

JOB DESCRIPTION

Post title	Young Peoples Counsellor
Salary	£12.50 per hour for sessional Counsellors
Responsible to	Chief Executive
Supervised by	Head of Service
Location	North Yorkshire/Darlington area
Hours	Variable

Main duties and responsibilities

1. To provide one to one support and/or pre-prepared psycho-educational sessions for young people with mental health needs or who have self-harmed
2. To work with Mind staff to deliver individual therapy programmes to assist young people dealing with anxiety, depression, emotional issues or who are self-harming
3. Establish a relationship of trust and respect with the young person
4. Agree a Counseling/Therapy contract to lay down what will be covered in sessions (including confidentiality issues)
5. Encourage the young person to talk about issues they feel they cannot normally share with others
6. Actively listen to the young person concerns and empathize with their position
7. Help the young person towards a deeper understanding of their concerns
8. Challenge any inconsistencies in what the young person might say or do
9. Help the young person to make decisions and choices regarding possible ways forward
10. Refer the young person to other sources of help, as appropriate
11. To undertake continual assessments of participants' needs, appropriateness for group work and monitor progress
12. To liaise with staff at Mind on issues relevant to the welfare of the young person
13. To work within Mind's Confidentiality Policy and other relevant policies
14. To undertake clinical and management supervision and training as required

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Contact: 01325 283169 to make a donation or send a cheque to us at our registered offices (address below).
You can also donate on-line at:
<https://mydonate.bt.com/charities/darlingtonmindlimited#>
Darlington Mind Limited by Guarantee
Number 4433988
Reg. Charity Number 1093140
Registered Office:
St Hilda's House, 11 Borough Road,
Darlington, DL1 1SQ



Darlington

15. To undertake other duties and responsibilities relevant to this post.



Person specification

Post: Counsellor

1. Skilled Counsellor, with a relevant qualification (Dip. Counselling/NVQ4), and membership of a professional body e.g BACP
2. Experience of working with people with mental health needs, particularly young people who have self-harmed
3. Experience of working with young people aged 10-18 and a knowledge/understanding of child protection issues
4. Experience of working with young people with serious emotional difficulties
5. Awareness of own skills and abilities and of when to refer on
6. Knowledge of mental health and young people's services locally
7. Willingness to work in new and innovative ways
8. Committed to non-discriminatory and non-judgmental practice.

Enhanced DBS checks will be undertaken as will references for all staff and volunteers who work for Darlington Mind.

Updated July 2019