

## Honorary Counsellor Placement

### About the services

Our counselling service is funded by NHS Westminster. It provides counselling to adults who live in, or have a GP in Westminster. This takes the form of either 1-to-1 work or group therapy sessions. We adopt an Integrative approach to working with clients and therefore counsellors/trainees from all theoretical backgrounds are welcomed.

### About the clinical work

Client work can be demanding as the majority of our clients are at the severe end of the clinical spectrum. Their issues are often complex and include: sexual and physical abuse (in childhood and as adults); trauma/PTSD, depression, self-harm, personality disorders, refugee status and low income. We need counsellors who are comfortable dealing with a range of sensitive issues. Please note that we work with clients who have varying levels of need. We tend to offer counselling to people with more severe and complex needs during the daytime, while those attending the evening service usually present a lower risk.

### Placement slots

Our placements are for both the day service and the evening service. Each Honorary Counsellor will typically see 3 clients, and will need to maintain a set period in the week when they counsel them.

### Level of training/qualification required

- a. You must be in an ongoing training to Diploma level or above on a BACP/UKCP/BPS recognised counselling/ psychotherapy/counselling psychology training programme, or satisfy the equivalent professional criteria. At the very least you must be in or about to start your second year of training.
- b. You must have completed your training course (minimum Diploma level) – but can have outstanding paperwork and/or clinical hours to obtain.

### Personal therapy

- a. If still in training then you must be in weekly therapy throughout the duration of your placement. You must also have at least 40 hours of personal therapy; or
- b. If you have completed your training and have a minimum of 100 hours personal therapy then you do not have to be in therapy while on placement with us. However, you must have access to therapy should the work with clients require that you explore your own material. And in some circumstances we may ask you to go into therapy.

## Supervision

- Fortnightly in a group format (1 supervisor to 4 honorary counsellors).
- Held on Wednesdays at 5:30 pm or 7:30pm for 2 hours.
- We have clinical responsibility for supervision and take the lead in any clinical work.
- While you may take your clinical work to your training course supervision, you may not take it to any other supervision (this includes private). However, if you require additional supervision hours to meet course/professional requirements you may seek additional private supervision with your Supervisor from our counselling service. This is a private arrangement between you and them.

## Essential need to know about a placement

- You will have a case load of 3 clients in once-weekly individual counselling.
- You will be asked to see clients for the IAPT service - short term intervention (6 sessions), and non-IAPT clients (12 sessions).
- Client sessions may be audio taped with the prior agreement of the client.
- You will need to attend our mandatory training day on 'Risk', for which you will receive a certificate of attendance. You will be required to make a contribution to the cost of this training.
- You need to attend at least two counselling service meetings in a year (rolling year) on either an evening during the week or a Saturday morning.
- You need to complete administrative duties in connection with your client work and connected with your placement.
- We will provide references after you have been with us for 6 months. We will also complete course reports.
- We provide Professional Indemnity insurance for the duration of your placement with us.
- You will be required to have a DBS check. We can carry out the process for you. If you are registered on the online DBS Update Service then we would accept this and would not need to carry out a check.
- With the introduction of the ISA, you may be expected to provide proof you are registered.

## Recruitment

We recruit Honorary Counsellors quarterly. Recruitment is usually in a group format (max of 4 people) which is then followed by a brief individual meeting. If you are interested in a placement with us, fill in the Honorary Counsellor Application Form and return it to

[cts@westminstermind.org.uk](mailto:cts@westminstermind.org.uk)