

Groundwork London Job Description

Job Title:	Trainee CBT Therapist (Children and Young People)
Responsible to:	Clinical Lead
Responsible for:	N/A
Location:	Pan-London with a focus on Southwark and Waltham Forest

Job Background:

This is a training position, where you will be employed by Groundwork London's Youth Team, while undertaking the Postgraduate Diploma in CBT for Children and Young People at King's College London. The course is part of the Children and Young People's Improving Access to Psychological Therapies (CYP IAPT) programme. Applicants will be required to hold a relevant undergraduate degree and to have a minimum of 2 years' experience working as a qualified therapist with children and young people.

You will receive weekly teaching from King's College London on Mondays and Tuesdays and concurrently work clinically within our services, providing CBT-based 1:1 and group interventions to children and adolescents with common mental health difficulties, under regular supervision, to meet the requirements of the course and the needs of our service users.

Therapeutic interventions will be delivered across The Nest in Peckham, working with ages 11-25s, and the Roots in Waltham Forest working with ages 11 – 17. The therapeutic work will be conducted in person at our hub in Peckham, at a base in Walthamstow, or online with some use of other satellite locations in Southwark possible with some of these sessions being outside office hours. Therefore, an ability and willingness to work flexibly, outside office hours, and to travel across Southwark and Waltham Forest are requirements of the post.

Shortlisted candidates will also need to apply separately to King's College London and meet their entry requirements. Guidance will be provided.

Appointment is subject to **acceptance onto the KCL CYP CBT training programme**, which includes an academic interview.

You must be available to begin training in January 2027 and commit to mandatory attendance at King's College London for teaching on Mondays and Tuesdays.

Key Tasks & Responsibilities:

- To successfully complete the Postgraduate Diploma in CBT for Children and Young People at King's College London while delivering high-quality, evidence-based clinical work within Groundwork London's youth mental health services.
- To provide effective CBT interventions for children and young people experiencing mild to moderate mental health difficulties, under supervision and in accordance with service and training requirements.
- To contribute to the wider aims of The Nest and Roots services by supporting accessible, early-intervention mental health support for young people aged 11–25 across Southwark and Waltham Forest.
- To develop and maintain professional competence through regular supervision, reflective practice, and adherence to ethical, safeguarding, and governance standards.
- To work collaboratively with colleagues, families, and partner agencies to ensure holistic, person-centred care and positive outcomes for children and young people.

Training and Supervision

- Attend all required teaching days and submit coursework, case reports, assessments, and a portfolio as required by the university.
- Engage in personal and professional development activities, including reflective practice and peer learning.

Professional

- Ensure the maintenance of standards of own professional practice according to both the post holder's employer and the Higher Education Institution in which they are enrolled
- Ensure all children and young people are appropriately safeguarded against harm, with all safeguarding issues to be reported as a matter of priority in line with both Groundwork and the educational setting policies
- Ensure confidentiality is always protected
- Ensure that any risks or issues related to the safety and wellbeing of anyone the post holder comes into contact within the course of their professional duties are communicated and shared with appropriate parties to maintain individual safety and the public interest
- Ensure clear objectives are identified, discussed and reviewed with supervisor and senior colleagues on a regular basis as part of continuing professional development
- Participate in individual performance review and respond to agreed objectives
- Keep all records up to date in relation to Continuous Professional Development and the requirements of the post and ensure personal development plans maintains up to date specialist knowledge of latest theoretical and service delivery models/developments
- Attend relevant educational opportunities in line with identified professional objectives

Other Responsibilities

- At times, deliver services and duties on wider Groundwork Youth Projects
- Can work flexibly in accordance with organisational needs
- Undertake training to develop work related skills and knowledge
- Undertake any other related responsibilities commensurate with the evolving objectives of the post and the evolution of the Trust, as may reasonably be requested by the Director
- Ensure the effective implementation of and adherence to, the Trust's Diversity, Equal Opportunities and Health and Safety policies and procedures
- All staff; the Board and volunteers will actively support in their daily operations and duties Groundwork London's Environmental Management System and carbon reduction
- Work with due regard for Groundwork's core values and objectives
- Share best practice and achievements, actively seeking opportunities to present outcomes and case studies
- Contribute to the learning of others across the organisation by sharing knowledge and skills both informally and formally by participating in the trust's training and development programme

Oct 2026

HR:201/2318

Person Specification – Trainee Educational Mental Health Practitioner

Note to Applicant: When completing your application form, you should demonstrate/evidence your experience, knowledge, skills & education in your application based on this criteria for the post.

Criteria		Essential or Desirable	Application	Interview	Task	Certificate
1	Qualified in a relevant profession e.g. counselling, psychotherapy, or equivalent	E	✓			✓
2	At least 2 years' experience working therapeutically with children and/or young people	E	✓	✓		
3	Demonstrate a thorough knowledge, understanding and use of evidence - based therapeutic interventions	E	✓	✓		
4	Knowledge and understanding of the barriers and challenges that children, young people and their families can face when seeking support for their mental wellbeing	E	✓	✓		
5	Experience of working collaboratively and collecting feedback from parents/carers, children and young people to shape service delivery	E	✓	✓		
6	Working knowledge and understanding of Safeguarding and risk management.	E	✓	✓		
7	Ability to follow Policies and Procedures in relation to Data Protection and Security, and Protection of Personal and Sensitive Personal Data	E	✓	✓		
8	Ability to plan and manage a complex work programme, including a caseload of clients including 1:1 cases and groups, prioritise tasks and deliver results on time	E	✓	✓		
9	Ability to use MS Corporate Software applications, particularly MS Office, MS Word, MS Excel and MS Outlook Email	E	✓	✓		
10	Ability to keep accurate and confidential records, including service user development logs and use recorded data for evaluation and monitoring	E	✓	✓		
11	Willingness to be flexible in work patterns and to fulfil regular evening and weekend duties	E	✓			
12	Ability to work therapeutically with cultural humility	E	✓			
13	A working knowledge and experience of CBT	D		✓		

Appointment to this role is subject to an enhanced DBS through the Disclosure and Barring service