

PSYCHOTHERAPY + COUNSELLING SERVICES AT WOMEN + HEALTH

Thank you for your inquiring about becoming a volunteer counsellor/psychotherapist at Women & Health. The following information may be useful to you in deciding whether this is the kind of place where you would like to work.

The aims of Women & Health are to provide a range of no/low cost body/mind therapies and yoga, pilates etc for local women who might not otherwise have access to affordable health care options. Women + Health invites qualified and student counsellors and psychotherapists to practice **voluntarily** in the Centre.

Short term Counselling Service

Women + Health is a member of Camden Psychological Therapies Service (NHS), working in partnership with three other local counselling organisations (NAFSIYAT, Age UK Camden and Camden, City & Islington Bereavement Service) to provide free, high quality psychological therapies to people in Camden. Women + Health offer the following free service; 6-12 sessions of counselling. Monitoring is by IAPTUS and outcome monitoring is crucial to the success of the contract. Counsellors will be expected to collect several outcome measures from the client each session.

Counsellors/Therapists need to be able to offer a minimum of 3 client hours a week and attend weekly/fortnightly supervision for a minimum of 2 years.

Phoenix Project – Counselling for carers.

This Lottery funded project provides free, high quality counselling for women carers in Camden for up to 12 sessions. Monitoring is by 34 question CORE forms.

Counsellors/Therapists need to be able to offer a minimum of 3 client hours a week and attend weekly/fortnightly supervision for a minimum of 2 years.

For both these short term services practitioners are expected to be in established counselling/therapy of their own. **Supervision is provided free** by W+H.

Counsellors/therapists need to be able to offer a minimum of 3 client hours a week + supervision weekly/fortnightly for a minimum of 2 years. You must have a minimum of **45 hours of supervised working one-to-one with clients other than fellow students.**

Long term Psychotherapy + Counselling Service – this service, which has run for 25 years, had its funding cut from summer 2011. We have continued to run a reduced service on an unfunded basis, offering contracts of up to 1 year only, and we continue to fundraise for this service. We are taking applications for long term counselling from students in the later phase of their training and with a minimum of **200 hours of working one-to-one with clients other than fellow students.** W+H can help with providing supervision if necessary but as the service is not funded therapists will be expected to pay for their own supervision. Therapists are expected to be in established counselling/therapy of their own until accreditation/registration. Clients pay a contribution on a sliding scale of £5 - £35 per session to W+H. Monitoring is by 34 question CORE forms at the start and end of treatment.

Clients for these services are assessed by a senior therapist before allocation. The services are offered Mon – Thurs 10.00 – 20.00 and Fri 10.00 – 17.00 and there may be opportunities for Saturday working.

Lesbians, black women and women from minority ethnic communities are currently under-represented in our services and would be particularly welcome.

Please read the person specification below before filling in the enclosed application form.

Emma Craig
Counselling Coordinator

Please email to emma@women-and-health.org or to 4 Carol Street, London NW1 0HU

Person specification for volunteer counsellor/therapist post

Essential criteria

1. The applicant must be in the 2nd year or later of a BACP accredited diploma course or UKCP accredited training.
2. The applicant must be in established personal counselling or psychotherapy.
3. The applicant must have some experience of one-to-one working in structured sessions with clients *other than* fellow students. For long term counselling 200 supervised one-to-one hours are required. This could be as a counsellor or in a related field eg. social work, key working, mental health.
4. The applicant must be able to work with a minimum of 3 clients each week for a minimum of 2 years.
5. The applicant must be comfortable working with women from different cultural and religious backgrounds and with women of different sexual orientation, class and disability level.
6. The applicant must be able to come to some counsellors meetings and training workshops on Saturdays.

Desirable criteria

1. The applicant may have considerable experience of providing counselling or psychotherapy.
2. The applicant might be able to offer counselling in other languages as well as English, particularly minority community languages.
3. The applicant may have experience of working with clients who have had violent relationships, sexual abuse in childhood or have addictive behaviours as these issues crop up frequently in our client group. Experience of working with or knowledge of carers for the Phoenix project.
4. Knowledge of complementary and alternative therapies