



VOLUNTEER COUNSELLOR

Date last updated: 01/02/2023

About the Role:

Our counselling service aims to empower people as part of our Talking Therapies Programme. As a Talking Therapies counsellor, you will receive regular support from the Talking Therapies Programme Manager and Talking Therapies Coordinator, as well as having a Safeguarding Lead for support during on-call hours.

We have a large team of volunteer counsellors from a variety of modalities and they currently offer counselling to individuals between 10am to 8pm, Monday to Friday and 10am to 5pm, on the weekends. All of our sessions are free and mainly held virtually, due to limited spaces available for face-to-face delivery.

We welcome volunteer counsellors from a wide range of theoretical models and with varying skills and experience. **We require that applicants have BACP accredited (UKCP, COSRT, or other accrediting body) accredited therapeutic training or are currently undertaking accredited training.**

Typical duties

- Attend mandatory LGBT Foundation training (e.g., Suicide Prevention Training, Trans Awareness Training, etc.).
- Attend counsellor's monthly group supervision at least once every three months (once a quarter within the financial year).
- Ensure all relevant monitoring forms and admin is completed in line with the requirements of service delivery.
- Book and manage clinical appointments
- We recommend meeting with two client appointments a week for this role
- To ensure we provide a consistent and safe service for our volunteers, we ask you to let us know if you need to stop volunteering with as much notice as possible

Skills & knowledge we ask you to have

- A Good understanding of diverse LGBTQ+ communities.
- Accept referrals via agreed protocols within the service, working closely with the Intake & Triage Service to ensure clients are put onto the most appropriate treatment pathway.
- Assess clients for suitability for counselling, stepping up or down using appropriate referral pathways if the client is deemed inappropriate for the service.



- Provide interventions to clients presenting with multiple and complex personal difficulties including those arising from mild to moderate mental health difficulties, based on accurate understanding and utilising a conceptual framework of the client's difficulties.
- Work with a range of presenting issues; supporting each client to explore a range of life issues which frequently are of a distressing emotional nature.
- Adherence to British Association of Counsellors and Psychotherapist Code of Practice (Inc. Safeguarding and Confidentiality principles).
- Strong interpersonal skills.
- Explore opportunities to develop therapeutic group support for suitable clients.
- Maintain the highest professional standards of practice by undertaking regular professional/clinical supervision, caseload management supervision.
- Adhere to an agreed activity contract relating to the number of client contacts offered, and clinical sessions carried out per week in order to minimise waiting times and ensure treatment delivery remains accessible and convenient.
- Keep coherent records of all clinical activity in line with service protocols.
- Work closely with other members of the team ensuring appropriate step-up and step-down arrangements are in place to maintain a stepped care approach.

In addition, volunteers should have

- Access to a confidential remote working space
- Fitness to practice certificate
- Active DBS that is on an update system (if you do not have this, LGBT Foundation will support to apply for one)
- In training of Level 4 counselling or above, or qualified from a Counselling course approved by an UK awarding body
- (For students) Four-way agreement between the Education provider, Placement Provider (LGBT Foundation), Clinical Supervisor and the student (If the applicant is applying in a student placement capacity).
- (If you are not a student) Supervision Contract.

Benefits of volunteering with us

- A safe and secure place to practice your therapeutic work
- Monthly peer support meetings with occasional external speakers and Clinical and Pastoral Support from dedicated Counselling Service staff
- Weekly drop-in sessions to have clinical discussions and decision making about cases

Training we provide for this role

- Induction to LGBT Foundation
- Talking Therapies Training
- Safeguarding training



How to apply

Complete our application form: <https://form.jotform.com/220763317176355>.

If you need support completing this form or have any questions, email volunteer@lgbt.foundation.

Due to the competitive nature of our Volunteer Counsellor position, there is a rigorous selection process with an application stage and an interview stage. The identity of successful candidates will be checked thoroughly, including a DBS check, where appropriate.

If you are unsuccessful during the application or interview process, you will be notified by a member of our team. You may also request feedback at this stage.

Any data or records of unsuccessful candidates will be destroyed under the General Data Protection Regulations (GDPR) 2018.

We particularly welcome applicants who identify as a person of colour or disabled, and/or as trans* as they are currently underrepresented in our volunteer team.

* Trans is an umbrella & inclusive term used to describe people whose gender identity differs in some way from that which they were assigned at birth; including non-binary people.