

PSYCHOTHERAPY + COUNSELLING SERVICES AT WOMEN + HEALTH

Thank you for your inquiring about becoming a volunteer counsellor/therapist 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. W+H invites qualified and student counsellors and psychotherapists to practice **voluntarily** in the Centre.

Long term Psychotherapy + Counselling Service – this service, which has run for 25 years, has had its funding cut from summer 2011. We will continue to run a reduced service on an unfunded basis, offering contracts of up to 1 year only, while we try to fundraise for this service. Applicants should be in the later phase of their training and **have about 100 hours of working one-to-one with clients other than fellow students**, although professional and voluntary experience will be considered. This is necessary as many clients have had prior experience of short term work. W+H can help with providing supervision if necessary but as the service is not funded therapists will be expected to contribute to the cost through a sessional fee on a sliding scale of £10 -£25. 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. Therapists need to be able to offer a minimum of 3 client hours a week + fortnightly supervision for a minimum of 2 years. Monitoring is by 34 question CORE forms.

Short term Counselling Service – this is a new service which will be set up in autumn 2011 if W+H are part of a winning bid for an NHS contract. The service will provide 6 – 10 session + 16 – 20 session contracts. Practitioners are expected to be in established counselling/therapy of their own. Supervision is provided by W+H. Counsellors/therapists need to be able to offer a minimum of 3 client hours a week + supervision fortnightly for a minimum of 2 years. Training in short term work will be provided 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.

Clients for both services are assessed by a senior therapist before allocation. The services are offered Mon – Thurs 9 – 9 and Fri 9 – 5 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 and fill in the enclosed application form STATING CLEARLY WHICH SERVICE YOU ARE APPLYING FOR . We will be holding applications to work in the Short term service until summer 2011 before interviewing.

Sue Berger
Psychological Therapies Manager

APPLICATION FORM for Long term service/Short term service (delete as applicable)

Name Tel:

Address Email

..... DOB

- 1. Why do you want to work at Women + Health ?**

- 2. Are you currently involved with the Centre in any other capacity?**

- 3. Please detail all counselling/therapy training you have completed or are undertaking specifying colleges, training schools, dates etc**

- 4. How much experience do you have of counselling clients (NOT fellow students) on a one-to-one basis? How many hours supervised practice? What contract length?**

- 5. Do you have experience in any specific areas eg DV, sexual abuse, bereavement?**

- 6. How much personal therapy have you had? Are you in therapy now + since when?**

- 7. Please detail your experience of supervision and your current arrangements?**

- 8. Are you a member of BACP, UKCP or any other professional body?(please specify)
If not, under which Code of Ethics do you practise?**

- 9. Do you have experience of working in an all women environment?**

10. Do you have, or have you had in the last 5 years, any physical or mental condition which could affect your work as a counsellor? If yes, please specify and describe how it might impact on your work.

11. Have you been convicted of a criminal offence? If yes, please state when and for what.

12. Please tell us anything about yourself which you feel is relevant to your application, mentioning your strengths and weaknesses and any personal, cultural, religious or other factors and life experience.

Signed..... Date

Please provide the names, addresses/email addresses of two referees, one of whom should be your supervisor and another who knows your work as a counsellor, stating the relationship.

Ref 1

Ref 2

TARGET GROUPS

W+H aims to build a team of counsellors which reflects the makeup of the local community so we might at any time particularly welcome women from specific groups.

Please tick if you identify yourself as being from any of the following groups.

Lesbian Woman with disabilities Older woman

Black woman / woman from minority ethnic communities

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

WOMEN + HEALTH

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. 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.**
- 4. Knowledge of complementary and alternative therapies**