

Role Title:	Volunteer Counsellor / Counselling Placement
Team / Service:	Counselling & Psychotherapy
Where (Location):	Digital provision across Nottinghamshire Office based in Mansfield & Worksop
Time commitment:	3 x Therapeutic Hours (50 mins) weekly
Reports to:	Shelly Gascoigne – Counselling & Psychotherapy Lead
Service Summary:	<p>Psychotherapy, or talk therapy, is a way to help people with a broad variety of mental illnesses and emotional difficulties. Psychotherapy can help eliminate or control troubling symptoms so a person can function better and can increase well-being and healing.</p> <p>Nottinghamshire Mind’s service is available across the county using digital platforms and telephone. Face-to-face sessions are available in Mansfield and Worksop. Daytime, evening and weekend appointments are available to suit client needs.</p>
Purpose of the Role:	<p>Volunteer Counsellors support people experiencing difficulties in coping with daily life, the impact of trauma, medical illness or loss, like the death of a loved one, and specific mental disorders, like depression or anxiety. The goals of treatment and arrangements for how often and how long to meet are planned jointly by the patient and therapist.</p> <p>Volunteer counselling placements are available to those who are in the latter stages of their training and require additional counselling hours to achieve their final qualification and accreditation.</p>
Duties Include:	<ul style="list-style-type: none"> • Supporting clients 1-1 in person • Supporting clients 1-1 on the phone or digital platform eg zoom • Keeping session notes and store in line with Nottinghamshire Mind policy • Keeping confidentiality • Apply safeguarding where necessary • Take responsibility for the physical environment in the case of 1-1 in person sessions
Required skills, qualities and experience:	<ul style="list-style-type: none"> • Be qualified or working towards gaining qualification • Must have own clinical supervision • Good listening and communication skills • Reliable/ dependable/ flexible • Patience/ tact/ sensitive/ non-judgemental

Role Description Updated:	January 2021
Filename / Reference:	Volunteer Counsellor RD – Jan2021

Volunteer Role Description Counselling Placement

	<ul style="list-style-type: none"> • Comfortable to lone work and to work without direct supervision • Commitment to understanding the needs of people living with mental health issues, their carers, friends and loved ones
<i>Essential Requirements:</i>	<ul style="list-style-type: none"> • <i>Fit to Practice Certificate</i> • <i>Fit to Practice Digitally Certificate</i> • <i>Clinical supervision in place</i>
What we offer:	<ul style="list-style-type: none"> • Rewarding and invaluable position that supports Nottinghamshire Mind • Personal growth and development • Regular support and feedback • Comprehensive induction • Access to CPD • An opportunity to be part of a team
Recruitment process:	<ul style="list-style-type: none"> • Application form • Informal interview • References x 2 • This post requires an Enhanced DBS Check (with barring)

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