



MIND AND ENVIRONMENT

COUNSELLING SERVICES.

Job Title: Mental Health Sessional Counsellor

Organization: Mind and Environment Counselling

Location: Remote and In-person (Location may vary)

Employment Type: Sessional/Contract (Hours based on client demand and not guaranteed)

About Mind and Environment Counselling:

Mind and Environment Counselling is a dynamic and compassionate mental health organization dedicated to providing support, guidance, and counselling services to individuals seeking help with various mental health challenges. We believe in the importance of holistic well-being and the positive impact of the environment on mental health. Our team is committed to promoting mental wellness and empowering individuals to lead healthier, happier lives.

Position Overview:

We are seeking a dedicated and qualified Mental Health Sessional Counsellor to join our team. This position is ideal for a counsellor who is registered with BACP, experienced in working with psychological trauma, borderline personality disorder, and anger management. The successful candidate will provide remote and in-person counselling sessions on a sessional/contract basis, with hours that are not guaranteed but will be based on client demand.

Key Responsibilities:

- 1. Counselling Sessions:** Conduct individual counselling sessions remotely and in-person for clients seeking support with a range of mental health concerns, including psychological trauma, borderline personality disorder, and anger management.
- 2. Assessment:** Conduct thorough assessments to understand each client's unique needs and develop personalized treatment plans.
- 3. Treatment Planning:** Create and implement effective treatment plans in line with best practices and evidence-based therapies.
- 4. Documentation:** Maintain accurate and confidential client records, including session notes, progress reports, and treatment plans.
- 5. Client Support:** Offer guidance, support, and tools to help clients improve their mental health and overall well-being.
- 6. Continuing Education:** Stay informed about the latest developments in the field of mental health and counselling through ongoing professional development and training.



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Qualifications:

- Registered with the British Association for Counselling and Psychotherapy (BACP) or an equivalent recognized counselling organization.
- A master's degree in counselling and trained with an integrative approach.
- Minimum of 1 years of experience in counselling, with experience in psychological trauma.
- Excellent interpersonal and communication skills.
- Empathetic, compassionate, and non-judgmental approach to counselling.
- Ability to work both remotely and in-person, as required.
- Commitment to maintaining the highest standards of client confidentiality and ethical practice.

Benefits:

- Opportunity to work with a supportive team of professionals.
- Monthly peer check ins with an opportunity to share skills, learning, difficulties and access support.
- Flexible work arrangements with a mix of remote and in-person sessions.
- Competitive sessional rates commensurate with experience.
- Access to ongoing professional development opportunities.

Application Process:

Interested candidates are invited to submit their CV and a cover letter outlining their relevant experience, to info@mindandenvironmentcounselling.co.uk. Please include "Mental Health Sessional Counsellor Application" in the subject line. Applications will be reviewed on a rolling basis until the position is filled.

Mind and Environment Counselling is an equal opportunity employer. We encourage applications from individuals of all backgrounds and experiences.

Note: The hours for this position are not guaranteed and will vary based on client demand.