

Volunteering Opportunity:

Qualified Volunteer Counsellor

About the Service

South East and Central Essex Mind offer a range of specialist counselling services.

Volunteer counsellors are to provide one to one counselling, both virtually, as well as 'in person', when required, to individuals experiencing a range of mental health issues; and assisting them to move towards an improved quality of life. To also help clients identify and address problems and 'triggers' in their day to day life, which may hinder their overall well-being.

Volunteers must be able to demonstrate a flexible and adaptive attitude, as well show a willingness to understand change from both from the client's perspective, as well as from a theoretical perspective.

Volunteers must be committed to their own continuous professional and personal development, and are expected to be responsible for overseeing their own caseload.

Volunteer Role Description:

Main volunteer responsibilities include:

- Adhering to the BACP ethical framework for counselling and psychotherapy.
- Volunteer counsellors are required to have regular clinical supervision, as per the BACP guidelines. Please note - you are responsible for the cost of your own clinical supervision.
- Volunteer counsellors are encouraged to attend monthly 'Counselling Catch up meetings', in order to be able to discuss any issues or concerns they may have.
- Personal Therapy: It is our requirement that counsellors have had a minimum of 30 hours personal.
- Provide regular update and information regarding number of clients seen and discharged.
- Keep up to date counselling notes on clients, securely on the organisation's secure database.
- Consult/update the Counselling Manager with progress and any issues arising from the service.
- Recognise and adhere to limitations and boundaries applicable to the role, to avoid compromising the integrity of the organisation, as well as the well-being being of the service users/Clients.

Personal Qualities or Skills

Essential:

- Level 4 Diploma in Counselling or Psychotherapy.
- Be an Individual member of the BACP, and be either accredited, or working towards accreditation.
- Experience of providing counselling support.
- Experience of a minimum 100 1:1 counselling hours.
- Commitment to improving access to mental health support for service users/clients.
- Flexible and creative approach to tasks.
- Awareness of boundaries.
- Experience of using a word processor such as Microsoft Word.
- Knowledge of managing files.
- Good level of IT skills.

Desirable:

- Evening availability.
- Experience of trauma or children's counselling.
- Completed a Certificate of Proficiency through BACP.

Additional requirements for Youth Counselling

Essential:

- Experience of working or volunteering with children, not necessarily within a counselling setting.
- Availability to volunteer during school holidays.

Desirable:

- An understanding of social media and popular youth culture.
- Trained by Place2Be.

Other: To provide 2 satisfactory references, as well as a satisfactory DBS check.

Hours: The organisation is not able to guarantee clients.

What Volunteers Will Gain:

You will have the opportunity to be part of a local and reputable mental health service, as well as have the opportunity to enhance and develop your current skills and knowledge.

All volunteers will be offered monthly meetings for them to discuss any issues they have, as well as have any queries responded to, and will be offered relevant training/CPD courses, to assist them in undertaking their role.

Main Point of Contact: Thania Khan - Therapy Services Manager