

Expression of interest – Counselling Group Therapist

Project:	London Friend LGBTQ+ Counselling Groups
Reports to:	Counselling Service Manager
Terms:	Delivery of counselling group; including assessments; admin; clinical supervision.
Fee:	£2,000

London Friend is the UK's oldest LGBTQ+ charity, working to improve the health and wellbeing of lesbian, gay, bisexual and trans people. We have recently received funding to develop and deliver a new programme of counselling groups. We are seeking expressions of interest from qualified therapists to deliver these.

The counselling groups

Groups will run for 12 sessions over 12 weeks (consecutively, or on agreed dates) and delivered online. Each session will be 90 minutes. Each group will have a maximum of 12 participants. We aim to deliver a diverse range of groups, initially targeting LBT women; GBT men; and trans and non-binary people, and therapists will reflect the targeted communities. General themes will be around identity and relationships with self and others.

Responsibilities

You will deliver the counselling group as agreed. We also require therapists to complete short (30 minutes) assessments of suitability for the group with each client. You will undertake admin for the duration of the group and liaise with the London Friend Counselling Manager. Clients will apply via London Friend. We will ask clients to complete a short pre-assessment form before accepting them for the intervention.

For one to one assessments, you will be asked to write some brief notes about the assessment and the sessions and submit these to us. For group work this is not required but you will be asked to provide a brief handover of the session, with client reference numbers and initials of those who have attended. For both interventions you will be asked to escalate any serious concerns about client wellbeing as you would when providing one-to-one counselling.

You will need to deliver the sessions using an agreed, secure video platform from a secure and confidential location.

You will be responsible for your own Clinical Supervision arrangements. We ask that a contact is provided for your Clinical Supervisor; this is in case a serious issue arises requiring us to consult them about this work.

You will need to be able to invoice us for the work as an independent contractor; you will be responsible for your own tax arrangements.

Further information

The Counselling Groups are aimed at providing mental health support to LGBTQ+ people. Multiple research sources indicate higher incidence of mental health issues among LGBTQ+ people than the population as a whole. The Government's own 2018 LGBT Survey (the largest ever survey of LGBTQ+ people) indicated poorer satisfaction with life across all LGBTQ+ population groups compared with the ONS national average. This Survey and others, plus the 2019 LGBT Health report by the Parliamentary Women and Equalities Committee, indicate that LGBTQ+ people experience significant barriers in accessing mental health and wellbeing services, and that mainstream services routinely fail to meet the needs of LGBTQ+ people

Therapist specification

You should be a qualified therapist with experience of delivering counselling groups. You should be able to demonstrate an understanding of the mental health and wellbeing needs of LGBTQ+ people and the barriers they may face when accessing support services. Due to the targeted nature of the groups therapists should identify as being from the LGBTQ+ communities as appropriate for each group.

Expression of Interest

To submit an Expression of Interest for this piece of work, please email the following to jose@londonfriend.org.uk

- Evidence of your qualification and relevant professional registration
- Experience of providing counselling groups
- Experience of providing counselling to LGBTQ+ people
- Contact details for two referees