

## **Malmesbury School Academy Trust**

### **Counsellor: Job description**

Counsellors within a school environment provide students with a safe, supportive and reflective space in which to explore the broad spectrum of feelings and emotions that naturally arise during the challenging period of adolescence. The counsellor plays a crucial role in helping a young person navigate, understand and learn from their experiences, enabling them to develop a healthy and robust sense of self, whilst also aiding them in building a range of positive coping strategies- both practically and emotionally.

Coping strategies cultivated in adolescence not only help young people overcome challenges at that time but also form part of their emotional education- if they learn how to understand and 'translate' the language of their own emotions as young people, they are much better placed to maintain a good level of mental-health as they continue on their journey into adulthood.

The Counsellors offering of warmth, acceptance, respect and empathy, within clearly agreed confidentiality and safeguarding boundaries, is integral to the positive experience of the young person. It enables the student to make their own choices and develop self-awareness within the framework of an agreed counselling contract.

The counselling service is also available to any member of staff who feels they may benefit from counselling sessions.

### **Typical work activities**

The work is varied, and workloads often fluctuate from one week to the next, but the following activities are typically included:

- establishing a relationship of trust and respect with clients (students and staff);
- agreeing a counselling contract to determine what will be covered in sessions (including confidentiality issues);
- encouraging clients to talk about issues they feel they cannot normally share with others;
- actively listening to clients concerns and empathising with their position;
- helping clients appreciate a deeper understanding of their concerns;
- referring clients to other sources of help, as appropriate;
- attending supervision and training courses;
- liaising, as necessary, with other agencies and individuals to help make changes based on the issues raised by clients;
- maintaining confidential records.
- Share child protection concerns with designated safeguarding leads

There may also be a requirement to undertake group as well as individual therapy on occasions, i.e. self-esteem group work sessions with the more vulnerable students.

You will need to show:

- professionalism
- a non-judgemental outlook and a willingness to work with all kinds of people;
- excellent observation and listening skills;
- patience, tolerance and sensitivity;
- a belief that all clients are able to make positive changes;

- a full understanding of requirements around safeguarding and confidentiality when working with young people and adults;