

Volunteer Counsellor

Redbridge R3 Service



About Via In Redbridge

Via supports people who are affected by substance misuse as well as offering services that focus on employability, mental health, sexual health, smoking cessation and young people. We deliver community based services primarily across London, but also across Chester and Cheshire West, Surrey, West Berkshire and we also have a residential unit. Via is proud to be responsible for treatment services as well as performance and quality standards in the borough of Redbridge. We have a dedicated team of substance misuse practitioners who work alongside other professionals including doctors, nurses, peer mentors, counsellors and volunteers.

About the counselling service

Our counselling service provides people with the opportunity to meet in private with a counsellor for approximately 12 weekly fifty-minute sessions to discuss issues and concerns, which are currently making life difficult. These could include any of the following and more: addictions, low self-esteem, stress, anxiety, panic attacks, self-harm, relationship difficulties, loss of purpose or meaning, family difficulties, loss and bereavement, anger, depression, trauma etc.

About the role

As a Volunteer Counsellor, you will support the delivery of a wide range of interventions for service users. Will include:

- See a minimum of 3 clients and a maximum of 6 clients per week (1 day).
- Keep accurate records of work in line with Via expectations and feedback any issues to line manager/supervisor
- Attend ongoing training in discussion with your clinical supervisor
- Adhere to all Via policies and procedures

In addition to the above you will be invited to participate in meetings, where relevant, and to carry out other tasks as deemed necessary to support the needs of the counselling service.

What skills do I need?

The role would be ideal for someone looking to develop their therapeutic experience in the drug and alcohol field and accrue counselling hours towards future accreditation with BPS, BACK, UKCP. While some knowledge of the sector is desirable, we are specifically looking for people who have a passion for the work that we do. A positive attitude and the desire to learn are essential, as is a non-judgemental and supportive approach to people who are facing problems with drugs and alcohol.

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To ensure good practice standards and to maximise the safety of both the therapists and the clients at Via we require all students to confirm and adhere to the following:

- Trainees are in their final year of an undergraduate degree or equivalent, or are at a postgraduate level. Alternatively, students should be in their third year of a Diploma, Bsc, or Msc in counselling or psychotherapy training.
- If students are not in the third year of their Diploma, Bsc, or Msc in counselling or psychotherapy training, trainees need to be in their second year (at least) but have undertaken (or be prepared to undertake prior to seeing clients) significant and appropriate training.
- Trainees are expected to be a member of one of the counselling governing bodies BACP or UKCP.
- Trainees may need to have conducted a minimum number of counselling hours
- Trainees are working or intend to work towards counselling or psychotherapy accreditation
- Previous details of supervisor and present college tutor information should be sent to Via and agree that Via can ask supervisor and tutor for references.
- In some cases, at the discretion of the service, students may need to provide their own clinical supervision

What Via can offer you

When you begin volunteering you will be allocated a supervisor who will act as your main point of contact in your Via service. He/she will provide you with ongoing support and supervision and will work closely with you throughout your time at Via. There is also a central volunteer services team that will support you while you are on placement. In addition, you can expect:

- A full induction to your role and continuous local training
- Access to central staff training opportunities
- Regular fortnightly individual supervision
- Reimbursement of reasonable travel expenses and lunch expenses

When

We are looking for someone to support the team for 1 day per week. We ask that volunteers counsellors try to commit for at least one year where possible.

How to apply

If you would like to apply for this role please complete and return an application form to Volunteer Services at volunteers@viaorg.uk