

Psychotherapy Placements with UP

Grow your clinical practice while changing children's lives

We offer Psychotherapy and Counselling clinical placements for people in recognised training — and for qualified therapists seeking further rich school-based experience.

What you'll do

- Work therapeutically in primary and secondary schools with children experiencing ACEs, social, emotional and mental health (SEMH) and SEND challenges.
- Deliver creative, trauma-informed sessions
- Set goals with the child and their network (parents/carers, teachers) and review progress regularly.
- Keep clear, confidential records and contribute to outcomes tracking.

Where we work

- Placements run in mainstream primary schools across an increasing number of London boroughs including inner London boroughs

Supervision & CPD learning

- Fortnightly 1:1 supervision (usually on Teams; optional in-person each term).
- On-site guidance from placement support.
- Access to peer learning, reflective practice, and UP trainings (safeguarding, outcomes tools, The UP Way).
- Access to appropriate materials and resources.

Caseload & commitment

- Typically start with two clients; progress to three–four when ready.
- School-day delivery (typically one full day per week during term time).
- Minimum 12-month commitment (to support continuity for children).
- All supervised hours count toward course accreditation (where applicable).

Who it's for

- Trainees on recognised psychotherapy/counselling programmes (with child/YP pathway or equivalent).
- Qualified therapists looking to develop school-based SEMH experience, teamwork, safeguarding, and evidence-informed practice.

What you'll gain

- Deep experience of school systems and multidisciplinary working (SLT, OT, teachers, SENCOs).
- Confidence with risk, safeguarding, and stepped care (stepping up to longer-term work where needed).
- Strong portfolio evidence and references; many successful trainees go on to apply for paid roles at UP
- Safeguarding & inclusion - You'll complete safeguarding and GDPR training before starting.

We welcome applicants from diverse backgrounds and are committed to inclusive, anti-oppressive practice.

Application process

Apply: download and complete the application form.

Interview & workshop: explore fit, readiness, and placement preferences.

Onboarding: online training (database, evaluation tools), safeguarding & GDPR.

Placement match: based on your skills and school needs; start dates aligned with the school term.

Questions before you apply? Drop Lisa a line at Lisa.OConnell@up.org.uk— we're happy to talk through the fit and commitment.