

***Everything you need to know about counselling and***

***counselling placements at Safeline***

*About Safeline*

Safeline is a registered charity established in 1994, providing Counselling (face to face and digital), Support Groups, Art Therapy and a Helpline for male and female adults, young people and children who have been affected by sexual abuse or rape whether historically or recently. We also support those who wish to report abuse to the police, work with young vulnerable people and schools in educative prevention programmes and provide specialist training. If you would like to understand more, please ask to see our information leaflets, or visit our website: <http://www.safeline.org.uk>.

Safeline is a well-established and respected organisation working throughout Warwickshire and Coventry. We have been a sought-after placement for several years for Counselling and Psychotherapy students from learning providers including the Warwickshire Colleges, the University of Warwick and Keele Universities, as well as a popular place for qualified counsellors to volunteer.

Safeline received The Queen’s Award for Voluntary Services in recognition of the important and valuable work performed by its volunteers. It is also the first all gender counselling service to be awarded the Male Service Standards Quality Mark.

We are an organic organisation, constantly reviewing our services and the way we deliver them to best suit our clients’ needs. We value our team and aim to be as inclusive as possible. We want all members of the volunteer and staff team to help us make this happen. We actively encourage male student counsellors to apply for a placement at Safeline because we value the importance of offering our clients choice.

You will be an essential and highly valued member of a larger team which includes counsellors, psychotherapists, arts therapists, group therapists, Independent Sexual Violence Advisors, prevention projects team, helpline and online support team, fundraisers, training team, administration and clinical teams.

*Will working with this client group be too difficult?*

More people have suffered sexual abuse at some point in their lives than many of us realise. Estimates report 1 in 4 females and 1 in 6 males so whether you work for Safeline or not, you are likely to come across sexual abuse issues often throughout your counselling career. Safeline clients are like any other human beings, they are ordinary people trying to come to terms with abuse so they can lead more fulfilling lives. The work can sometimes be challenging for both client and counsellor. You will get plenty of support and the benefit of the expertise of the clinical staff to help you help your client. The work is extremely rewarding and worthwhile.

*Training*

Counsellors and student counsellors will undergo accredited training programme ‘Working with Survivors of Sexual Abuse’ which is a 30-hour course usually held over 2 weekends. Typical courses have around 10 delegates. A varied mix of learning techniques are used, and content will cover issues particular to this client group. Running the course will be a trainer with input from counsellors and psychotherapists with many years of experience working with survivors of sexual abuse, and a client who will talk about their personal experience of counselling. The course is accredited by the Open College Network Central England at level 2 or 3. There is a subsidised charge for the training which can be paid in instalments.

*Continuing Professional Development (CPD)*

Safeline holds networking/CPD events every year. You will be invited to come along and meet other like-minded volunteer counsellors and learn from experts in a variety of subjects. Past CPD events include ‘Working with Co-dependency,’ ‘Working with Eating Disorders,’ ‘Working with Self-harm’ and ‘Understanding FGM & Forced Marriage.’ We are always open to requests. There are many other opportunities to access essential CPD throughout the year.

*Clinical supervision*

Safeline has an approved panel of independent qualified Clinical Supervisors. They have a particular knowledge and understanding of the issues presented by clients who have experienced sexual abuse and rape. You will need to have clinical supervision as soon as you start to practise, in accordance with BACP guidelines. Subject to current funding Safeline will make a monthly contribution towards your supervision costs.

*Management supervision and support*

We will allocate you a named management supervisor for regular management supervision and support. They will understand and respect your chosen counselling modality and work with you in your development. Your management supervisor will provide placement reports if they are a requirement of your course.

*Professional membership and insurance*

Safeline is a member of BACP and committed to its ethical framework. You will need to have your own personal membership with BACP or equivalent professional body. Safeline carries Professional Liability Insurance for all its counsellors and therapists but you are also required to hold your own cover.

*Expenses*

Safeline will reimburse you for your travel expenses and parking within a 20-mile radius of the Warwick or Stratford offices to see clients and your management supervisor at a rate of 40p per mile. You should ensure that your car insurance covers your volunteering activity.

*What commitment are you looking for from me?*

We would like you to see a minimum of three clients per week and commit to volunteering for two years although we would love you to stay with us after this. We will ask you to sign an agreement with us before you start. We would like you to attend at least two of the quarterly CPD meetings, keep in touch regularly, complete paperwork (minimal) and always ask if you need extra support. We will often communicate by e-mail, so we ask that you read these. You will need to be responsible for maintaining professional boundaries and confidentiality.

*Safeguarding*

Safeline is committed to safeguarding and child protection. You will have a Designated Safeguarding Lead and will be asked to complete some online ‘Child Protection’ and ‘Prevent’ training which is essential in your counselling work. Safeline will carry out a DBS check on all those working on a one-to-one basis with clients.

*Client work*

All clients accessing Safeline for counselling will be assessed for need, readiness for counselling and risk. Assessments are carried out by experienced therapists and no student counsellors will be allocated with clients presenting with current suicidal ideation, suicide attempts, serious mental health issues or under 18s.

After qualifying you may wish to consider working with young people which is valuable and rewarding.

Safeline offers twelve sessions of counselling to clients in the first instance. We can offer a maximum of 48 sessions if needed. We just ask that you maintain professional boundaries, use your supervision effectively and have regular reviews with your client.

Safeline uses WEMWBS (Warwick-Edinburgh Mental Well Being Scale) to measure outcomes.

*Where will I be working?*

Safeline works with clients throughout Warwickshire and surrounding areas, we now have a dedicated Stratford upon Avon Office and counselling rooms too. We will provide you with a suitable, confidential space for your work, help you manage risk and safety and not expect you to work on your own.

*How do I apply to become a volunteer counsellor?*

Contact us for an informal chat or complete an application form. If you are shortlisted, you will be invited to an interview with two members of our friendly clinical team. This is the opportunity for you to learn about us and for us to learn about you.

If we are the right match for each other and we’re thinking along the same lines, we will offer you a place on our next, ‘Working with Survivors of Sexual Abuse’ training programmed. The course usually takes place in November, but we occasionally run an additional course mid-year where there is extra demand.

*How soon can I start working with clients?*

As soon as you have your ‘Fitness to practice’ from your learning provider, Safeline has received your DBS check and references and you have completed paperwork requested by Safeline.

You will need to be: Studying for a Diploma at level 4 or above, or a Foundation Degree/BA/Masters with a course provider recognised by Safeline. Your course should include elements of tutor led face-to-face triad work and a facilitated Personal Development and Theory aspect.

***Want to find out more? Have a chat with us. We can also arrange for you to speak to one of our volunteer counsellors to check out their experience of Safeline. We would love to hear from you.***

***Have a look at our website too:*** [***Safeline.org.uk***](http://www.safeline.org.uk)

*Contact us:*

Liz Welsh – [liz@safeline.org.uk](mailto:liz@safeline.org.uk)

Shirley Smith – [shirleys@safeline.org.uk](mailto:shirleys@safeline.org.uk)

Dianne Cockburn – [diannec@safeline.org.uk](mailto:diannec@safeline.org.uk)

Natasha Stringer – [natasha.stringer@safeline.org.uk](mailto:natasha.stringer@safeline.org.uk)

*Tel: 01926 402498*

*Safeline*

*6a New Street*

*Warwick*

*Warwickshire*

*CV34 4RX*