

Counselling & Psychotherapy Volunteer Counsellor Role Description

At Richmond Borough Mind, we're on a mission to raise awareness of our work and reduce stigma around mental health. Through dynamic events and impactful fundraising, we strive to make a significant difference in our community. Join us in our exciting journey as one of the Mayor of Richmond's chosen charities for May 2024 to May 2025!

PURPOSE:	Our Counselling and Psychotherapy service currently has vacancies for volunteer therapists. We are particularly looking for those with experience in Transactional Analysis, CBT, Psychodynamic and Existential approaches.
REPORTS TO:	Service Manager Clinical Lead
HOURS:	3 hours/week
LOCATION:	UK House, 82 Heath Road, Twickenham TW1 4BW

Essential criteria for therapists:

- Have completed a minimum of 1 year of a Level 4 Diploma course and have at least 50 hours of supervised one-to-one, in-person, therapeutic work.
- Are available on a Tuesday (10am – 1pm) or Thursday (4 – 7pm) for client work.
- Can attend mandatory monthly supervision groups on Tuesdays, Wednesdays or Thursdays between 4pm-6pm.
- Can commit to a minimum of 12 months, offering three sessions a week (3 x 50 minutes) face-to-face.
- Hold membership with a relevant regulatory body e.g. BACP, UKCP or HPC.
- DBS check required

Desirable criteria:

We will prioritise applications from experienced therapists, as well as those in training who have:

- Experience of working with clients with complex mental health needs
- Who work with **TA, psychodynamic, existential** and **cognitive analytical** or **cognitive behavioural** approaches
- With experience of facilitating therapeutic groups
- Sound understanding of confidentiality, respecting the sensitive nature of material received and dealt with at RB Mind

We offer:

- Monthly clinical supervision
- In-house training and CPD opportunities
- References after 12 months volunteering

Application Process

Firstly, please email your CV to counselling.admin@rbmind.org along with a letter of motivation, describing how you meet the essential criteria above.

If shortlisted, we will invite you for an interview at our offices in Twickenham with members of the Therapies Team. After a successful interview we will ask you to complete a short online application form and provide the names of two references. On receipt of satisfactory references and DBS clearance, you will be given an induction, be allocated to a supervision slot and will be allocated three weekly clients.

Occasionally it is not possible to find a time slot that suits a volunteer's availability and there may be a waiting period until one becomes available.

For further information or queries please contact Marisca Ribeiro, Counselling Coordinator at counselling.admin@rbmind.org or call 020 3475 9705 between 12pm and 5pm Wednesday and Thursday.

Thank you for your interest in Richmond Borough Mind

