

ROLE DESCRIPTION

Role:	Volunteer Young People's (16 to 25) Counsellor
Hours:	A minimum of 2-3 hours a week, offering the same day and time each week. Consistency and reliability is essential.
Responsible to:	Counselling Manager
Primary Base:	30 Clarence Street, York, YO310LN
Aim of the role:	To provide counselling support to young people aged 16 to 25.
Main Duties	
<ul style="list-style-type: none"> To support a small case load of young people, offering each client 6 once weekly 1:1 counselling sessions (same day & time each week). Manage the scheduling of appointments, encouraging and monitoring client attendance. Maintain confidential session records, liaising where necessary with the counselling service manager or referring agencies as appropriate. To work in accordance with the BACP ethical framework, best practice guidance and relevant legislation. To work within and uphold the policies and procedures of York Mind. 	

Person Specification		
	Essential	Desirable
Qualifications	A post-graduate diploma in counselling or psychotherapy. Individual membership with the BACP.	Additional training for working therapeutically with children and young people.
Experience	A minimum of 2 years' experience of delivering quality 1-1 counselling.	
	Experience of working with young people effectively within a limited time frame.	

Knowledge and Understanding	Knowledge of young people's mental health issues, services, treatment options and referral pathways.	Understanding of evidence based practice models.
	Knowledge of the needs of young people, adolescent development and transitional issues.	Knowledge of the BACP competences for counselling young people.
	Knowledge and understanding of mental ill-health and recovery.	
	Knowledge of safeguarding children and young people.	
	Strong interpersonal skills.	
	Able to develop and maintain effective and credible relationships with young people.	
	Non-judgemental approach to people.	
	Ability to maintain clear boundaries with staff and users of the service.	
	A commitment to working within a person-centred approach.	
	Excellent communication skills – written and verbal.	
Personal Attributes	A commitment to on-going personal and professional development.	
	Sensitivity to and genuine understanding of issues face by people who are vulnerable and in mental distress.	
	Shows clear commitment to the values of both York Mind and the voluntary sector.	