

Survivors Of Depression In Transition  
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[www.sodit.org](http://www.sodit.org)



Registered Charity No 1109165

July, 2021

Ref Freelance Integrative /holistic/trauma informed Counsellor

We are looking for a freelance counsellor to work with us at SODIT to support women who experience mental health distress. This is a flexible post suitable for a self-employed or part time counsellor who would like to add to their work portfolio. We would expect you to have your own clinical supervision and accredited with the appropriate professional body.

We are a registered centre for counselling placements for a number of training providers and also provide group clinical supervisions.

We are a small user led organisation who has secured funding to expand on our offer for women in Sheffield and would welcome applicants from all backgrounds.

To apply please send a covering letter with your CV to [info@sodit.org](mailto:info@sodit.org) . deadline for applications is 15th August 2021 and interviews TBA. For informal enquires please call stephanie 0114 2795970

A handwritten signature in black ink, appearing to read "Stephanie de la haye".

Stephanie de la haye  
Chair

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## **JOB DESCRIPTION**

Job Title:	Integrative /holistic Counsellor
Responsible to:	Charity manager
Qualifications:	Qualified to Diploma level  BACP accredited / UKCP registered /
Hours of work:	equivalent 1 day per week- 8-10 hours
Salary:	( flexible )
Contract:	£25-34 per hour dep on individual
Holidays:	Freelance /self-employed (initially 2 years )  n/a

### **Purposes of the post**

To provide a counselling and therapy service for vulnerable women experiencing mental health distress with or without a clinical diagnosis.

To contribute to the administration, monitoring, evaluation and development of the service

### **Key duties and responsibilities**

1. To assess potential clients and refer on to other agencies if appropriate
2. To hold a clinical caseload
3. To establish and maintain effective links with other agencies
4. To meet with potential clients aimed at providing an opportunity for women to learn more about therapy
5. To participate in clinical supervision
6. To contribute to clinical discussions including debriefing sessions
7. To actively contribute to the development and practice of a coherent, supportive, effective learning team

8. To adhere to your professional body's code of ethics (UKCP, BACP, BCP etc.) including maintaining accreditation or registration.
9. To attend and actively participate in line management meetings, annual appraisals, monthly and quarterly team meetings etc as required.
10. To maintain clinical and monitoring records – accurately and promptly
11. To produce periodic reports including output and outcome data, analysis and an evaluation of the impact of your work
12. To support to the ongoing development of therapy services
13. To maintain good communication with colleagues within the service , partner organisations and referring agencies
14. To value diversity. To actively promote and ensure good equal opportunities practice at all times and work in an anti-oppressive manner.
15. To adhere to Survivors of depression's clinical guidelines, code of ethics, policies, procedures and stated aims / core purpose
16. To undertake other duties appropriate to the post as required by the SoDiT manager

july 2021

**PERSON SPECIFICATION**  
**Integrative / holistic Counsellor**

*Essential requirements* indicate the minimum requirements for the post. *Desirable requirements* are additional attributes which would enable the applicant to do the job more effectively, and will be used to distinguish between acceptable candidates meeting minimum requirements.

	<i>Essential</i>	<i>Desirable</i>
<b>Training and Expertise</b>		
Relevant nationally recognised qualification to Diploma or above, or equivalent (e.g. counselling, art therapy, psychotherapy) ideally integrative or holistic person centred	✓	
At least 2 years post-qualifying clinical experience or significant related experience	✓	
BACP accreditation, UKCP registration, BPS, etc or eligible for same	✓	
<b>Experience</b>		
Assessment for psychotherapy including risk assessment	✓	
Use of clinical supervision appropriately	✓	
Providing therapy to a diverse client group		
Working with people with multiple health needs	✓	
Working with women in a therapeutic or counselling setting OR Providing group counselling / therapy & own lived experience of MH illness		✓ yes
Liaising with other mental health services		✓
<b>Skills</b>		
A non-judgemental woman centred holistic approach to clients	✓	
Able to think clearly under pressure and to tolerate confusion	✓	
A calm and thoughtful approach to issue of clinical risk	✓	
Able to recognise and monitor own responses and not let them impinge on clients	✓	
An understanding of the limits of your capabilities and of what SoDiT can offer within the constraints of the service	✓	
Strong written and verbal communication skills including the ability to contribute to clinical discussion and planning	✓	
Administration, record keeping and IT skills	✓	
Fluent in languages other than English		✓
<b>Behavioural &amp; Other Job-related Characteristics</b>		
Commitment to a woman-centred approach to services (which account for the impact of psycho-social / cultural issues)	✓	
Willingness and ability to meet monitoring and evaluation requirements	✓	
Understanding of and commitment to equality, valuing diversity and anti discriminatory practice	✓	
Aware of duties and responsibilities within health and safety requirements		✓

## Survivors of Depression in Transition S.O.D.I.T

### **WHAT WE ARE:**

We are a small non-profit charitable organisation (charity no: 1109165) that provides a holistic perspective in dealing with depression & mental health distress.

We comprise of trained & student voluntary counselling professionals & carefully selected volunteers & peers with lived/living experience of mental health distress.

We provide peer led sessions, with a friendly empathetic manner & a private, safe environment.

We also facilitate one-to-one counselling with qualified counselling professionals and students.

We provide peer support groups for individuals who identify as women who have/had depression or related mental health distress.

We are able to encourage, empathise, self-empower & build confidence.

We have links to other local & regional mental health organisations in order to deliver the most appropriate & best service possible.

Our service is free, confidential (in accordance with the Data Protection Act 1998 & GDPR) & regular contact is maintained & available throughout the year.

Our facilities are situated on major public transport routes & are appropriate for individuals with physical disabilities. We take these steps for the safety of all parties.

**Please Note:** for safety requirements the group & staff are regularly monitored in a supervisory capacity.

### **We follow the principles of true peer support**

- Safety and Trust
- Being yourself
- Hopefulness
- Mutuality
- Solidarity
- Reducing stigma
- Person-centred goals
- Equality and empowerment
- Independence
- Strength and potential
- Moving on
- Companionship
- Choice



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## Survivors Of Depression In Transition

### S.O.D.I.T

#### **WHAT WE ARE NOT:**

We do not make home visits.

We appreciate individuals' distress but have zero tolerance of violence towards members of staff & other group members this is deemed unacceptable.

We are unable to make medical referrals we have no jurisdiction in this content these have to come from general practitioners, similarly we are not able to prescribe medication.

Although we have a counselling professional upon request the self-help group is **NOT** a counselling group.

We are unable to deal with high, acute depressive symptoms, please note we are an organisation to aid individuals in transition & have the right to refer on & signpost to more suitable resources if we deem the individual unsuitable for our services.

Although we make every effort to offer the best service possible we are not available 24 hours a day. We appreciate the reasons why individuals come to us & endeavour to get back to you as soon as possible.

Similarly, we can be contacted at the office but we do not offer a helpline service.

Although we want to help there may be times when the group capacity increases to a point where it is inappropriate to take any new members. In the event of these circumstances a waiting list system will be used & upon your request your name is added & contacted as soon as a place becomes available.

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# Integrated Therapy & Therapeutic Holding

## Integrated Therapy



There are many branches of different therapies accessible to those of us that believe we would benefit from talking about how we feel, our mental journey through life & our quest for good mental health.

As with anything else it's very often the case that one size does not fit all and therefore CBT (cognitive behavioural therapy) may work for one person and not for another. Certain aspects of it may work when combined with areas of another type of therapy. Within each classification of therapy there are tools used by the therapist to fit an individual's needs and in integrated therapy these tools are brought together from the different branches to make a of their own that will fit the specific needs of each client. This makes it a more flexible way to approach someone's therapy.



## Therapeutic Holding

It isn't always the case that someone can be provided with 1-1 therapy straight away. This is unfortunate and may be due to a variety of reasons but that can feel frustrating to the person that's waiting to be seen. Therapeutic holding can offer a valuable space for that person to talk to someone about how they are and what's happening with their mental health whilst they're awaiting their counsellor.

It doesn't offer any therapy but it can be therapeutic in itself and allows someone to express their thoughts and feelings and know that they won't upset anyone or be judged. A cuppa and a chat can often be more helpful than we realise especially if a chocolate biscuit is involved too 😊. They do say it's good to talk and so the 'holding' is available to anyone either waiting for therapy or simply wanting to 'clear their head' but don't feel able to do this in a group setting such as the drop-ins.

Remember..... when you're feeling down and out, lift your head up and shout...

**SODIT!!**

