



VOLUNTEER COUNSELLOR

Candidate Pack



ABOUT US

LGBT Health and Wellbeing exists to help LGBTQ+ people across Scotland have somewhere to turn, somewhere to belong, and somewhere they can be themselves.

Since 2003 we've been improving health and wellbeing through counselling, helplines, community groups, support for trans and non-binary people, work with older LGBTQ+ people, LGBTQ+ New Scots, mental wellbeing programmes and national influencing work.

Today we're Scotland's national charity for LGBTQ+ adults. Every year thousands of people access our services because they need connection, support and hope.

None of that happens without our people.

From counsellors and development workers to volunteers, trustees and corporate staff, everyone plays a part in creating welcoming spaces where LGBTQ+ people can feel safe, valued and connected.

ABOUT THE COUNSELLING SERVICE

We are recruiting for volunteer counsellors within the Edinburgh Counselling Service of LGBT Health. This high demand service provides in-person and online counselling to members of the LGBTQ+ community from across the Lothians. Our approach is LGBTQ+ affirmative, and we are committed to safer spaces for our community and colleagues.

We are a multi-disciplinary team, drawn from different therapeutic orientations. The issues our clients bring to counselling are wide ranging, providing excellent therapeutic experience.

We aim to offer a high quality volunteer / placement experience. Counsellors are not required to lone work, and management support is available when counselling sessions are taking place. We offer group supervision, a contribution towards the cost of individual clinical supervision and can reimburse travel expenses.

THE ROLE

Contact	counselling@lgbthealth.org.uk
Role Purpose	To provide counselling support for LGBTQ+ community members on a regular basis.
Knowledge and Training Requirements	Knowledge • We are looking for empathic, compassionate counsellors to help us to continue to offer warm, welcoming spaces for our community. • We ask that volunteer counsellors bring with them knowledge of the LGBTQ+ community & the different identities under this umbrella, either from lived experience or additional knowledge gained. Although we do periodically provide training on particular issues, prior knowledge of issues and barriers LGBTQ+ people might be facing is important in this role. Training Requirements • We ask that prospective counsellors are either qualified counsellors from reputable training programmes, or currently undertaking training on a reputable training programme. Trainees should be assessed by their institution as ready to practice and have accrued approximately 40 hours clinical practice (or have significant experience in a very similar helping role eg: 1:1 support with LGBTQ+ people) Counsellors are required to have satisfactory membership of the PVG scheme.
Time Commitment	Monthly availability to attend in-person group supervision from available slots: • Monday 6-8pm • Wednesday 9.30-11.30am • Friday 3-5pm Weekly availability to see clients. These are the slots we currently have available: • Monday 1-4pm • Tuesday 10am-1pm, 1pm-4pm • Wednesday 1pm-4pm (TBC) • Thursday 10am-1pm Long term we ask that counsellors: • Support a minimum of three clients per week. • Commit to a minimum of one year's work with the service.

**Expectations of
Volunteers**

- Ability to abide by LGBT Health and Wellbeing’s Policies, Procedures, and safer Space Commitment.
- Willingness to join us in our commitment to being a trauma-informed and anti-racist organisation.
- Commitment to providing non judgemental support to all of our LGBTQ+ community.
- Commitment to trans inclusion and a fully inclusive approach to all.
- Understanding of and willingness to commit to the highest level of confidentiality and data protection at all times.
- Willingness to use support systems.
- Commitment to attend ongoing support meetings and training.
- Punctuality.
- Check emails weekly.
- Reliability in and regularity of communication, especially in providing as much advance notice as possible if unable to attend an event or meeting.

**Location of
volunteering**

Hybrid between LGBT Health’s offices at 4 Duncan Place, EH6 8HW & online.

Whilst we appreciate that trainees’ courses may set limits on online hours that can be attributable towards qualification, we do ask counsellors to work with a mix of online and in-person clients.

We try and prioritise in-person hours where needed for training and qualification purposes, but we also have to balance this with client need.

We do have some space for one online only placement / volunteer role, though the expectation would be that this person is able to attend monthly in-person group supervision and periodic meetings.

**IT required for
the role**

- Device to check emails on.
- Tablet/computer for online sessions (We may be able explore options for candidates who do not have this technology.)

**What’s in it for
you?**

- Valuable volunteering experience.
- Opportunities to meet new people, work with other volunteers and the wider team for peer support and social events.
- Make a difference to people’s lives by contributing to reducing isolation and loneliness.
- The chance to develop your counselling practice in a new setting.

Recruitment Process

This pack outlines the role and skills that we are looking for, as well as the selection process and timelines you can expect from us. We ask you to complete the application form.

Please click here for the application form.

Please note that the deadline for applications is Tuesday 22nd September.

We ask that candidates are available for the following dates:

- Interview dates: **5th & 6th October**
- Either of the proposed training dates:
 - **Tuesday 3rd November 1pm-4pm**
 - **Wednesday 4th November 5-8pm**

Please ensure that your application includes an **email** where you can be contacted.

If you have any questions, or if you would like to request an alternative version of the application form, please contact:

counselling@lgbthealth.org.uk

LGBT Health and Wellbeing is an equal opportunities employer. We aim to create an equal and fair volunteer recruitment process open to all. We commit to being accessible and welcoming to all the diverse communities and partners that we engage with. If there is anything that we can do to help you throughout this process, please let us know.

