



**COUNSELLING  
CARERS**

*Caring for carers - improving lives*

## **SESSIONAL COUNSELLOR/PSYCHOTHERAPIST (FREELANCE)**

### **JOB DESCRIPTION**

This role is an exciting opportunity to be part of a growing social enterprise serving some of society's most vulnerable people.

#### **JOB PURPOSE**

To provide high-quality counselling sessions to carers experiencing a wide range of emotional and psychological difficulties, whilst observing confidentiality and contributing to the safeguarding, welfare and personal care of all clients and their dependents.

#### **SPECIFIC RESPONSIBILITIES**

1. To provide high quality, confidential counselling sessions for clients of Counselling Carers as needed, using a range of therapeutic techniques and approaches.
2. To be responsible for the administrative tasks required for providing counselling sessions including, but not limited to, contacting clients to arrange session times, setting up online meetings, collecting assessment data, and keeping session notes.
3. To be responsible for maintaining appropriate and confidential records.
4. To liaise with the Designated Safeguarding Lead where necessary.
5. To undertake pre-and post counselling assessments (using approved tools such as the CORE-OM) and provide regular assessment/audit information to Counselling Carers.
6. To maintain a thorough knowledge of mental health provision locally and nationally.
7. To contribute ideas for the development and improvement of the Counselling Carers service.

8. To attend an annual review, and participate in Counselling Carers team meetings as necessary (remunerated at the same rate as agreed for client sessions, per hourly meeting).

### **Supervision**

9. To undertake a minimum of 1.5 hours of supervision per month (this can be external to Counselling Carers)

### **Continuing Professional Development**

10. Take responsibility for personal professional development, keeping up-to-date with research and developments which may lead to improvements in the counselling service provided.

### **Health and Safety**

11. Be aware of the responsibility for personal Health, Safety and Welfare and that of others who may be affected by your actions or inactions.
12. Co-operate with Counselling Carers on all issues to do with Health, Safety & Welfare.

### **HOURS**

Hours will be agreed on an ad hoc basis according to need. The counsellor will be responsible for liaising with clients directly to arrange appointment times.

### **REMUNERATION**

£20-30 per session depending on experience and qualifications (this includes administrative time for note-taking and contacting clients).

### **RESPONSIBLE TO**

Jenny Pillar, Clinical Director

### **PERSON SPECIFICATION**

#### **Education/Qualifications**

Post-graduate Diploma or Masters level in Counselling or Psychotherapy

BACP Membership, UKCP registration or BPC

#### **Knowledge and Experience**

Strong therapeutic skills with proficiency in multiple counselling approaches.

An understanding of the emotional, social and mental health issues faced by carers, particularly through personal lived experience of caring.

Significant post-qualifying experience of providing counselling.

An awareness of the range of needs of people from diverse ethnic, cultural and social backgrounds.

Knowledge of local mental health and CAMHS services.

### **Personal Qualities**

Excellent communication and listening skills

Ability to work independently

Good written and verbal communication skills

Patience, tolerance and sensitivity

A mature and non-judgemental outlook