

# Parenting group co-therapist

This role is for co-therapist/facilitator of the innovative and successful therapeutic parenting teens programme “Different Approach Different Response” designed and run by the community agency working with parents, Parent Help.

The goal of the programme is to improve parent-teen relationships through increasing parents’ ability to be empathic. This programme consists of eight two and a half hour sessions, weekly. Currently the programme is run on a Saturday afternoon in Petone but depending on the facilitators availability and interest, may also be held on weekday evenings and in other locations. For further background on this programme see:

<http://www.parenthelp.org.nz/parenting-course/>

This is a contracted position entailing an average of three to five hours per week over a thirty two week timeframe. Ideally the person who’s appointed is open to having a long-term commitment to facilitating and eventually leading this programme.

## Your ideal attributes

- Able to quickly form good relationships with participants and with the group as a whole.
  - Responsive to the individual needs of participants. This is likely to be underpinned by ego states or similar theoretical conceptualisations of unconscious processes.
  - Have high levels of empathetic attunement along with timely use of inquiry, reflection, acceptance and validation.
  - Understand how to work with participants who may experience anxiety or activation of trauma.
  - Take responsibility for and acknowledge misattunements with participants. This includes a capacity for reflective practice and acknowledgement of your own affect.
  - Form a co-creative and cohesive partnership with your clinical colleague.
  - Show a good appreciation for group dynamics with the ability to move flexibly to differing needs.
- Use attachment-based principles and approaches in working with clients and are able to discuss how attachment theory is integrated into your work.
- Use supervision, collegial input, and your own research, to improve the outcomes for clients.

## Responsibilities

- Facilitation of groups either in week-day evenings and/or at weekends
- Proactive support of Parent Help’s reputation within social and public sectors
- Shared responsibility for programme-related administrative tasks, reporting, and programme-improvement with other facilitators and administrative staff. This includes carrying out and documenting processes such as the qualification of registrants before acceptance into a group and eventually the recruitment and induction of other group facilitators.

## Qualifications and experience

- Relevant tertiary-level qualification
- At least three years post-qualification or post-training experience and a minimum of 1,500 hours working therapeutically with couples, families, and individuals
- Will have formal training in models such as family systems theory and emotionally focused therapy or similar and are widely read in these areas.

Application and CV to be sent to Katrina Jacobsen, Psychotherapist, Parent Help, [katrina@parenthelp.org.nz](mailto:katrina@parenthelp.org.nz)