



Volunteer Counselling Supervisor

Location: The Centre for Better Health, 1a Darnley Road, London E9 6QH

Hours: 5 hours per fortnight (including delivery of group supervision, planning and meetings)

Our vision is of an inclusive community in which individuals can live satisfying and hopeful lives and where there is no stigma about mental ill health.

The Centre for Better Health is a community charity that supports wellbeing and recovery from mental ill health. Our services include a low-cost integrative counselling service; the Better Health Hub, which offers movement, craft and therapeutic courses; and our social enterprise (comprising of Better Health Bikes, Better Health Bakery and Better Health Products), which offers work-skills training placements for individuals that have been distanced from employment owing to mental ill-health.

Role Purpose

Our Counselling Service provides individual counselling and psychotherapy to adults. We offer weekly, 50-minute sessions, which can be provided for up to one year. We pride ourselves on working with diverse clients who present with a range of issues. We run our affordable counselling service with a team of committed volunteer counsellors. You can read more about our Counselling Service here: <http://www.centreforbetterhealth.org.uk/what-we-offer/counselling>.

As a volunteer supervisor, you will provide 2-hour generic group supervision on a fortnightly basis. Working with a group of up to four counsellors in training, you will provide a supportive space in which the supervisee can feel understood, supported and challenged as well as instructed and assisted in their counselling work. You will follow the Centre's policies and processes in relation to the Counselling Service and ensure supervisees are aware of and follow these too.

Main Duties

- Provide fortnightly 2-hour generic supervision sessions to counsellors in training (supervision is generic to accommodate a broad range of counselling modalities);
- Support and challenge supervisees in their counselling work; challenge poor practice;
- Monitor counsellor wellbeing and fitness to practice;
- Ensure to the best of your knowledge that the counselling provided is of a high professional standard and that the work is safe and ethical in accordance with the BACP Code of Ethics;
- Inform the Centre of any concerns regarding the professional competence of counsellors;
- Monitor client risk levels; understand the Centre's procedures around risk; and provide emergency support to counsellors when required, on a day that you are at the Centre;
- Comply with, and ensure that supervisees comply with, the Centre's policies and procedures;
- Adhere to and embed the operational requirements of the service, such as CORE monitoring, risk assessments and other administration;
- Maintain supervision and attendance records, and complete other paperwork as required (including reports for colleges and other course providers);
- Carry out 6-month reviews with individual supervisees and provide a written report highlighting areas of good work, areas for development and areas for reflection;
- Attend CBH supervision, fortnightly supervisors' meetings and other meetings as required;
- Maintain external supervision;
- Maintain a commitment to own personal and professional development.

Person specification

Each criterion is marked with an E for essential and D for desirable.

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| Qualifications | <ul style="list-style-type: none">• Currently undertaking a recognised Counselling Supervision course (E)• Counselling diploma, degree or higher (MA, Doctorate) (E) |
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| | <ul style="list-style-type: none"> • An accredited member of BACP or equivalent (E) |
| Skills | <ul style="list-style-type: none"> • Developing an ability to provide the normative, formative and restorative components of supervision (E) • Developing an ability to work with people of different levels of experience and different theoretical orientations simultaneously (E) • Developing an ability to support counsellors to identify difficulties in their work with clients and to seek and use supervision constructively (E) • Developing ability to constructively challenge supervisees regarding practice (E) • Ability to support counsellors to demonstrate the core conditions for therapeutic change (empathy; congruence; and unconditional positive regard) (E) • Strong verbal and written communication skills (E) • Strong organisational skills and attention to detail (E) |
| Knowledge | <ul style="list-style-type: none"> • Strong knowledge of BACP Code of Ethics (E) • Knowledge and awareness of own emotions (E) • Sound knowledge of the major theoretical schools of thought (E) • Sound practical knowledge of managing risk (E) |
| Experience | <ul style="list-style-type: none"> • Providing one to one counselling to adults affected by mental health issues (E) • Working with a wide range of client groups (E) • Motivating and encouraging the professional development of others (E) • Maintaining a high degree of professionalism in the face of highly emotive and distressing problems (E) |
| Competencies | <ul style="list-style-type: none"> • Emotional resilience and stability (E) • Discreet and able to hold confidential information (E) • A clear sense of appropriate professional boundaries (E) • Sensitive to needs of others (E) |

Commitment

Please note that a minimum commitment of one year and two months (including handover at the beginning and end of the placement) is required of all volunteer supervisors. We require at least three month's written notice of intention to leave.

Why volunteer for us

The Centre for Better Health is embedded in the local community and has a strong track record of delivering effective services to support wellbeing and recovery from mental ill health. We offer a professional, supportive and friendly working environment and rewarding roles that have a direct impact on the community we serve.

As a volunteer supervisor, you will be part of a well-structured and supportive service. You will have the opportunity to work with counsellors in training and qualified counsellors who come from a range of professional backgrounds, offering a rich mix of experience. You will also have the opportunity to supervise a broad range of client issues, including clients with more complex mental health needs.

Application process

If you are interested in applying for this voluntary position, please write to us at the email below. We will arrange a phone call to discuss whether we are able to accommodate a new trainee supervisor, learn about your interest in a supervisor placement at the Centre, and briefly outline the application process. Email: counselling@centreforbetterhealth.org.uk