



Volunteer Role Description

Role Title	Trainee Volunteer Counsellor
Location	Epsom/Kingston/Online
Time commitment	2 hours a week minimum
Why you are needed	<p>You are needed to help clients access counselling and provide a non-judgmental safe space to explore issues that they are experiencing.</p> <p>The majority of our clients experience anxiety, depression, relationship breakdown, amongst other mild to moderate mental health difficulties. We will schedule clients for you, on a regular, weekly basis. We encourage counsellors to practice within their training approach and offer placements to trainees practising a range of therapeutic modalities.</p>
What you will be doing	<p>Speaking to 2 clients a week for a therapeutic hour that are have been assessed to need therapy. Can be increased to 5 if completed probation.</p> <p>Completing paperwork for client's sessions – Evaluations, session notes.</p> <p>Attending peer supervision 6 weekly</p> <p>Attending monthly 1:1 supervision</p> <p>Adhere to the organisation's confidentiality and information sharing policy at all times.</p> <p>Training will be provided in respect of TWTH's Safeguarding and Protection policies.</p> <p>This role description is a general outline of the duties and responsibilities and may be amended as TWTH develops and the role grows. The post holder may be required to undertake other duties as may be reasonably required from time to time.</p>
Skills, experience and attributes required	<p>Diploma in Counselling (Level 4 or above in England and Wales, or equivalent diploma at SCQF Level 9-11 in Scotland) If you are in your first year you will be near completing a full academic year Certificate Course in Counselling or the equivalent of 6-9 months.</p> <p>Degree or Masters in Counselling, Counselling/Clinical Psychology, Psychotherapy or Art Therapy. If you are in your first year you will have relevant experience of direct work with client.</p> <p>We also welcome trained counsellors, therapists and counselling/clinical psychologists who are willing to give their time to support our valuable work. We encourage applications from different backgrounds and communities.</p> <p>Experience:</p> <p>Counselling training must have, or have had, a therapeutic and personal development component rather than being purely theoretical or research based (as with Distance Learning courses). Examples of this include: role play, creative work with art, TRIAD techniques.</p> <p>Understanding of the characteristics of a therapeutic relationship, ideally with experience or knowledge of humanistic or psychodynamic approaches.</p>

	<p>Behaviours:</p> <p>Willingness to make a minimum commitment to practice for one year.</p> <p>Emotionally robust and able to demonstrate self-awareness and self-reflection; ideally will have undertaken personal therapy (one-to-one or group therapy) to enhance this.</p> <p>Able to positively work in a team and present TWTH in a positive and professional manner.</p> <p>To make her/himself available weekly as agreed with the Supervisor.</p> <p>To be reliable in attendance and punctuality.</p> <p>To behave in an ethical and professional manner in all dealings with clients, with the Supervisor</p> <p>To adhere to the Ethical Framework of the British Association for Counselling and Psychotherapy</p> <p>To become a member of the BACP (at the Trainee Counsellor's own cost).</p> <p>To carry Professional Indemnity Insurance.</p> <p>To respond constructively to concerns reported by clients, the Supervisor</p>
What is in it for you	<p>An organisation that has adopted the BACP ethical framework of good practice in Counselling and Psychotherapy, counsellors working within the organisation are dedicated to improving the mental health and well-being of the clients they work with.</p> <p>6 weekly peer supervisions</p> <p>One hour Monthly 1:1 supervision for TWTH clients if you require more you will have to pay this</p> <p>To have clients assessed for the Trainee Counsellor and to assign clients relative to the Trainee Counsellor's experience.</p> <p>To provide a manageable number of clients, with a maximum number of 5.</p> <p>To monitor and facilitate the effectiveness of the Trainee Counsellor's practices and management, whilst valuing differing theoretical approaches.</p> <p>To encourage the Trainee Counsellor's professional development and creativity, whilst respecting times of vulnerability and offering personal support, but not therapy.</p>
DBS requirements	Full enhanced
Driving license requirements	Not essential
Volunteer expenses	You will be reimbursed parking expenses for the hours providing therapy.
Induction and training process	There will be an induction and safeguarding training in house.
What to do if you are interested	If you are interested, please email info@thewellbeingtherapyhut.co.uk to receive an application pack
Additional Information	TWTH is committed to equal opportunities and anti-discrimination practices and we positively encourage applications from all sections of the community.