

OXPIP Parent-Infant Therapist in Training

2-day per week post

Job description

Introduction

The Oxford Parent-Infant Project is a charity specialising in the emotional needs of parents, pre and post birth and their babies during their first two years of life. Therapists are drawn from a variety of clinical backgrounds and have specialist knowledge and understanding of infant mental health and attachment theory. The aim of therapy is to support parents who are experiencing difficulties with their baby and to facilitate parent-infant relationships; in some cases this will include working with other carers within the family.

The work is underpinned by psychoanalytical/ psychodynamic thinking and might be shorter or longer term depending on the client's needs. We also offer Therapeutic Touch and Watch, Wait and Wonder groups to families with their babies. Many of our therapists are accredited Video Interaction Guidance practitioners.

In addition to the clinical work, OXPIP also provides consultation, workshops and training to a wide range of professionals on the importance of early attachment and infant mental health. We have several satellite areas that are located in various community bases across Oxfordshire to provide easy and accessible services to the families that we serve. Since COVID-19, we have also provided parent-infant therapy online. Whilst we are moving back towards working face-to-face with families, we have adopted a hybrid approach so that some families are still offered appointments remotely where appropriate.

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Parent-Infant Therapist in Training role description

Person specification

Details of training programme

Role Title:	Parent-Infant Therapist in Training
Location:	Oxfordshire – Clinical placement will primarily be based in Banbury; teaching and team meetings in Kidlington, Oxford (or via zoom, depending)
Responsible to:	Clinical Director/CEO
Liaison with:	<p>Within OXPIP:</p> <ul style="list-style-type: none"> • Clinical Director/ CEO • Head of PIT Training/ Head of Training • OXPIP Clinical Team • Operations Manager <p>Outside OXPIP:</p> <ul style="list-style-type: none"> • Referring Agencies (GPs, Health Visitors, Social Workers, Children Centre’s Workers) • Relevant Statutory Organisations • Relevant Voluntary Organisations
Main Purpose of the Role:	<ul style="list-style-type: none"> • Providing parent-infant therapy for parents and babies under two years of age
Main Clinical Activities:	<ul style="list-style-type: none"> • Weekly parent-infant therapy sessions • Maintaining clinical records • Liaison and consultation with professional colleagues both within and outside of OXPIP • Ensuring safeguarding of children and adults • Promoting OXPIP, and the awareness of parent-infant mental health • Participating actively in regular individual supervision • Attending weekly clinical meetings on a Wednesday morning (with exception of 3rd week of the month) and other OXPIP meetings as required.

<p>Main Training Activities</p>	<ul style="list-style-type: none"> • Attending 12 teaching seminars and 5 OXPIP short courses across a 12-month period (Fridays only, with the exception of one Tuesday) • Attending group supervision (Friday mornings only) • If the trainee has not yet completed at least one year's infant observation, s/he will be required to attend/ participate in a psychoanalytical infant observation course alongside the Parent-Infant Therapy Training. • The trainee is expected to attend individual psychoanalytic or psychodynamic therapy. Dependent on prior experience, the trainee might be exempt from this requirement – to be decided at the discretion of the training committee.
<p>Education, Experience and Other Abilities:</p>	<ul style="list-style-type: none"> • Psychotherapist/Counsellor/Psychologist who is registered with UKCP, BCP, BACP or ACP or who has a qualification in a related core profession. • Knowledge and understanding of psychoanalytical, infant mental health and attachment theory. • Experience of infant observation. • Experience of own psychodynamic/psychoanalytic personal therapy
<p>Conditions of employment:</p>	<p>Employed Parent-Infant Therapists in Training will be offered a salary of £30,000 - 34,000 per annum on a pro rata basis. 25 days holiday per year + statutory holidays pro rata.</p> <p>In addition to the 12 seminars and 5 short courses, trainees will receive regular individual and group supervision, termly tutorials with a personal tutor, and 6-8 weekly line management meetings with a senior team member. Trainees are expected to attend weekly team meetings on a Wednesday morning between 9am and 10.15am (with the exception of the 3rd week of the month).</p>

Person Specification – Parent-Infant Therapist in Training

Requirements	Essential / Desirable	Method of Assessment
Qualifications		
Relevant Psychotherapeutic, Counselling, Psychological or Equivalent Qualification (see below)	Essential	Application
Accreditation with a professional body relevant to the training	Essential	Application
Experience		
Relevant therapeutic experience post qualification	Desirable	Application/Interview
Clinical work in parent-infant mental health field	Desirable	Application/Interview
Understanding of psychoanalytical/ psychodynamic theory, infant mental health, attachment, and child development	Essential	Application/Interview
Infant Observation	Essential (can be undertaken during training – this would be at the trainee's own cost and in their own time)	Application/Interview
Clinical experience of working with individuals	Essential	Application/Interview
Clinical experience of working with couples	Desirable	Application/ interview
Clinical experience of working with families	Essential	Application/Interview

Requirements	Essential / Desirable	Method of Assessment
Knowledge, training and understanding of safeguarding children and vulnerable adults	Essential	Application/Interview
Skills		
Psychoanalytic/Psychodynamic Therapy	Desirable	Application/ Interview
If not already trained in psychodynamic/ psychoanalytic work, strong interest in and commitment to developing skills in this area as a parent-infant therapist is required	Essential	Application/ Interview
Competent IT skills – including working knowledge of Microsoft Office (word/excel), email, and capacity to use OXPIP’s online case management system	Essential	Application/ Interview
Other		
Provide own transportation to satellite areas around Oxfordshire and to off-site meetings when necessary	Essential	Application/ Interview
Able to work as part of a team	Essential	Application/Interview
Ability to work flexibly and creatively	Essential	Application/Interview

Commitment to OXPIP post training

If the Parent-Infant Therapist in Training meets and passes all relevant criteria for the training, the expectation is that s/he will go on to work as a Parent-Infant Therapist within the team for a minimum of 2 years.

PTO for further information about training as a Parent-Infant Therapist with OXPIP

What does training as a parent-infant therapist with OXPIP involve?

Time Commitment

The taught course runs for 12 months, starting in March 2022. Trainees also need to allow additional time for the clinical placement (4-5 clients per week, as agreed with the supervisor), reviews, tutorials, individual and group supervision, admin, reading and independent learning. Where a trainee is required to attend personal psychodynamic/psychoanalytical therapy and/or an infant observation, this will need to be carried out in the trainee's time at his/her own cost.

As a Parent-Infant Therapist in Training with OXPIP, the trainee will make a commitment to attending and participating in:

- 12 teaching seminars and 5 short courses (Fridays only, with the exception of one Tuesday) across a 12-month period, beginning in March 2022.
- Weekly team meetings on a Wednesday morning between 9 and 10.15am (with the exception of the 3rd Wednesday in the month)
- Individual termly tutorials with personal tutor across 3 terms
- 4-5 clients per week, to be agreed with supervisor
- Weekly supervision with clinical supervisor
- 6-8-weekly line management with a senior team member

Qualification at end of training

This training has been accredited by APPCIOS (The Association for Psychodynamic Practice and Counselling in Organisational Settings), which is a member organisation of the British Psychoanalytic Council. The trainee will receive a Certificate in Parent-Infant Therapy at the end of the training once they have successfully met all the training criteria (teaching and clinical). If the Trainee wishes to convert their Certificate into a Diploma post training, they can do this by completing (and passing) an essay related to a clinical case study within 3 months of completing the Certificate.

Location

Seminars and supervisions will be delivered either in person at the OXPIP office or via Zoom, depending on the situation with Covid. All short courses will be delivered via Zoom. Where possible, trainees will be expected to deliver therapy in person, though some parent-infant dyads might be seen via Zoom.

Teaching and Learning Methods

Trainees will be learning through experience, theoretical teaching and guided independent learning. They are expected to attend and actively participate in the full range of: individual and group supervision, teaching seminars, short courses, and OXPIP lectures. In order to be eligible for the Certificate in Parent-Infant Therapy, trainees must attend all seminars and 90 per cent of group supervision (in extraordinary circumstances, exemptions might be made in agreement with the Head of Training). All short courses must be attended. They will also be expected to read and present material from the reading list and additional papers, both for seminars and ongoing personal development.

Seminars

The 12 seminars will take place on Fridays between 9.30 and 12.45. Group supervision will take place on those Friday mornings when seminars are not taking place.

Seminar topics include: Introduction to OXPIP/ Ghosts in the Nursery; Preparation for Clinical Placement; Development of a Sense of Self; Reflective Function; Ambivalence and Hostility; Psychoanalytic Defences; Working with Fathers; Transference and Countertransference; Projective Identification; Reflection in Action and On Action; Organisational Dynamics; and Endings

Short courses include: Attachment and Intersubjectivity; Watch, Wait and Wonder; Assessing Parent-Infant Therapy Relationships; Parent-Infant Therapy Groups; and Ghosts in the Nursery.

OXPIP Lectures 2022-2023

The training as a parent-infant therapist includes free places for trainees at the OXPIP lectures (see website for details). Trainees are expected to attend.

Supervision

1 hour of individual supervision in parent-infant psychotherapy will be provided weekly throughout the course of the training, once clinical work has started.

Tutorials

Trainees will be allocated a personal tutor at the start of the course. Tutorials will take place individually on a termly basis and will provide the trainee with the opportunity to reflect on his/her experience of the training as well as his/her personal and professional development so far. Trainees will be expected to arrange these meetings with their tutor in advance and to submit their Reflective Journal as part of this process.

Group Supervision

Trainees will take in turns presenting process notes from their clinical sessions. Group supervision will take place during term time only on those Fridays when seminars or short courses are not being held.

Personal Therapy

Trainees will be required to be in personal psychoanalytic/psychodynamic psychotherapy for a minimum of 1-2 times a week, throughout the training, at their own cost. Some trainees might be exempt from this requirement dependent on prior experience, to be agreed with the Head of Training.

Clinical Work

Trainees are expected to undertake a minimum of 90 face-to face clinical hours with parents and infants over a period of 12 months. Their placement will be arranged for them by OXPIP. Placements will primarily be based in Banbury. There might be an option for an Oxford-based placement, but this is to be confirmed.