

## **Carers Together**

### **ROLE DESCRIPTION**

<b>Role:</b>	Sessional Counsellor - Freelance
<b>Salary:</b>	£40.00 per hour
<b>Hours:</b>	Minimum 4 hours per week
<b>Responsible to:</b>	Chief Operating Officer
<b>Primary Bases:</b>	The Counsellor will be based at The TAD Centre, Ormesby Road, Middlesbrough TS3 7SF and The Innovation Centre, Vienna Court Kirkleatham Business Park, Redcar TS10 5SH but will be required to attend meetings in community settings.

#### **1. Purpose:**

The primary purpose of this role is to provide professional counselling to adults caring for a family member or friend to enable them to explore thoughts and feelings and to develop coping strategies relevant to their current situation.

#### **2. Duties and responsibilities:**

- Provide time-limited 1:1 counselling sessions to carers aged 18+, face to face, by phone or online
- Maintain client records using Carers Together's database in line with confidentiality, safeguarding, data protection and information sharing policies and procedures
- Provide reports to other agencies, where necessary, and as required by Carers Together
- Attend external meetings with or on behalf of the client when required and as agreed with the Chief Operating Officer
- Work within the BACP/UKCP Ethical Frameworks for Good Practice in Counselling and Psychotherapy
- Attend regular clinical supervision with an agreed supervisor
- Attend regular personal therapy sessions, with a named professional
- Adhere to Carers Together's policies and procedures
- Attend meetings with the line manager as required
- Develop personal learning in relation to counselling theory and practice