**Task Profile**

**Counselling Placement**

**Purpose**

The primary purpose of this role is to provide professional counselling to people caring for a family member or friend to enable them to explore thoughts and feelings and develop coping strategies to deal with their current situation

**Core Tasks**

* Providing 1:1 counselling to carers (a maximum of 3 carers per week, with 8 sessions per person)
* Providing at least 3 months commitment to the volunteering role to ensure continuity for carers accessing the service
* Maintaining records using Carers Together’ database in line with confidentially, data protection and information sharing policies and procedures

**Skills**

* Good timekeeping and organisation skills
* IT skil
* Written and verbal communication skills

**Knowledge**

* Qualified to level 4 in counselling
* Final year trainees may be considered subject to supervision and satisfactory references
* Knowledge of a range of counselling approaches
* Knowledge of the needs of vulnerable groups e.g. safeguarding

**Understanding**

* Understanding of carers issues
* Understanding of BACP guidelines and codes of practice
* Understanding of the therapeutic relationship
* The need to maintain appropriate professional boundaries with clients
* Understanding of confidentiality
* Understanding of equality and diversity

**Qualities**

* Self awareness
* Motivated and able to motivate others
* Reliability and good timekeeping

**Training**

Mandatory training will be provided for all volunteers which will include an overview of the work of Carers Together and carers’ legislation.

Regular clinical supervision to be arranged by the volunteer

Opportunities for personal development and a range of training will be offered.