

## **We are looking for a Volunteer Counsellor**

Our vision is to help children and young people with their mental well-being and resilience, so they have the best possible chances to be the strong, resilient, independent and thriving adults that they and our society deserves. We provide counselling support, for all children and young people who would not normally have access to the help they need. We currently work within Surrey.

We are a very small charity who are looking to grow our current service offering and are looking for a volunteer counsellor to provide emotional and therapeutic support to children aged 4-16 within their school environment.

**This will be subject to receiving satisfactory references and an enhanced DBS check.**

### **Volunteer Role Description**

You will provide at least 2 counselling sessions to 2 separate children and/or young people per week at one school per term. You would then move to another school to continue supporting children on a similar basis for another term. We ask for your commitment to this (as a minimum) for one academic year. You may commit to more if you can.

The Matthew Hackney Foundation will provide bi-weekly supervision with our counselling lead.

The Matthew Hackney Foundation will provide you with professional support and training in accordance with BACP guidelines and best practice, specifically on topics that are relevant to working with children and young people.

You must read and adhere to all of our relevant policies, including safeguarding, confidentiality and information sharing.

This is a general outline of our volunteer counsellor role, please be aware that your duties and responsibilities may develop as your role grows and you may be required to undertake other relevant reasonable duties from time to time.

### **Key criteria required for the role;**

#### **Qualifications:**

You will be a fully qualified Counsellor, Therapist or Educational/Clinical Psychologist or studying towards one of these professions at the following levels:

Diploma in Counselling (Level 4 or above). If you are in your first year you will have completed a full academic year Certificate Course in Counselling or the equivalent of 9 - 12 months.

Degree, MSc or MA in Counselling, Counselling Psychology or Psychotherapy - if you are in your first year you will have relevant experience of direct work with children.

**Experience:**

Counselling training must have, or have had, a therapeutic and personal development component rather than being purely theoretical or research based (as with Distance Learning courses). Examples of this include: role play, creative work with art, TRIAD techniques.

Preferably will have experience of working with children aged 4 – 16 gained through volunteering, caring for children or through a background in a caring profession such as nursing, social work or as a health visitor.

Understanding of the characteristics of a therapeutic relationship with a child, ideally with experience or knowledge of humanistic or psychodynamic approaches.

**Our ideal volunteer would have/demonstrate;**

A passion for supporting the mental wellbeing of children & young people.

Willingness to make a minimum commitment to practice in school one half day per week (term time only) for one academic year.

Understands and can demonstrate the values, vision and mission of The Matthew Hackney Foundation.

Emotionally robust and able to demonstrate self-awareness and self-reflection

Will have undertaken personal therapy (one-to-one or group therapy) to enhance this.

An understanding of The Matthew Hackney Foundation's equal opportunities policy, safeguarding policy and confidentiality policy, and a personal commitment to equality of opportunity

and anti –discriminatory practice in service delivery.

Outgoing, friendly and proactive character.

Be comfortable volunteering within a group or by yourself

Being able to use your own initiative but be able to ask for help when you need it.

Be creative and full of ideas

Be trustworthy, friendly and reliable

Ability to multitask

Ability to work under pressure.

Please send us a supporting statement that shows how you meet the criteria using experience gained either in paid or voluntary work.

[info@thematthewhackneyfoundation.co.uk](mailto:info@thematthewhackneyfoundation.co.uk)

All personal information will only be kept for those who are invited for interview, all information stored meets GDPR regulations.

## Why Work with us?

We are a friendly bunch and run on a volunteer basis currently. We are a small charity and are passionate about people. You will help us at the very beginning of what we believe to be a growing service, you will receive relevant training and support from our team. You may want to help us plan, develop and continue to excel at what we do. You will help to make a difference to the lives of children and young people locally.

Please get in touch for an informal chat or if you would like to know more.

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[www.thematthewhackneyfoundation.co.uk](http://www.thematthewhackneyfoundation.co.uk)