

## VOCAL - Voice of Carers Across Lothian

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- Role:** Counsellor (self-employed) – 2 positions available
- Terms:** 9 x paid client sessions per week; the role requires membership of the PVG (Adults) scheme
- Hourly rate:** £22.50 per client session (plus clinical supervision paid for by VOCAL)
- Location:** We have two posts available, one post is based at our Edinburgh Carers' Hub, 60 Leith Walk EH6 5HB. The second post is based at our Midlothian VOCAL Carer Centre, 30/1 Hardengreen Estate, Dalkeith EH22 3NX (and potentially one day at another locality in Midlothian)

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 Human Resources, 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 466 8082.