

## Feniks

### Therapist / Counsellor

(Part-time, £30,000 pro-rata )

Feniks is a community health initiative set up and run by Polish people to support Central and Eastern European immigrants to cope with the challenges of settling into a new country. We wish to employ three therapists/ counsellors to distribute the therapy hours funded by the Edinburgh Council Health and Social Care Partnership for three years. This will be posts covering 7, 7 and 3 hours per week. Each hour includes about 15 mins for administration.

The service will be provided at Feniks, St. Margaret's House, 151 London Road, EH7 6AE

### Job Description: Therapist / Counsellor

**Overview:** The role of the Therapist / Counsellor is to provide sessions and workshops to Feniks clients, to maintain appropriate records and to participate in the service development and delivery.

**Reports to:** The Mental Health Services Manager (MHSM)

### Key relationships

**Internal:** Clients, Other Therapists, Trainers, Staff, Volunteers

**External:** GP practices and other organisations and companies supporting minority ethnic communities referring clients.

### Key Objectives

- Provide individual and group sessions, seminars, etc. as agreed with MHSM and Feniks Manager (FM) to meet the needs of Feniks's clients.
- Undertake appropriate assessments and evaluations
- Provide psychoeducational workshops, eg. Anxiety Management, and participate in other

proactive support initiatives as well as in service development.

- Make sure that the services provided meet standard requirements set by COSCA (i.e. the Therapist / Counsellor abides to their Statement of Ethics and Code of Practice)
- Participate in Team meetings and Group Supervision of the Feniks Therapy and Training Team.
- Maintain appropriate records related to the sessions (including client notes, donation pay-in sheets, monthly attendance lists, monthly donation pay-in sheets, etc.) and provide relevant reports as requested by the MHSM / FM
- Adhere to the internal procedures and policies, eg. referral routes, reporting incidents etc.
- Undertake continuing professional development as appropriate and engage in clinical supervision.
- Undertake other service related tasks as requested by MHSM / FM.

## **Person Specification: Therapist / Counsellor**

### **Knowledge and Experience**

#### **Essential**

- Educated to a degree level in Social Sciences or other relevant post-graduate qualification and holding a diploma in Counselling or Therapy.
- Qualifications recognised by COSCA, UKCP, BACP or equivalent UK/Scottish professional bodies or working towards such accreditation.
- At least 1 year experience in providing one-to-one, group and/or couple therapy or counselling.
- Knowledge and understanding of challenges working with migrants and vulnerable adults.
- Fluent Polish or any other Central and Eastern European language to enable service provision in that language.
- Fluent English in speech and writing to enable service provision, liaising with other professionals and record keeping in that language.

### **Skills, Abilities and Competencies**

- Understanding the challenges of providing counselling service to clients from vulnerable migrant groups.
- Committed and highly self-motivated.
- Ability to work in a self-directed manner, and as part of a team, including ability to develop and build good working relationships.
- Ability to make professional judgements as to which interventions are most appropriate.
- Ability to provide a range of interventions, based on assessed needs.
- Good organisational, written and verbal communication skills.
- Ability to work under pressure, plan and prioritise workload, and ensure deadlines are met.



**FENIKS. Counselling, Personal Development and Support Services Ltd.**

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- Good organisational, administrative and time-management skills.
- Computer literacy in dealing with standard MS Office packages, including spreadsheets; Gmail system management; social media management