

**Volunteer Student Counsellor Role Description**

**Role Title: Volunteer Student Counsellor. This role is an honorary position and we are unable cover expenses.**

**Reporting to: Lead Counsellor.**

**Base: Mid Kent Mind Maidstone Office/Virtual from own address (to be discussed at interview)**

**Background to the role:**

We are Mid Kent Mind, and we are passionate about supporting people with mental health issues and promoting positive wellbeing. We recognise people as unique individuals and not as a diagnosis or a label. We aim to equip people with the tools they need, empowering them to reach their potential. We encourage diversity, challenging stigma, and discrimination.

Our Low-Cost Counselling mission statement is:

* To provide effective and affordable counselling
* To be easily accessible
* To provide empathy, integrity, and professionalism
* To value each client as a unique person

**Purpose of role:**

To provide one to one counselling to adults (18+) based on the referrals that Mid Kent Mind receive, using an overarching person-centred approach.

**Key skills required for role:**

* Excellent communication skills both written and oral.
* Good listening skills, clear thinking and sense of perspective.
* Sensitivity and empathy
* Ability to work in challenging situations, interpret situations and react accordingly.
* Patience and a calm manner.
* Ability to cope with emotional situations.
* Ability to relate to a wide range of people.
* The ability to challenge people when appropriate and with a sense of gentleness.
* To be non-judgemental.
* To be self-aware and to examine your own thoughts, feelings and emotions and develop the ability to know the difference between what you are feeling and what is the clients experiencing.
* An understanding of mental health issues

**General Requirements:**

* BACP or NCS membership.
* A passed Fitness to practice.
* Ability to work using own personal initiative and professional judgement.
* Able to establish and maintain appropriate professional boundaries.
* Organised approach to record keeping and administration.
* Reliable and punctual.
* To work with an awareness and understanding of equal opportunities and diversity.
* To work within the BACP ethical framework for counsellors.
* To have regular monthly supervision.
* At all times to carry out every aspect of your duties to the highest stand with due regard to Mid Kent Mind policies and procedures.

**Desirables**

* Experience in IT skills, preferably word (including encrypting documents) and email.
* Virtual and telephone counselling trained.