



PSYCHOTHERAPY & WELLBEING

NEXT STEP PLACEMENT

GUIDE AND FAQs

OUR COMPANY'S STORY

Next Step Psychotherapy & Wellbeing (NSPW) was established in 2013 by our founder Lyndsey Waugh, after struggling to keep up with demand for new contracts and working in schools she knew she couldn't do it on her own and needed to expand and recruit, she also had a clear vision in what she wanted in a practice and collective therapeutic community, first and foremost we put the client at the heart of what we do, to thrive, create sustainability, continue change and evolve and offer a holistic approach to therapy.

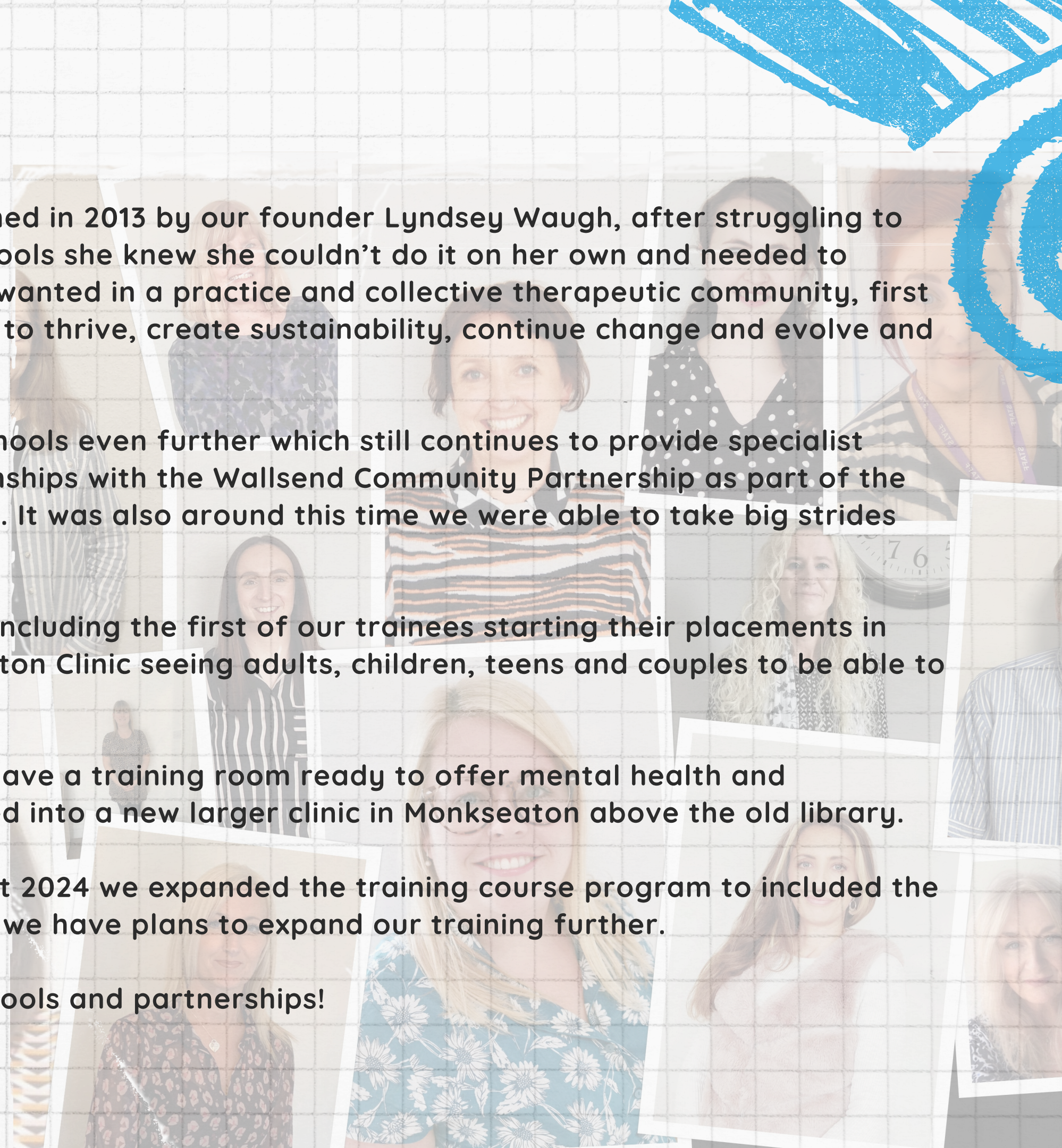
In 2015 NSPW expanded therapeutic interventions within schools even further which still continues to provide specialist therapy in schools to this day, we established close relationships with the Wallsend Community Partnership as part of the Save the Children group within a national piece of research. It was also around this time we were able to take big strides within training in the Mental Health Sector.

Come 2016 we are now a "we" with various team members including the first of our trainees starting their placements in schools. We continued to grow opening practice a Monkseaton Clinic seeing adults, children, teens and couples to be able to offer a wider range of therapy.

Moving on to 2021 we opened a clinic in Gosforth. We also have a training room ready to offer mental health and educational training, and then more recently 2024 expanded into a new larger clinic in Monkseaton above the old library.

We are ever evolving in an ever changing world, throughout 2024 we expanded the training course program to included the advanced Creative and Clinical Diploma in supervision, and we have plans to expand our training further.

With thanks to each and every one of our clients, staff, schools and partnerships!



WHAT TYPE OF PLACEMENTS DO YOU OFFER?

Please see Placement page for details.

WHAT EXPERIENCE/QUALIFICATIONS DO I NEED IN ORDER TO APPLY?

In order to offer counselling at Next Step Psychotherapy and Wellbeing (NSPW), volunteers will have sufficient training to competently perform their responsibilities within national standards (e.g. BACP accredited training wherever possible and moderated Diploma). We would expect you to be studying towards Level 5 as a minimum.

Placements are also dependent on the needs of NSWP at the time of application, we ask for full commitment for at least a academic year (September – July).

All placements start in September.

I' M LOOKING TO WORK WITH CHILDREN AND HAVE NEVER WORKED WITH YOUNG PEOPLE BEFORE?

We prefer to take on counsellors with experience of working with children and young people. However, it is not essential as we do offer relevant training and support. As part of your induction, you will be expected to spend some time on our CPD child training, dates are provided on application.

As part of your induction and ongoing training we will expect you complete some learning provided by Counselling NSWP which will prepare you for working with clients in different age groups, and make you aware of our policies, safeguarding and any other relevant information or policies.

HOW MANY CLIENTS WILL I BE EXPECTED TO SEE?

We offer a stepped approach and will build your adult placement up if working in clinic. In School you will see three children per week.

WHAT TIMES AM I EXPECTED TO WORK?

In School we expect three and a half hours per day, three hours for the clients and up to half an hour check in every week with your Lead Counsellor.

We will try and be as flexible as possible; however, this will depend on the needs of NSPW and the school at the time of application. We will talk to you about the sessions that are available for you to volunteer.

HOW LONG WILL I SPEND IN SESSION?

Each client session is up to 50 minutes long depending, in schools this can be shorter. This can vary for adults and can last up to an hour. This may change depending on the needs of the client and their ability to work in the counselling room.

Your session will be client-led and your clients are assigned to you by your Lead, from a waiting list. We do not prioritise clients, nor are we able to assign trainee counsellors clients of a particular age.

DO I RECEIVE SUPERVISION IN LINE WITH BACP GUIDELINES?

We aim to provide supervision within the school environment with the Lead in the school. All supervision is at no cost to yourself.

DO I HAVE TO USE A SPECIFIC THEORETICAL APPROACH?

NSPW work using a variety of different approaches. We aim to work in a way that meets the needs of each young person or adult, and all of our therapists are asked to do the same.

On starting with the service we will work with you to understand your preferred theoretical model and style of work so that the team can try to best match therapists with client needs.

WHERE DO REFERRALS TO THERAPY COME FROM?

Young people are referred to counselling from a variety of sources. Many are referred from the main school lead which is usually the Special Educational Needs Co-ordinator (SENCO), teachers, parents or other multi agency teams, we also receive referrals from the children themselves. In Clinics this is usually a private or contracted service.

WHERE WILL THE COUNSELLING TAKE PLACE IN SCHOOLS?

Client work is undertaken in a suitable private room in the school. The school will endeavour to try and retain the same room, however, there may be some need to move from time to time given the nature or the need of the room. There will always be at least one other experienced member of staff in the school for safety and support.

WHAT MATERIALS WILL I NEED TO START WITH?

This will be discussed in your training.

CAN I SELECT MY CLIENTS?

Essentially not as it's on a need basis. If you wish to work with specific client group to meet school requirements, we will do our best to accommodate your needs but cannot guarantee that we will be able to. Clients are allocated from the waiting list and the needs of the service must come first.



STEP 1

Complete application form online



STEP 2

Depending on application process, you will then be asked to attend an interview with two of our senior team management.



STEP 3

If you pass interview stage you will have an informal chat with the directors.



STEP 4

Background checks, and Training!



STEP 5

Meet with schools, Counselling Lead, and then get a start date! :)

GET IN TOUCH IF YOU WANT TO CONNECT

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