

Volunteer counsellors

Role

Providing counselling at VOCAL's Carers Counselling Service. The VOCAL administrative team will schedule appointments between carers and Volunteer Counsellors.



Location

Online, phone and in-person appointments either at our Edinburgh Carers' Hub (60 Leith Walk, Edinburgh, EH6 5HB) or Midlothian Carer Centre (Hardengreen Industrial Estate, Dalhousie Road, Dalkeith, EH22 3NX).

Key tasks

- Providing individual counselling to adult carers, in line with existing counselling service models and VOCAL's Code of Practice for Counsellors
- Listening actively and empathically to help carers explore their thoughts and feelings
- Maintaining accurate and confidential records of counselling sessions
- Attending regular supervision sessions and team meetings to review and develop your practice



Expectations

- Essential qualification: A postgraduate Diploma in Counselling from a recognised educational establishment and a diploma course validated by COSCA or equivalent
- Counsellors are expected to adhere to the BACP Ethical Framework and/or the COSCA Statement of Ethics and Code of Practice
- Good IT skills for administrative tasks
- Capacity to maintain boundaries
- Friendly and respectful communication
- Willingness to attend induction and relevant training
- An understanding of the needs and challenges faced by carers
- Sensitive approach to confidential information received as part of your volunteering role
- Adherence to organisational policies and procedures, including safeguarding and data protection protocols
- Understanding of and commitment to the vision, mission and aims of VOCAL, in particular, equality and diversity
- Volunteer counsellors will be expected to become a member of the Protecting Vulnerable Groups (PVG) Scheme, to support vulnerable adults. Membership is free for volunteers.

Commitment

We ask volunteer counsellors to work with VOCAL for at least one year, seeing at least three carers per week. Hours and days are flexible, depending on your and carers' availability.

Support

You will be given regular support by your volunteer manager and independent clinical supervision in line with COSCA regulations. VOCAL provides professional indemnity insurance for performing volunteer duties.