

Role Description:
Volunteer Counsellor/Psychotherapist
(3 posts)



Background

LGBT Health and Wellbeing (LGBT Healthy Living Centre) was set up in 2003 to promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland. It provides support, services and information to improve health and wellbeing, reduce social isolation and stimulate community development and volunteering.

The organisation's key objectives are:

- To provide a programme of activities which tackle the life circumstances that contribute to ill-health of LGBT people
- To reduce levels of isolation and social exclusion experienced by LGBT people
- To strengthen the capacity of the LGBT community to promote the health of individuals
- To support individuals to adopt and sustain healthy lifestyles
- To ensure that LGBT people have equity of access to mainstream health services and information which are responsive to their needs.

Counselling Service

We are currently setting up a counselling service as part of our new Mental Wellbeing Project in Glasgow. The new service will deliver specialist LGBT one to one counselling to support & enhance the mental wellbeing of LGBT people who are 16 or over and are living in Glasgow. The service will offer individuals up to 11 sessions of counselling.

Volunteer Therapist Role

Time commitment/ hours and typical tasks:

- Induction & LGBT awareness training
- Minimum commitment of one year
- 2-3 client hours per week
- To work therapeutically from a person-centred/humanistic or integrative approach
- Updating client records/brief post-session note taking
- Monthly group supervision
- Support meetings with the Counselling Coordinator

- Attendance at additional training provided by LGBT Health and Wellbeing

Location

The volunteer is likely to be based at LGBT Health and Wellbeing Glasgow (12 Queen's Crescent, Glasgow), TBC.

What we offer

- Induction and LGBT awareness training
- On-going (in-house) support and training
- Monthly group supervision
- Regular support from the Counselling Coordinator
- Administrative support
- Annual Review
- £30 per month contribution towards external clinical supervision costs
- Travel Expenses

We are looking for therapeutic practitioners who have the following:

Experience/Qualifications

Essential

- Minimum of 120 counselling client hours
- BACP, COSCA or UKCP recognised diploma in counselling or equivalent, or working towards
- Training to be from a humanistic or integrative perspective
- Accreditation with BACP, COSCA or UKCP or equivalent, or working towards; be bound by Code of Ethics
- Experience of working with vulnerable adults, including individuals who may have complex support needs or who may experience complex trauma
- Up to date professional indemnity insurance

Knowledge/Understanding

Essential

- Understanding of, and commitment to, equal opportunities, human rights and addressing the health inequalities experienced by LGBT people
- Demonstrate an awareness of the diverse issues and health inequalities affecting the LGBT communities and how these may impact on the mental health and wellbeing of LGBT people
- Show sensitivity to clients' experiences
- Demonstrate an understanding of and ability to work with issues of risk
- Demonstrate an awareness of issues of confidentiality

Desirable

- Understanding of the needs of refugees and asylum seekers and how these might impact on their mental health and wellbeing

Skills/Abilities

Essential

- An ability to work within the Counselling Services Confidentiality Policy and the BACP Ethical Framework for the Counselling Professions
- Reliable and able to commit to the time agreement
- Demonstrate a commitment to personal development and ongoing fitness to practice

Desirable

- Ability to work in an evening

What to do next:

- Return completed application form to: elizabeth@lgbthealth.org.uk by **Monday 19th June at 5:00pm**
- Complete and return the **Equal Opportunities Monitoring Form**. Please post the anonymously marked “private and confidential – EO form” to: Louise Lewis, LGBT Health & Wellbeing, 9 Howe Street, Edinburgh, EH36TE. This will be processed separately to your application.

If you have any questions or would like any more information please contact Elizabeth at elizabeth@lgbthealth.org.uk or on 0141 271 2330