



Pregnancy
Sickness
Support



JOIN OUR VOLUNTEERING TEAM

VOLUNTEER COUNSELLOR

Are you a qualified counsellor looking to offer therapeutic support to our community of NVP/HG sufferers? If so, this may be the role for you.

FOR FURTHER INFORMATION, PLEASE CONTACT

COUNSELLING@PREGNANCYSICKNESSSUPPORT.ORG.UK



VOLUNTEER COUNSELLOR ROLE

Pregnancy Sickness Support is the only registered UK charity working to improve care, treatment, and support for those affected by nausea and vomiting in pregnancy (NVP) and the severe form of the condition, hyperemesis gravidarum (HG).

Calls for help to the charity have doubled in under 2 years and as a result, we have expanded our team to meet the demand for our life-saving service.

Ultimately, everything we do comes back to caring for our community and improving the lives of our sufferers.

Volunteers are integral to the support offered in our communities, they bring a breadth of experience, skill and ability to all areas. If you are, or would like to be part of a charity that makes a difference then this might be the right place for you.

Role:

Volunteer Counsellor.

We are looking for an enthusiastic and empowering volunteer counsellor, who will provide counselling sessions via online and telephone means, using a tailored inhouse database. You will be offering short term counselling sessions to validate and empower sufferers, to process and begin to heal from the trauma of hyperemesis on their postpartum journey. You will also be supporting sufferers who are currently pregnant.

Reporting to:

Counselling Coordinator

You will work closely with our Counselling Service Coordinator, who will be booking in your clients, so collaboration and a strong working relationship is vital. Supervision will be provided with this role. Training will be provided initially and running CPD throughout.

KEY RESPONSIBILITIES

- To undertake 1-2-1 counselling sessions (up to 8 in total)
- To provide a non-judgmental, empathetic and congruent space to allow sufferers to explore their experiences within your presence
- To work with sufferers experiencing a wide range of psychological and emotional difficulties due to HG, to bring about effective progress/change or enhance their wellbeing
- To work within the set charity policies and procedures and adhere to work protocols
- Work collaboratively with the Counselling Service Coordinator and the rest of the Counselling team. Communicate any concerns with each other, this partnership is key
- Attend monthly supervision with one of our inhouse Supervisors (supervision included in the role)
- Use an in-house secure database to write up session notes post-session. Agree and sign a confidentiality agreement
- To be up to date with safeguarding policies and procedures
- To identify own needs for support, including emotional support
- Identify training needs, attend training courses for continued professional development and use reflective practice for personal and professional development

ESSENTIAL SKILLS

- Have suffered HG/pregnancy sickness or be willing to undergo condition specific training.
- If a survivor of hyperemesis gravidarum, to have healed physically and mentally from the condition and recovered from any trauma that the condition caused.
- The ability to work remotely with a good broadband connection installed in your home/place of work alongside the competent and confident use of technology. Must be a confidential working environment.
- Strong verbal telephone manner and confidence in communicating effectively and empathetically with a diverse array of people in an online environment.
- Resilience to cope under pressure and with highly emotional clients.
- To be caring and non-judgemental. Warm, welcoming, and companionable.
- Excellent verbal and written communication skills.
- Ability to work on your own initiative and manage and prioritise your own workload in line with the needs of service users and support team members.
- To be reliable, punctual, and trustworthy.
- The ability to work well within a team, adaptable to the changing needs of the team and organisation, and work to a deadline. We are seeking an enthusiastic individual to join our supportive and friendly team.

ESSENTIAL SKILLS

- A relevant professional qualification in Counselling at level 4 (minimum) recognised by BACP, UKCP, NCS or equivalent.
- Be registered with the BACP (MBACP reg.) or equivalent level registration with a recognised UK Counselling and Psychotherapy awarding body (NCS, UKCP)
- Experience of conducting counselling sessions both online and on the phone and has attended relevant CPD meeting the BACP competency framework.
- Experience in safeguarding procedures, and clear knowledge and understanding of safeguarding policies and legislation.
- Be able to listen and empathise
- Be sensitive to the needs of the sufferer
- Courteous, friendly and of affable nature
- Posses good interpersonal and communications skills
- Be able to cope with emotionally charged conversations
- Enjoy talking and dealing with a variety of people
- Have an excellent understanding of confidentiality
- Have a good understanding of personal and professional boundaries
- Commitment to the Ethos of Pregnancy Sickness Support.
- Have a strong interest in maternal mental health

DESIRABLE SKILLS

- Have BACP/UKCP accreditation or equivalent.
- 2 years post-qualifying experience and currently practicing.
- Experience in offering support to an individual, group or organisation with a focus on social disadvantage or a demonstrable awareness of discrimination issues and how they impact individuals and society
- To be able to work flexible hours including evenings and weekends on occasion to meet the needs of clients.

IF YOU HAVE ANY QUESTIONS ABOUT THE ROLE,
PLEASE EMAIL OUR COUNSELLING COORDINATOR
CAROLINE AT

COUNSELLING@PREGNANCYSICKNESSSUPPORT.ORG.UK

AND SHE WILL GET BACK TO YOU