

Volunteer Counselling Opportunities

SAFE SPACE

- *Do you hold a diploma in a humanistic approach?*
- *Are you interested in developing your trauma-informed practice?*
- *Are you keen to participate in free CPD specialist trauma training?*
- *Are you available for up to 3 client appointments per week?*

Safe Space is a specialist agency in Dunfermline which offers both counselling and groupwork to people who have experienced sexual trauma in childhood.

We offer a free initial 4-day training, free in-house training from external consultants, free 1-1 external supervision, free group supervision, travel expenses, and a well-supported environment for volunteer counsellors who are accepted onto the team.

Over the summer, we will be losing some of our current counsellors who are moving on to other posts, and would be interested in applications from both male and female counsellors who would like to expand their knowledge and experience of trauma practice in a well established specialist agency.

Please see the details attached and if you wish to apply please email contact@safe-space.co.uk and we will send an application form and job description. (NB as the training begins in September, applications must be received by 6th August 2018)

Counselling Support Work – Basic Training

Dissociation/Self-injury/Eating Distress

1st and 2nd September 2018, 10.30-4.30

2-day workshop which offers a theoretical framework to examine links and commonalities between these areas, drawing on experiential working, case discussion and group demonstration, to include:

- The distorting effects of shame
- Links with overwhelming emotion & depersonalisation
 - Effects on body image
 - Survivors' perspectives
- Inter-related physiological & psychological dimensions
- Implications of recent findings in neuroscience research
- Flexible & creative empathic responses to shame-based communication
 - Impact of policies and procedures
 - Further learning resources

Insidious impact/Vicarious trauma

16th and 16th September 2018, 10.30-4.30

2-day workshop integrating theoretical, experiential and practice elements, to explore the threads of relating which can be subtly affected by traumatic experience, to include:

- The nature of empathy (the spectrum; fundamental aspects of humanity and connectedness; congruent communication)
- The impact of trauma (developing sense of self; silence, secrecy and confusion)
- Conflicting personal dynamics in relation to the unspoken (acceptance/rejection; a framework to understand & explore merging/withdrawal)
 - Somatic reactions (adrenaline; sexuality; dissociative experiences)
- Developing understanding of "professional" vs "personal" processes (aspects of supervision; commitment to self-care)

For further information, please contact:
Safe Space 01383 739084 caran@safe-space.co.uk

Counselling Support Work: Group Supervision

Participation in group supervision is a requirement for all volunteers offering counselling support to clients at Safe Space. Each group, which meets for two hours per month and is facilitated by the Counselling Support Co-ordinator, is encouraged to develop in the way that offers most opportunity for:

- ❖ Presenting experiences of client work clearly and thoughtfully.
- ❖ Developing skills within the group in response to different perceptions and communication styles.
- ❖ Exploring areas relating to trust, openness and vulnerability.
- ❖ Giving and receiving considered feedback which support mutual growth, understanding and learning.
- ❖ Examining and clarifying the value of self-reflection within the group as a complement to individual supervision.
- ❖ Grounding aspects of current and potential client work in safe practice within the framework of Safe Space policies.

Maturity comes through working with others, through dialogue, and through a sense of belonging and a searching together in order to evolve towards greater maturity and wholeness.

We humans need to attain a certain security with others, and grow with them towards the insecurity of new levels of truth, meaning and reality.

[An extract from 'Becoming Human' by Jean Vanier, founder of the international community network L'Arche]