole
Dalbeattie
DG5 4LX

Tel: 01556 610260
Email: info@ia2ps.co.uk
Web: www.ia2ps.co.uk

Scottish Charitable Organisation (SCIO): 43567

