rareminds
Mental Health for the Rare Condition Community

Person Specification
Senior Counsellor

Role Overview

As a clinician for Rareminds, you will become part of a supportive, committed and pioneering clinical service. Our counsellors work in small teams building close working relationships with our partner organisations who are primarily condition-specific rare condition charities.

Rareminds provides a supportive working environment where you can develop areas of interest with our client group and help develop innovative projects to support the mental health and wellbeing of people impacted by rare conditions. This includes affected persons, their family members and also the healthcare professionals or support staff working with them.

The role is to provide online counselling and psychotherapy to people living with rare conditions and their family members and other carers/supporters to help deal with the varied emotional aspects and psychological challenges of living with a rare condition.

We work using a short-term model of 6-12 sessions and also provide 8-10 week therapeutic group programmes. Many rare conditions are genetic, have life-limiting aspects and/or impact profoundly on quality of life. Rareminds will provide CPD training on 'Counselling People Impacted by Rare Conditions'. Small group supervision and monthly team supervision is provided, which are lively and creative spaces where we explore the themes arising from our work.

The role entails electronic record-keeping on our dedicated online platform, which is also used in the service of impact monitoring, clinical insight and research. Due to the online nature of our services, proficiency in using electronic communication systems and reliable internet connectivity is essential. Excellent communication and written skills, and desire to work as part of a small, diverse team are also required.

There will be opportunities to design and deliver talks and workshops (both in-person and online.) contribute to research, produce psycho-educational resources and develop your own personal specialist areas of interest.

All our Senior Counsellors also act as Lead Counsellors and main points of contact for allocated partner organisations that we work with. This includes coordinating client intake procedures, managing service demand, and establishing a supportive working relationship with key personnel.

This post will be subject to an Enhanced DBS check.

Essential Criteria

- Accreditation with a recognised professional body such as UKCP, BACP, BCP to SCoPEd Level 6/ Column C equivalency.
- Capacity to work integratively, informed by psychodynamic concepts.
- Minimum of 5 years post-qualification experience.
- Experience in, and enthusiasm for, providing short-term therapy.
- Experience in, and enthusiasm for, providing remote counselling.
- Substantial personal therapy over a number of years.
- Desire to work as part of a supportive team of colleagues.
- Sound and timely record-keeping practices.
- Excellent IT, communication and administrative skills (e.g. Excel/Word/GoogleDocs and use of online platforms such as WriteUpp or other client management system and Google Workspace).
- Ability to design and deliver talks and workshops, both online and in-person.
- Robust online connectivity in order to practise remotely using approved platforms.
- To contribute to research and evidence building using agreed processes and procedures.
- Personal professional indemnity insurance up to a limit of £3m, incorporating worldwide cover.
- Completion of, or willingness to undertake Level 3 Safeguarding Training.

Desirable Criteria

- Experience in counselling people with rare and/or genetic conditions.
- Experience in counselling people impacted by disabilities, sensory impairments, physical illness and/or neurodiversity.
- Experience of counselling within a relevant organisational setting or service such as the NHS, education, third sector or hospices.
- Willingness to travel occasionally both nationally and internationally for in-person events.
- Experience in designing and/or providing online groups or workshops.
- Experience of writing psycho-educational materials.
- Interest or experience in undertaking research.
- Qualification or experience in providing therapeutic groups.
- Qualification or experience in providing couples therapy.

Diversity and Inclusion

Rareminds is committed to diverse, inclusive and representative employment, clinical and working practices. It places a high value on lived experience in combination with professional expertise. No matter your age, race, faith, gender identity, caring responsibilities, sexual orientation, disability, or socio-economic background, we want everyone who comes into contact with us to feel valued and respected. We also implement flexible working practices to support our team with respect to caring responsibilities, disabilities etc and are committed to being a fair-wage employer.