

PLACEMENTS

Frequently Asked Questions (FAQ's)

WHAT TYPE OF PLACEMENTS DO YOU OFFER?

Please see Placement page on exact details what we offer.

WHAT EXPERIENCE/QUALIFICATIONS DO I NEED IN ORDER TO APPLY?

In order to offer counselling at Next Step Psychotherapy and Wellbeing (NSPW), volunteers will have sufficient training to competently perform their responsibilities within national standards (e.g. BACP accredited training wherever possible and moderated Diploma). We would expect you to be studying toward a Level 5 as a minimum.

We may also receive confirmation from your tutor of your readiness to offer therapy. Placements are also dependent on the needs of NSWP at the time of application, we ask for full commitment for at least a year in most cases.

NSWP recruit for volunteers throughout the year generally for intake is September. Please keep an eye on the website for this information or register to our mailing list online for when we have any recruitment drives.

IAM LOOKING TO WORK WITH CHILDREN AND HAVE NEVER WORKED WITH YOUNG PEOPLE BEFORE?

We prefer to take on counsellors with experience of working with children and young people. However, it is not essential as we do offer relevant training and support. As part of your induction, you will be expected to spend some time on our CPD child training which is usually held over three evenings or one weekend, getting a feel for how NSWP works, and support available.

As part of your induction and ongoing training we will expect you also to complete some learning provided by Counselling NSW which will prepare you for working with clients in different age group, and make you aware of our policies, safeguarding and any other relevant information or policies.

HOW MANY CLIENTS WILL I BE EXPECTED TO SEE?

Usually around three per week, we can occasionally offer more but as a minimum would be three. We expect you to see on average around three clients from the time you are there and attend regular supervision in line with BACP or UKCP guidelines. We will work with individual counsellors to ensure that they are able to manage their client hours in line with the needs of the service.

WHAT TIMES I'M I EXPECTED TO WORK?

In School we expect around three and a half hours per day, three hours for the clients and up to half an hour check in every week with your Lead counsellor, this would be either AM or PM on the day of the school.

We will try and be as flexible as possible; however this will depend on the needs of NSW and the school at the time of application. We will talk to you about the sessions that are available for you to volunteer and try to find a solution that works for you as well as service.

HOW LONG WILL I SPEND IN SESSION?

Each client session is up to 50 minutes long depending, in schools this can be shorter. This can vary for adults and can last up to an hour. This may change depending on the needs of the client and their ability to work in the counselling room.

Your session will be client-led and your clients are assigned to you by your Lead, from a waiting list. We do not prioritise clients, nor are we able to assign trainee counsellors clients of a particular age.

DO I RECEIVE SUPERVISION IN LINE WITH BACP GUIDELINES?

Yes, you will receive either one to one or group supervision monthly for 1 hour. You will also have the support of your Lead to support you each week.

DO I HAVE TO USE A SPECIFIC THEORETICAL APPROACH?

NSCS work using a variety of different approaches. We aim to work in a way that meets the needs of each young person or adult, and all our counsellors are asked to do the same.

On starting with the service we will work with you to understand your preferred theoretical model and style of work so that the team can try to best match counsellors with client needs.

WHERE DO REFERRALS TO COUNSELLING COME FROM?

Young people are referred to counselling from a variety of sources. Many are referred from the main school lead which is usually the Special Educational Needs Co-ordinator (SENCO), teachers, parents or other multi agency teams, we also receive referrals from the children themselves.

WHERE WILL THE COUNSELLING TAKE PLACE IN SCHOOLS?

Client work is undertaken in a suitable private room in the school, the school will endeavour to try and retain the same room however there may be some need to move from time to time given the nature or the need of the room. There will always be at least one other experienced member of staff in the school for safety and support.

Counselling Educational team staff are available by phone should you need to contact them about your concerns.

DO I GET ANY OF MY EXPENSES PAID?

From time to time, you may also be given expenses towards some kit you may need, as well as some training or CPD and we often put free CPD on throughout the year.

WILL I HAVE ANY OTHER RESPONSIBILITIES?

Yes, Counselling at NSWP involves both your therapeutic work with not only the children but holistically as a whole, and the associated paperwork which allows us to monitor and demonstrate the work being undertaken, and its impact.

You must read the notes from our Counselling Referral Form that has been completed with the Lead before you see them and then review this with them in the first session to ensure there have been no changes. When a client finishes their counselling, you will need to return all the paperwork to Lead as outlined in your induction, and inform them that you require a new client.

You will be expected to attend training events regularly. It is essential that you read and adhere to NSWP policies (including our Safeguarding Policies).

Service information and changes will be communicated by email outside of supervision; it is important that you keep up to date with all elements of the service.

CAN I SELECT MY CLIENTS?

Essentials not as it's on a need basis, but we do offer a three tiered approach, low level need heavily supervised and mentored, level 2 Low level need clients and less mentored, Level 3 more involvement in client allocation etc. If you wish to work with specific client groups to meet school requirements, we will do our best to accommodate your needs but cannot guarantee that we will be able to. Clients are allocated from the waiting list and the needs of the service must come first.

HOW LONG DO YOU WANT ME TO VOLUNTEER FOR?

NSWP likes to invest a lot in its volunteers and be able to offer adults, teens and young people including parents and teachers continuity of service, so we ask our volunteers to make a commitment for at least one year. We then hope that if after volunteering you go on to apply for paid work with ourselves if this matches us and you depending on how the work has gone this is never guaranteed.

WILL I NEED A DBS?

Yes, NSW is committed to safeguarding the welfare of children and young people, so you will need to have an Enhanced DBS check as you will be working with vulnerable young people. If you don't get this from your training provider will apply for this for you free of charge.

Please tell us if you feel there may be any police records of convictions, cautions, reprimands, or final warnings, or if you have any concerns about your DBS check. Something that has happened in your past does not mean you can't get involved with NSWP so please talk to us if you have any concerns.

WHAT TRAINING DO YOU OFFER?

We hold regular training events in the year which we expect you to attend at least some of them to develop your practice. Some are aimed at counsellors and others are open to the whole organisation. Topics included are: anxiety, hyperactivity, self-harm, sexual health, sexual exploitation, mental health and emotional well-being, attachment, developmental stages etc. We think it's important to keep you updated about any changes within the service and to offer continued professional and personal development opportunities for our volunteers.

We welcome suggestions from our team in order to develop or bring in training; if we can, we will try to meet the needs of the team.

We also welcome contributions from the counselling team to all our counselling gatherings; if you have an area of specialist knowledge that you would like to share, we would love for you to do so!

WHAT HAPPENS AFTER I COMPLETE THE APPLICATION?

You will be invited to an interview if we have spaces to recruit to.

If you are successful at interview, we will expect you to attend NSWP volunteering training, unless you are qualified or have the relevant experience. Then a further Safe-Guarding session as well as a CPD session that covers the specifics about counselling children and young people as a volunteer at NSWP.

We will offer you a full induction and then you will begin working with up to three clients depending on your experience.

STILL GOT OTHER QUESTIONS?

Please get in touch with us and we'll be happy to discuss any of your questions. Contact us via info@nextstepwellbeing.co.uk or call us on 0191 2501515