

VOCAL - Voice of Carers Across Lothian

- Role:** Counsellors (self-employed) – Midlothian or Edinburgh
- Terms:** 5-6 paid client sessions per week (2 blocks of 3 sessions per day across 2 days). Applications will also be accepted for one block of 3 sessions.
- Midlothian: sessions are available on Monday morning and Thursday morning or afternoon, or 5 sessions on a Thursday. Based at VOCAL Midlothian Carer Centre, 30/1 Hardengreen Industrial Estate, Dalhousie Road, Dalkeith EH22 3NX.
- Edinburgh: sessions are available on Monday afternoon, Tuesday morning or Thursday morning. Based at VOCAL Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB and potentially one day at another locality in Edinburgh.
- Membership of the PVG (Adults) Scheme is required.
- Hourly rate:** £22.50 per client session (plus clinical supervision paid for by VOCAL)
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VOCAL is the leading carer organisation in Edinburgh and Midlothian. We are seeking qualified and experienced counsellors to work with either our Edinburgh or Midlothian counselling teams to provide counselling sessions face-to-face, online and by phone to adult carers aged 18 years and over. The appointed counsellors will be self-employed and insured. The counselling service is on the COSCA Register of Recognised Organisations. VOCAL counsellors receive clinical supervision from a supervisor paid for by VOCAL and report to the Counselling Services 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 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 across Edinburgh and Midlothian.

Our approaches for this client group include 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.
- Minimum of 150 post-qualifying hrs.
- Registered with a professional body, i.e. COSCA, BACP, UKCP or equivalent.
- Experience 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.
- Registered membership with COSCA, BACP, UKCP or equivalent.

Application notes

Please complete the application form and equal opportunities form and return to jobs@vocal.org.uk putting 'Counsellor' in the subject heading, and indicating which location/ sessions you would prefer to work. Alternatively you can post your application to HR, c/o VOCAL Edinburgh, 60 Leith Walk, Edinburgh EH6 5HB. If you would like further information about the role, please contact the Counselling Services Manager: counselling@vocal.org.uk