

- Role location:**
- Southampton:**
- No Limits Head Office, 34/35 The Avenue, Southampton, SO17 1XN
  - No Limits Advice Centre, High Street, Southampton, SO14 2DF

**Monday:**

9.30am to 2.30pm  
10am to 2pm

**Tuesday:**

10am to 2pm  
2 pm ro 5 pm

**Wednesday:**

**Day and time commitment:** 9am to 12pm  
9am to 12pm

**Thursday:**

4pm to 8pm  
10am to 6pm  
10am – 1pm

Please let us know if you are interested in Friday or Saturday slots

You would need to be available for one of the above sessions slots each week. Please indicate your availability on your application form.

- Responsible to:** Operations Manager – Therapeutic Services
- Disclosure and Barring Service Check (DBS):** Enhanced DBS – Child and Adult Barred List
- Essential driver?:** No, but must be able to independently travel to the role location
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Here at No Limits, our mission is **to empower children and young people to reach their full potential through information, advice, counselling and support.** Our people are key in supporting us to achieve our aims and your role in this is outlined below.

We particularly welcome applicants from diverse backgrounds and those with experiences similar to the children and young people we help and support. We are committed to creating a diverse environment where people can be their authentic self, experiences and opinions are valued, and we all are open to learn from each other.

## About the role

In this role, you will be part of a dedicated team providing therapeutic support to children and young people from five to 17 years (up to 25 years for care leavers and those with special educational needs).

This role works with clients who will also be under the Drug & Alcohol Support Hub team within No Limits. Our Drug & Alcohol Support Hub (DASH) for young people under 25 in the SO14 – SO19 postcodes is the place to go if you want support for your usage, information about substances, or are being affected by the substance use of a friend or family member.

Our DASH team gives you a wide range of information, advice and support around any substance, its effects and risks, as well as how to keep yourself safe.

To ensure you have a full cohort of clients, you will also be allocated clients from our Southampton 11 – 18 (or 25 if SEN or care leaver).

This is an opportunity to put your skills into practice, gain further experience and make a real difference to the lives of children and young people. In return, you will receive regular clinical supervision, support and training.

## About you – knowledge, skills and experience

To apply for this role, we are looking for someone with the following skills and qualities:

- ✓ Level 5+ in a humanistic counselling qualification and completed a supervised 100+ hour placement
- ✓ Membership / registration with a professional counselling and psychotherapy body, such as British Association for Counselling and Psychotherapy (BACP)
- ✓ Able to work with 11-to 25-year-olds, as most of our referrals are for this age group
- ✓ Friendly and approachable
- ✓ Non-judgmental, patient, and welcoming attitude
- ✓ Committed, trusted and reliable
- ✓ Ability to role model and maintain healthy professional boundaries
- ✓ Genuine interest in children and young people, supporting them to reach their full potential
- ✓ Ability to build trusting relationships with children and young people

Please include on your application form other relevant knowledge, skills and experience which can be from work, volunteering, education or personal experience. We value growth and may make recruitment decisions where not all essential areas are met, but you're able to show an ongoing commitment to learning and development.

## Main duties and responsibilities

- Provide weekly, short-term counselling for 11- to 25-year-olds – a minimum of three children and young people
- Manage the counselling relationship with children and young people from start to finish, working within No Limits guidelines and the British Association for Counselling and Psychotherapy (BACP) Ethical Framework, upholding relevant clinical standards
- Maintain and develop professional practice through Continuous Professional Development opportunities, clinical supervision and support from your Coordinator
- Promote best practice and challenge any unethical behaviour

## General

- Independently, and as part of a team, work in an impartial, confidential and non-judgemental way – raising any concerns immediately with your Manager
- Keep up-to-date with relevant news, information and guidance provided by No Limits
- Work within No Limits' policies and guidelines, particularly safeguarding and confidentiality
- Attend and participate in regular training / Continuous Professional Development (CPD), meetings, clinical supervision and 1-2-1 reviews
- Complete monitoring, referral and / or other forms or documents to a high standard, and as required