

JOB DESCRIPTION	
Job Title:	Highly Specialist Family Therapist (Eating Disorders)
Accountable To:	Milton Keynes Lifespan Eating Disorder Service (MK-LEDS) Team Manager
Managerial and Professional Responsibility to:	Team Manager
Grade:	8a
Liases With:	<p>All members of the multi disciplinary team including; the Consultant Psychiatrist, Family Therapist and members of other disciplines. Also liaises with Child Health and Adult Mental Health professionals in primary, secondary and tertiary services, and external agencies involved in client care including Education, Children’s Social Care and the voluntary sector.</p>
Job Summary:	<ul style="list-style-type: none"> • To provide a high quality, highly specialised, evidence based systemic Family Therapy to children, their families, carers and professional networks presenting at Sp CAMHS level, with an eating disorder. • To provide highly specialist systemic assessments, consultations and treatment of families and maintains associated records of work with client systems. • To provide highly specialist advice and consultation to MK Specialist CAMHS colleagues, and external agencies. Working within professional guidelines, regarding assessment, diagnosis and treatment of highly complex family/systemic presentations. • To provide advice and consultation over the telephone to parents and professionals on a regular basis. • To research, develop, implement and audit service for clinical and governance purposes. • To work autonomously with professional guidelines and Trust policies and procedures.

Working Environment:

Milton Keynes Lifespan Eating Disorder Service is a community out-patient department serving the Milton Keynes area and surrounding villages. It provides specialist eating disorder service to children, young people, adults and their families.

The multi disciplinary team comprises of a range of disciplines including: Consultant Psychiatrist, Family Therapy, Dietician, Specialist Clinical Nursing and Mental Health Practitioners.

The work is with adults, children and adolescents, together with their families/carers, who are experiencing eating disorders and a range of highly complex mental health problems, including self harm behaviours, depression, anxiety, psychosomatic presentations, and problems associated with family breakdowns, violence, abuse and traumatic events. Alongside MK LEDES, there is also a specialist multi-disciplinary Milton Keynes Sp CAMHS Service. The post holder will be a member of both these provisions.

Key Responsibility Areas

Clinical:

1. Being able to act autonomously and take professional responsibility for the assessment, treatment and discharge of service users. While also being able to work jointly with other members of the MK-LEDES and Sp CAMHS service, in assessment, treatment and discharge of service users.
2. To create effective treatment and discharge plans in collaboration with the service user and family.
3. To provide a highly specialist systemic assessment of service users and families presenting with significant and highly complex mental health and relationship issues, using the appropriate interpretations and integration of complex information from a variety of other professionals.
4. To formulate and implement plans for the treatment and management of a service user's highly complex mental health problem, based upon an appropriate conceptual framework of the child's problem and employing methods based upon evidence of efficacy across the full range of care settings.
5. To evaluate and make decisions about treatment options taking into account both theoretical and therapeutic models and highly complex factors concerning historical and development processes which has shaped the child and family.

6. To work in ways which are sensitive to the highly complex needs of families from a wide range of racial, cultural and ethnic backgrounds. This includes an ability to understand and offer therapeutic interventions to a variety of family formations including single parent families, heterosexual married parents, blended families, same sex couples, accommodated and looked after children and their network of care, children who are on the child protection register and parents who have mental health problems.
7. To practice in a way which is respectful, inclusive and considerate of the needs of each individual in the system, including family members, and their varying developmental stages and current state.
8. To be responsible for implementing a broad range of systemic family therapy interventions for children, adolescents, adults and their families who are presenting with complexities in family relationships and eating disorders.
9. To draw upon different explanatory models to maintain a number of provisional hypotheses and to collaboratively agreed a treatment plan with the client system and colleagues. To comply with and implement, as far as is practicable, the NICE guidelines for Eating Disorders (2017).
10. To undertake risk assessment and risk management appropriate of the mental health presentations of the individual patient, including protective and risk factors present in the network of significant relationship.
11. To utilise highly specialist systemic knowledge and skills in working jointly and collaboratively with other members of the multi disciplinary team in order to enhance and progress work with highly complex family and mental health issues.
12. To communicate in a highly skilled and sensitive manner, both verbally and in writing to service users, referrers and other agencies, and to provide reports including those for child protection conferences and education statements concerning highly complex circumstances and needs.
13. To work in accordance with MK-LEDS and Sp CAMHS team's objectives and adhering to Trust and Directorate policies, ensuring that recording is accurate and up to date. To participate in departmental meetings as required, including business meetings and eating disorder meetings.
14. To provide advice and consultation by telephone to parents, carers and professionals from other agencies.

15. To ensure outcome monitoring of treatment offered by MK-LEDS and Sp CAMHS family therapy services is conducted in line with wider service reporting requirements.

Teaching, Training and Supervision

1. To be knowledgeable and proficient in the operation of video recording equipment and to use in the Family Therapy Clinics appropriately according to ethical codes. To introduce this practice to families in a sensitive manner, and to advise and instruct clinicians and trainees on other disciplines regarding the appropriate use of this therapeutic tool. To use video review as required of family therapy sessions to enhance the skills of colleagues in the Family Therapy Clinic and to teach the use of feedback to help parents to understand their child's difficulties, dilemmas, conflicts, confusion and traumatic experiences.
2. To provide highly specialist systemic consultation and training to colleagues in both the generic and eating disorder multi disciplinary teams.

Research and Service Evaluation

1. To be responsible for using theory and research to inform evidence based practice in work with individuals, families and their networks, in line with current and best practice, including NICE guidelines for eating disorders.
2. To undertake appropriate clinical research for the purpose of user feedback, and to provide research advice to other staff undertaking research.
3. To undertake relevant and appropriate audit and service evaluation with CAMHS colleagues, to maintain high standards and development of the service.

Continuing Professional Development

1. To undertake regular clinical supervision and appraisal in accordance with Trust clinical governance standards, and the Codes of Practice, and ethical guidelines of AFT/IFT and the United Kingdom Council for Psychotherapy (UKCP).
2. To continue to the development and maintenance of the highest professional standards to practice through active participation in internal and external CPD training and development programmes in consultation with the post holder's professional and service managers.
3. To contribute to the development of best practice in family therapy and maintain awareness of current developments in the field, and in relation to the client group and mental health.
4. To maintain UKCP registration

General

1. To maintain the highest standards of record keeping, including recording all patient contacts and report writing adhering to professional and ethical standards, and a continuing adherence to the professional codes of AFT/IFT and UKCP.
2. To maintain up to date knowledge of legislation, national and local policies, and issues in relation to mental health, child protection and children and families.
3. To comply with all relevant Trust policies, procedures and guidelines, including those relating to Equal Opportunities, Health and Safety and Confidentiality of Information.