



## Job Description

<b>Job title:</b>	Sessional Trauma Counsellor
<b>Hours:</b>	Hours will be as and when required. Counsellors should have the capacity to work at least 3 hours per week
<b>Salary:</b>	£25 per hour
<b>Responsible to:</b>	CEO
<b>Location</b>	Perth, Scotland

### Purpose of the post

To provide counselling to trauma survivors including people who have complex mental health needs; who have experienced complex trauma; who have experienced sexual abuse.

#### 1. Major Tasks

- 1.1 To be able to offer 24 weeks of counselling to a minimum of 3 clients during the day, evening and at weekends where appropriate according to client/counsellor's needs.
- 1.2 To adhere to British Association of Counselling and Psychotherapy Ethical Framework.
- 1.3 To undertake administrative tasks relating to client work including client notes.
- 1.4 Follow Trauma Healing Together's counselling service policies and procedures.
- 1.5 To attend to practice and client safety by taking client work issues to individual and/or group clinical supervision and seeking extra help and support where necessary in liaison with the THT Coordinator.
- 1.6 To communicate missed appointments to the office for follow up communication with clients.

- 1.7 To keep the THT Coordinator informed of any particular difficulties or issues that may have management, organisational and/or operational implications.
- 1.8 To attend continuing professional development relevant to role.

## **2. Support and Supervision**

- 2.1 The counsellor will report to the CEO.
- 2.2 To attend clinical supervision with a clinical supervisor allocated by the service.
- 2.3 To seek support and information from the CEO as required.
- 2.4 To attend monthly peer supervision.

## **3. Additional information**

- 3.1 All counsellors must have a clinical supervisor which will be self-funded
- 3.2 Counsellors will not be paid for attending peer supervision or mandatory training



## **PERSON SPECIFICATION**

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### **COUNSELLOR**

#### **1. KNOWLEDGE**

##### **Essential**

- 1.1 Knowledge and understanding of the BACP Ethical Framework
- 1.2 Knowledge and understanding of issues relating to trauma, childhood sexual abuse and mental health
- 1.3 A recognised counselling qualification at diploma level (sufficient for the candidate to be eligible for accreditation with BACP, UKCP or COSCA)

##### **Desirable**

- 1.5 Knowledge of working with a mental health charity
- 1.6 A qualification in psychological trauma

#### **2. SKILLS / ABILITIES**

##### **Essential**

- 2.1 An ability to use supervision and supports effectively
- 2.2 An ability to assess when personal issues are triggered by therapeutic work with clients and seek support with this
- 2.3 Ability to work individually and from a home base
- 2.4 An ability to assess own strengths and limitations

- 2.5 Able to keep appropriate records
- 2.6 Able to provide confidential and uninterrupted counselling from a home office base.
- 2.7 Able to work with people whose first language is not English

### **3. EXPERIENCE**

#### **Essential**

- 3.1 Experience of working with clients experiencing trauma
- 3.2 Minimum of 200 hours post qualifying experience of providing counselling under supervision
- 3.3 Member of a governing body

#### **Desirable**

- 3.3 Experience of working with dissociation
- 3.4 Experience of working with sexual abuse issues
- 3.5 Experience of working in the third sector