



# Role Description

## COUNSELLING VOLUNTEER

### Organisation Description

Burning Nights CRPS Support is a UK charity working to improve life for all those affected by Complex Regional Pain Syndrome (CRPS).

We raise awareness about CRPS amongst the public, health and legal professionals by providing awareness sessions, so diagnoses can be made quicker and treatment started more rapidly. We also offer support and information through a number of volunteer-led services, including an evidence-based website, support helpline, online forum, email and social media support, annual conference and regional support groups. More recently, we have launched our CRPS Counselling and Virtual Befriending services, which have been met with an enthusiastic response.

Charity Reg No. 1166522 (England & Wales)

### Location

Online / Remote volunteering

### Area of the Charity

CRPS Counselling & Therapy Service

### Number of Hours per week Required

Minimum 7 hours per week, mostly during office hours. This includes the counselling/therapy sessions and additional administration tasks for a minimum of 2 clients.

You are not under any contract to perform these tasks nor are you under any obligation to carry out this role. There are no set hours or days for this voluntary role. It is only as and when you are able to volunteer.

### Minimum Commitment

Minimum of 6 months commitment.

**Burning Nights CRPS Support** (Working to improve life for all those affected by Complex Regional Pain Syndrome (CRPS))

**Registered Address:** 1 Alder Brook, Chinley, High Peak, Derbyshire SK23 6DN

**Tel:** 01663 795055

**Email:** [support@burningnightscrps.org](mailto:support@burningnightscrps.org)

**Web:** [www.burningnightscrps.org](http://www.burningnightscrps.org)

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## Main Purposes of the Role

Counselling volunteers will help to develop our growing mental health support service for patients, families and carers affected by Complex Regional Pain Syndrome (CRPS). As a volunteer counsellor, you will be providing counselling support to vulnerable individuals, many of whom are isolated and in need of mental health support. Clients can refer themselves to the service and we also accept referrals from health and legal professionals.

The Burning Nights CRPS Counselling Service offers one-to-one counselling and therapy sessions, which are currently held online through Zoom or over the telephone. Depending on your qualifications, skills and experience, you will provide counselling support or specialist services, such as general talking therapies, Cognitive Behavioural Therapy (CBT) or Eye Movement Desensitization and Reprocessing (EMDR) for CRPS patients, their loved ones and carers. The service currently offers specialist support to anyone over the age of 5 who is affected by CRPS.

With your experience and recognised counselling qualifications, you will be an asset to our small charity and those we support. In this role you'll be able to develop your counselling skills, organisation, communication and team working skills.

## Key Tasks and Objectives

- Providing one-to-one counselling sessions
- Volunteers are required to take on a minimum of 2 clients at any one time
- Help the charity to develop a counselling and therapy programme
- Assist the charity in recruiting and inducting other counselling volunteers, clinical psychologists, CBT or EMDR specialists who have experience working with chronic pain patients and their relatives
- Provide a simple report for each client
- Maintain and regularly update the client database, including the dates of attendance for sessions
- Project monitoring, creating, reporting and outcomes evaluation procedures
- Participating in volunteers' meetings (you must attend at least 2 meetings per 12 months)
- Maintaining client confidentiality, upholding data protection and equal opportunities principles
- Possibility of providing group counselling sessions in the future, though this is not currently offered

## Key Skills or Qualifications

### Essential:

- Diploma level qualifications (as a minimum, or be actively studying towards one), Degree or Masters in Counselling, Counselling/Clinical Psychology, Psychotherapy or Art Therapy – ideally, with a minimum of 100 supervised clinical hours
- Membership of a recognised organisation (see below), proof of professional body membership annually
- Proof of professional indemnity insurance annually
- Valid DBS certificate (Enhanced) – We ask that volunteers' DBS checks are renewed every two years and the Charity will cover the cost of renewal, if required
- Ability to maintain confidentiality and securely manage personal data

### Desirable:

- Provision of supervisor – or the charity can provide supervision, subject to availability of our volunteer counsellor supervisor
- Knowledge of Complex Regional Pain Syndrome (CRPS) and/or chronic pain
- Previous experience of working with clients who suffer from CRPS or chronic pain
- Committed to sharing our values
- Willing to develop skills and experience
- Enjoy working as part of a team
- Effective administration, planning and organisation skills
- Approachable
- Presentable
- Enthusiastic
- Empathetic

## Recognised Organisations and Professional Bodies

- British Association for Counsellors and Psychotherapists (BACP)
- British Association for Behavioural and Cognitive Psychotherapists (BABCP)
- Complimentary and Natural Healthcare Council (CNHC)
- General Hypnotherapy Register (GHR)
- British Society for Clinical Hypnotherapists (BSCH)



- National Council for Hypnotherapists (NCH)
- United Kingdom Council for Psychotherapy (UKCP)
- The National Hypnotherapy Society (HS)
- National Counselling Society (NCS)
- Health & Care Professions Council (HCPC)
- The Association for Professional Hypnosis and Psychotherapy (APHP)
- National Register of Hypnotherapists & Psychotherapists (NRHP)

## Key Benefits and Impact

- You will be a part of our small, friendly, forward-thinking charity team, focused on reaching people affected by this rare, painful and debilitating chronic pain condition and to provide them with psychological support whether they are patients, loved ones or carers
- As this is a new service that the charity is still expanding, you will have a key role in helping to develop a counselling programme that will complement the other support services that we offer
- This is a fantastic opportunity for you to make a real difference in someone's life which is already isolated and painful, who may not have received any psychological support
- You will join the charity during a critical and challenging period and your expert knowledge and experience will be invaluable to our success
- You will have a key role in not only developing a counselling service, but also ensuring that we provide counselling services and mental health support to CRPS patients, their loved ones, and carers who are in need of our support
- With your help we will expand our support and mental health services to ensure our service users receive mental health support that they may not have been offered

## Training and Support

- Full induction to our organisation
- Relevant and ongoing training for your volunteer role, with costs covered by the Charity
- All volunteers who work directly with clients are required to complete courses in: Suicide Awareness, Suicide Prevention, Mental Health Awareness, Self-Harm, and Safeguarding
- Regular updates on charity activities
- Support, advice and guidance from Charity team
- Regular peer support meetings with the counselling and psychotherapy team
- After 3 months volunteering, all volunteers are eligible for courses (reasonable cost)

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## How To Apply

If you think you could be the person we are looking for, we would love to hear from you. We invite anyone to apply for our volunteering opportunities, regardless of ability or experience.

To find out more and register your interest, you can fill out the application form on the Burning Night CRPS Support website or get in touch by phone or email.

Please note that you will be asked to send a copy of your CV before interview and all volunteers are subject to two reference checks. All volunteer roles that involve interaction with vulnerable service users require an up-to-date DBS check, which the Charity will cover the cost of.

## Contact information

Tel: 01663 795 055 (UK)

E: [admin@burningnightscrps.org](mailto:admin@burningnightscrps.org) / [victoria@burningnightscrps.org](mailto:victoria@burningnightscrps.org)

W: [www.burningnightscrps.org](http://www.burningnightscrps.org)

A: 1 Alder Brook, Chinley, High Peak, Derbyshire SK23 6DN (UK)



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