

Gaddum

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Volunteer Role Description

Volunteer Role Title: Trainee Therapist

Context:

As a Trainee Therapist on placement, you'll be a vital part of our well-established Therapy Services Team working alongside other dedicated professionals to help make a real difference to people across Greater Manchester.

Purpose:

You will provide time-limited 121 therapeutic sessions to individuals who have been referred to Gaddum for support.

We offer placements to students studying counselling and psychotherapy courses in the following services:

Adult Counselling
Gaddum is re-launching its low-cost counselling service, offering affordable therapy (6-12 sessions) for people experiencing common mental health conditions such as low mood or anxiety. This service can be accessed by anyone, regardless of where they live and self-referrals are also accepted. The service will primarily be staffed by trainee and volunteer therapists, who are all registered with professional bodies. Initially, individuals will be invited for an assessment with an experienced and qualified therapist and then matched with the most suitable trainee therapist for their needs.
Commitment: Minimum of half day per week
Location: Currently remote working
Specific requirements: Relevant experience and transferable skills
IAPT (Manchester)
The Improving Access to Psychological Therapies (IAPT) programme is an NHS England Initiative, aiming to improve access to talking therapies. Our IAPT service offers short term 1-1 sessions at Step 2/3 level. Referrals mainly come from GPs but other professionals are able to refer too. Self-referrals are also encouraged.
Commitment: Half a day per week
Location: St. Wilfred's Enterprise Centre, or GP surgery
Specific requirements: Relevant experience and transferable skills.
Child and Family Bereavement Service (Manchester and Salford)
Gaddum's Child and Young Person (CYP) Therapy Service provides a needs-led therapeutic service for Manchester and Salford children and families, as they begin to explore their unique process of adjustment following bereavement.
Commitment: Minimum of 1 day per week
Location: Working in Schools or Family Hubs across Manchester and Salford

Specific requirements: Relevant experience and transferable skills

Due to the nature of the role, we ask volunteers to be involved for a minimum of 6 months. We also kindly request that volunteers let us know in advance when they want to finish volunteering, so that endings can be planned appropriately and sensitively and any transitional support put in place.

Volunteer activities:

- Provide an agreed number of therapeutic sessions to individuals on your caseload meeting the assessed needs of the individual. This includes the completion of outcome measurements with individuals specific to the individual service e.g., GAD 7, PHQ9 etc.
- Participate in regular management supervision at Gaddum and ensure that independent clinical supervision is in place.
- Ensure client sessions are recorded appropriately on agreed recording forms and submitted to the relevant Services Manager post session.
- Provide information necessary to monitor and evaluate Gaddum's Therapy Services.
- Work to Gaddum's policies and procedures, specifically Health and Safety, Safeguarding, Equality and Diversity, Confidentiality and Data Protection.
- Demonstrate an understanding of and a commitment to anti-discriminatory and anti-oppressive practice.
- Other activities may be mutually agreed.

Skills, Experience, Qualities needed:

- To be either a trainee counsellor in the final year of a recognised theoretical model of counselling (Level 7 post-graduate CBT course, with a recognised University or Level 4 or 5 person centred counsellor diploma)
- To be competent in using a theoretical model of counselling in sessions with clients.
- To demonstrate experience of supporting adults with a range of mental health difficulties in a professional capacity.
- To demonstrate a non-judgemental, empathetic and respectful approach
- To evidence strong abilities in communicating with a wide range of people.
- To be willing to work within BACP guidelines.
- To demonstrate a strong awareness of own emotions and be responsible for own self care.
- To be able to demonstrate an understanding of Equality and Diversity issues.
- To be responsible for own clinical supervision.

Training, Support and Appreciation:

- Induction and onboarding training prior to starting the role.
- Regular managerial support and supervision, and invitations to join team meetings and group supervision sessions where appropriate.
- Reimbursement of any out-of-pocket expenses.

- References available upon request.

Reporting to: Adult Therapy Services Manager, IAPT Service Manager or CYP Therapy Service Manager depending on your placement.

Please note: Gaddum asks for the following as part of the onboarding process:

- 2 references
- Enhanced DBS check
- Proof of clinical supervision and Supervisor's CV/ Qualification.
- Proof of Insurance Policy
- Proof of valid student membership with a professional ethics body
- Programme of Study Agreement

Equal Opportunities

Gaddum is committed to equal opportunities and anti-discrimination practices and we positively encourage applications from all sections of the community. We are particularly interested in attracting applications from Black, Asian, and Minority Ethnic backgrounds.

Interested?

Please email complete the Therapy Placement Application form and email it to Therapy@gaddum.org.uk clearly stating the service you are interested in.