



VOLUNTEER COUNSELLOR/THERAPIST

Date last updated: 30/12/2024

About the Role:

Our service aims to empower people as part of our Talking Therapies Programme. We have a large team of volunteer counsellors/therapists from a variety of modalities and are looking for new practitioners to join us! If you join our team, you'll be regularly supported by the Talking Therapies Programme Manager and Talking Therapies Coordinator, as well as having a Safeguarding Lead available during our service delivery hours.

Our practitioners support clients 10am-8pm Monday-Friday and 10am-5pm on weekends. The majority of our service is delivered virtually but we do have delivery rooms available at our centre.

Please note, due to the nature of the service, **we can't guarantee client attendance.** However, we guarantee three clients at a time, on an ongoing basis. Depending on our waiting list numbers, we may be able to offer further clients.

We welcome volunteer practitioners from a wide range of modalities and with varying skills and experience, including student counsellors for placement. We require applicants to have completed or currently in an accredited therapeutic training (UKCP, COSRT, or other accrediting body).

We have a significant amount of interest in this role so we recommend providing detailed answers in the application form, as this will be used to shortlist you for interviews.

Typical duties

- Provide therapeutic support to LGBT Foundation clients
- To ensure our service runs efficiently and safely, we ask practitioners to complete three volunteering hours with us in a week. This can include completing therapeutic sessions and supporting with relevant Talking Therapies admin.



- Complete all mandatory LGBT Foundation training to ensure the service runs safely (e.g. Suicide Prevention, Trans Awareness)
- Organise and book appointments with clients (we'll show you how to do this as part of your induction)
- Attend monthly group peer supervision at least once every 3 months (once a quarter within the financial year).
- Ensure all relevant monitoring forms and admin is completed in line with requirements
- Accept referrals through agreed protocols within the service, working closely with the Intake and 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
- Explore opportunities to develop therapeutic group support for suitable clients
- 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
- To ensure we provide a consistent and safe service for our clients, we ask you to let us know if you need to stop or pause volunteering with as much notice as possible and ensure all client sessions and admin is completed before doing so.

Skills & knowledge we ask you to have

- A good understanding of diverse LGBTQ+ communities
- Able to work with clients with a range of presenting issues and support them to explore a range of life issues which frequently are of a distressing emotional nature
- Understanding and adherence to British Association of Counsellors and Psychotherapists Code of Practice (including safeguarding and confidentiality principles)
- Strong interpersonal skills
- Ability to maintain the highest professional standards of practice including undertaking regular professional/clinical supervision, caseload management supervision.



- Ability to keep coherent records of all clinical activity in line with service protocols

In addition, volunteer counsellors should have

- Access to a confidential space to complete remote counselling support
- Fitness to practice certificate
- Either an existing enhanced adult and child workforce DBS check on the update service or be willing to undergo a DBS check of this level with us
- Student placements: four-way agreement
- Non-students: supervision contract

Clinical Supervision

- For qualified counsellors: If you are only seeing clients through LGBT Foundation, we will cover the cost of one supervision per month. For counsellors who see clients privately or through a different organisation, we will cover a maximum of £10 per month towards supervision costs.
- For students: LGBT Foundation contributes £10 towards clinical supervision costs monthly, if a clinical supervisor is not being provided by your Education Provider

Benefits of volunteering with us

- An opportunity to have a positive impact on LGBTQIA+ communities
- Monthly volunteer socials including an annual Volunteer Awards night
- Monthly peer support meetings with occasional external speakers and clinical & pastoral support from dedicated counselling service staff
- Weekly drop-in sessions to have clinical discussions and decision making about the cases
- A safe and secure place to provide therapeutic support
- Additional free training opportunities to develop you in your role

Training we provide for this role

This role will include an induction to LGBT Foundation and a counselling-specific induction. You will also be expected to undertake online training before starting volunteering with us including online safeguarding and trans awareness training.



We aim to provide free additional training year-round and are always open to suggestions for new training volunteers would like to develop in their roles!

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 .

We particularly welcome applicants from people aged 50+ and/or who identify as a person of colour 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.

We have a significant amount of interest in this role so we recommend providing detailed answers in the application form, as this will be used to shortlist you for interviews. Shortlisting will take place on the week commencing 27th January and we will inform you of the outcome, including feedback, then.

LGBT Foundation are committed to safeguarding & protecting young people and adults. We will check the identity of all successful candidates.