

Job Purpose

To provide high quality, one-to-one counselling to young people 16 or under, either on a face to face basis or online, according to client preference and the prevailing conditions regarding Covid restrictions.

Post Duration

This is a 12-month fixed term contract. Additional funding has been granted to Youthline by the East Berkshire NHS Clinical Commissioning Group specifically for this post in response to rising demand for young people's counselling services in part due to the Covid pandemic.

Accountability

This post is accountable to the Counselling Coordinator.

Work Pattern and location

This is either a full-time or part time position. As the majority of anticipated clients will be young people, in education, most counselling sessions will need to take place after the end of the school day, evenings or on Saturday mornings. Precise timings are subject to negotiation. Our base is in Bracknell, but some remote working is possible and likely.

Specific Tasks

- 1) To provide a confidential, professional counselling service to young people on a one to one basis working specifically with individual clients to establish a therapeutic relationship that is safe to facilitate change.
- 2) To effectively 'contract' with clients, monitoring and reviewing outcomes and encouraging feedback throughout their engagement with Youthline
- 3) To develop and nurture relationships with young people that will be supportive, accepting, challenging and appropriate.
- 4) To assess the risks and needs of your clients and to signpost and refer, when appropriate and in line with Youthline's procedures
- 5) To maintain appropriate records in line with Youthline policies and procedures.
- 6) To liaise with agencies and individuals who may be in contact with the young person (CAMHs, schools, social services, health authorities, parents/carers etc.) when appropriate and in line with confidentiality agreements.
- 7) To have an adequate self-care plan.
- 8) Attend service management meetings as requested by Line Manager.

- 9) Perform other duties that from time to time that may be necessary and compatible with the nature of the post.

CPD

- 10) To engage in mandatory training specified by Youthline which includes training in Safeguarding Vulnerable Young People and Child Protection.
- 11) Engage in appropriate CPD keeping informed of relevant developments in counselling, BACP standards of good practice and other related matters.

SUPERVISION AND LINE MANAGEMENT

- 12) To attend regular and ongoing supervision according to your clinical caseload in line with BACP guidelines.
- 13) To attend regular Line Management meetings.
- 14) To attend annual appraisal with Line Manager.

COMPLIANCE AND CONFIDENTIALITY

- 15) At all times to have an awareness of and work according to values and principles set out in the BACP Ethical Framework.
- 16) To promote anti-discriminatory practices which uphold the rights of all individuals equal access to services irrespective of race, religion, colour, nationality, ethnicity, material status, sexual orientation, or disability.
- 17) To promote equal opportunities and an open approach in all areas of work bearing in mind the need to maintain appropriate confidentiality at all times.
- 18) To ensure compliance with health and safety, child protection and data protection regulation in accordance with Youthline Policy and legislation.

PERSON SPECIFICATION

Young Person's Counsellor

	Essential	Desirable
Qualifications/Education/Training		
A Professional Diploma level 4 (or equivalent) in Counselling	✓	
Level 5 qualification (or equivalent) for working with young people	✓	
UK recognised Counselling/Psychotherapy Accreditation	✓	
Recognised online counselling training		✓
Good general standard of education	✓	
Knowledge & Understanding		
Working knowledge of BACP Code of Ethics	✓	
Working knowledge of mental health and emotional well-being issues as they affect young people	✓	
Evidence of willingness to participate in on-going CPD	✓	
Skills/Abilities		
Ability to be responsible for the more complex cases/situations presenting within the service.		✓
Ability to maintain statistics and records for monitoring and evaluation	✓	
Good self-management skills/ability to work independently and as part of a team	✓	
Ability to listen to and communicate effectively with Children and Young People.	✓	
Experience		
Minimum 3 years post qualification experience	✓	
A minimum of 2-3 years' experience of providing mental health support to young people in face to face or online settings.	✓	
Experience of assessment, referral and providing effective short-term and long-term counselling/psychotherapy.	✓	
Experience providing counselling sessions online		✓
Experience of applying safeguarding and child protection policies and procedures.	✓	
Experience of providing mentoring and support to colleagues		✓
Other requirements		
The facility to work remotely and confidentially with a good broadband connection installed in your home/place of work alongside the competent and confident use of technology	✓	
Positive, resilient and practical	✓	