

## VOCAL - Voice of Carers Across Lothian

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<b>Role:</b>	Counsellors (self-employed)
<b>Terms:</b>	<b>NEW: Up to 6 paid client sessions per week;</b> the role requires membership of the PVG scheme
<b>Hourly rate:</b>	£22.50 per client session (plus clinical supervision paid for by VOCAL)
<b>Location:</b>	Based at VOCAL Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB and potentially one day at another locality in Edinburgh

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VOCAL is the leading carer organisation in Edinburgh and Midlothian. We are seeking a qualified and experienced counsellor to provide counselling sessions face to face and digitally to adult carers aged 18 years and over. The appointed counsellor will be self-employed and insured. Self-employed hours are flexible and can be negotiated between the counsellor and the client to suit. The counselling service is on the COSCA Register of Recognised Organisations. Self-employed counsellors receive clinical supervision from a supervisor paid for by VOCAL and report to the Counselling Service Manager who will line manage the work.

### VOCAL values

- We are carer-led and engage carers in all aspects of our work
- We recognise and advocate for carers as equal partners in care
- We support carers to:
  - build on their strengths and skills
  - identify and achieve their outcomes
  - strengthen their resilience
  - improve their quality of lives
- We believe in diversity, equality of opportunity and choice
- We promote transparency and honesty
- We treat people with dignity and respect
- We create opportunities for innovation, creativity and enterprise
- We seek to work in partnership around agreed outcomes

### Improved outcomes for carers

As part of the VOCAL team, the post holder will contribute to the following outcomes for carers.

#### Carers will report:

- being better informed about issues linked to their caring role
- improved confidence in their ability to shape services and support
- improved confidence in managing their caring role
- improved physical and mental wellbeing
- improved confidence in their ability to deal with the changing relationships
- improved economic wellbeing
- improved social wellbeing
- improved personal safety

### **Aims of the Counselling Service**

The Counselling Service provides counselling to adult carers (18 and older) who provide unpaid care to a family member, partner, relative or friend who requires help to manage a long term illness, disability, physical or mental health problem or drug/alcohol addiction in Edinburgh and/or Midlothian.

Our preferred approaches for this client group are person-centred counselling, dialogue between person-centred/psychodynamic, Gestalt Therapy and Transactional Analysis.

### **Counsellor Responsibilities**

- To provide individual counselling to adult carers in line with existing counselling service models and as stated in the service's own Code of Practice for Counsellors.
- To adhere to the COSCA Statement of Ethics and BACP Ethical Framework for the Counselling Profession.
- To undertake initial intake sessions as required in line with service demand.
- To ensure appropriate session notes and records are kept, i.e. CORE Net.

### **Essential Qualifications, Experience and Skills**

- A postgraduate Diploma in Counselling from a recognised educational establishment and a diploma course validated by COSCA or equivalent.
- 250 post-qualifying client hours (minimum of 150 post-qualifying hrs).
- Registered with a professional body, i.e. COSCA, BACP, UKCP or equivalent.
- Experience in working with adults experiencing anxiety, depression and trauma.
- A genuine desire to work with carers and an understanding of issues relevant to carers.

### **Desirable Qualifications, Experience and Skills**

- Experience of using CORE Net web based system with counselling clients.
- Experience of working in a voluntary sector counselling service.
- Eligible for accreditation with COSCA, BACP, UKCP or equivalent.
- Able to offer counselling in Polish.

### **Application notes**

Please complete the application form and equal opportunities form and return to [jobs@vocal.org.uk](mailto:jobs@vocal.org.uk) putting 'Counsellor' in the subject heading, or by post to HR, c/o VOCAL Edinburgh, 60 Leith Walk, Edinburgh EH6 5HB. If you would like further information about the role please contact Angela Genetti (Counselling Service Manager) on 0131 4668082.