



## Volunteer Counsellor, Bradford

**3 hours per week for a minimum of 6 months**

### **Role Description**

Family Action Building Bridges counselling service provides individual counselling to clients who are parents /carers and are affected by mental health issues

Working in a confidential setting counsellors provide non directive support to clients in exploring feelings , anxieties and life events that impact on their emotional wellbeing. Through this process clients are able to feel more empowered to manage their mental health and make positive life changes.

1. To provide individual non directive counselling to clients effected by mental health issues using a recognised theoretical model
2. To build and maintain positive trusting relationships with clients
3. To maintain a non judgemental, congruent and, respectful approach towards clients
4. To support clients in developing a deeper understanding of themselves
5. To agree Building Bridges counselling contract with clients
6. To maintain client confidentiality appropriately
7. To keep accurate records of counselling sessions using Family Action systems
8. To manage own case load including, arranging counselling appointments
9. Attend mandatory training
10. To work within the wider multi disciplinary team
11. To uphold Family Action values of support. respect , empathy equality and self determination
12. To ensure you have an understanding of and comply with Family Action's procedures for promoting and safeguarding the welfare of children and vulnerable adults
13. To comply with Family Action's Diversity and Equality Policy and out Ethical policy in every aspect of you work and positively promote the principles of these amongst colleagues , service users , volunteers and other member's of the community
14. To comply with Family Action's Health and Safety policy , Data protection Policy and protect your own and other's health safety and welfare

## **Person Specification**

### Essential

1. To be either a trainee counsellor in the final year of a recognised theoretical model of counselling OR a qualified counsellor at diploma level or above
2. To be competent in using a theoretical model of counselling in sessions with clients
3. To demonstrate experience of supporting vulnerable adults in a professional capacity
4. To demonstrate a non judgemental , congruent and respectful approach
5. To evidence strong abilities in communicating with team members
6. To be willing to work within BACP guidelines
7. To demonstrate a strong awareness of own emotions and be responsible for own self care
8. To be able to demonstrate an understanding of Equality and Diversity issues
9. To be responsible for own clinical supervision

### Desirable

1. To have experience/understanding of working with adults effected by mental health issues

### **What's in it for you?**

- Becoming a part of a large national charity
- The opportunity to be part of a new exciting counselling service
- Being part of a dynamic team
- Support and guidance including monthly group supervision
- The opportunity to build practice counselling hours for training or accreditation
- A varied experience in working with clients effected by a range of mental health issues