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| lyslogoREQUEST FOR TENDER**Counselling & Psychotherapy Service** **with specific training in CBT approaches****(Self Employed Basis)** |
| **Function:** | Provide counselling supports through engagement in online Life skills training programme to young people in Limerick City and County aged 14-25 who present with mild to moderate behavioural and/or emotional issues. (mental health issues) |
| **Service Area:** | The service is to be provided online to young people from Limerick City & County |
| **Reporting To:** | Limerick Youth Service Manager. |
| **Liaising With:** | Limerick Youth Service staff, young people and parents  |
| **Primary Duties****& Responsibilities:** | **Young People:** * Provide a maximum of 3 CBT based counselling sessions to each young person aged 14-25 during a 6 week period who engage in life skills training programme.
* Provide the service within the framework of Limerick Youth Service Child Safeguarding policy
* Provide young people presenting with psychological distress with the supports needed to fulfill their potential and cope with the challenges they face.
* The Cohort of young people referred will be on spectrum so working with young people with ASC is distinct advantage.
* Identify those individuals who are at risk of immediate harm & who require other sources of help. Assist in engaging them in appropriate statutory services
* Support the Young People to make positive choices in their life
* Provide a safe space for Young People to talk through their issues.
* In line with recognised practice provide counselling and psychotherapy to young people engaged with Limerick Youth Service

**Communication** * Develop appropriate professional relationships with young people and parent/guardian
* Establish a relationship of trust and respect with individuals
* Effectively participate in focused group work with young people
* Liaise and maintain appropriate contact with staff and external agencies as required to deliver effective responses in accordance with need.
* Attend and participate in meetings internal and external as may be required for the purpose of sharing and gathering information.
* Work in close collaboration with other Limerick Youth Service Counsellors and ensure the provision of a wraparound service for young people

**Record Keeping** * Maintain safe, accurate and up to date records and reports as required.
* Adhere to all policies and procedures of Limerick Youth Service with regard to data collection and retention.
* Partake in training & attend required supervision as per the terms of the tender.
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| **Delivery of the service**  | The service will be delivered in/out of school hours, evenings, and school holidays.  |
| **Please note:** | The tender as outlined above is indicative of the main activities to be undertaken. They are not intended to be exhaustive.  However they may be subject to reasonable change in line with the future direction and changing needs of the organisation.  |
| **Payment:** | Rate of €50 per session and DNA €25 |