



A MENTAL HEALTH SOCIAL MOVEMENT

8-10 WEST STREET, OLD MARKET, BRISTOL, BS2 0BH · 0808 808 9120
REGISTERED CHARITY #1085351 · OTRBRISTOL.ORG.UK

Role Pack **Volunteer Therapist (North Somerset and Bristol)**

Thank you for your interest in this role, please find below some information to help you decide if you would like to apply. In the interests of equality CVs will not be accepted, so please apply via the website. Applicants will be assessed on their ability to meet the criteria listed in the Person Specification.

The closing date for this role is **7 April 2025 at 11.59pm** and interviews will be held on **29 April and 2 May 2025**. Candidates shortlisted for interview will be informed by email - we are not able to offer individual feedback to unsuccessful candidates.

To have an informal discussion about the role in North Somerset, contact **Rachel Mac Dermot** - rachel.m@otrbristol.org.uk

To have an informal discussion about the role in Bristol, contact **Claire Dean** - claire@otrbristol.org.uk

Role Summary

Job Title	Volunteer Therapist
Hours	Delivery days can be: North Somerset - Wednesday 12-7pm and/or Thursday 1-5pm Bristol - Tuesday and/or Thursday morning
Location	OTR North Somerset, 40a Rodney Road, Backwell BS48 4HW OTR Bristol, 8-10 West Street, Old Market, Bristol BS20BH
Accountable to	<ul style="list-style-type: none">● Team Manager (North Somerset)● Team Manager (Therapeutic Services)● Team Supervisor (Therapeutic Services)
Role Purpose	<ul style="list-style-type: none">● To offer 1:1 counselling/psychotherapy to young people aged 11-18 from across Bristol and North Somerset.
Key Relationships	<ul style="list-style-type: none">● Team Manager (North Somerset)● Therapeutic Services team● OTR staff and volunteers● Clinical Supervisor● Young People● Applicable external services.

Role Description

Counselling / Therapeutic Support	<ul style="list-style-type: none">• To provide therapeutic support to individual young people (11-18) referred to OTR Bristol, South Gloucestershire and North Somerset therapeutic services.• To work within, and abide by the ethical framework of the British Association of Counselling and Psychotherapy (BACP) or equivalent.
Administration	<ul style="list-style-type: none">• To fulfil Off the Record service user monitoring requirements and keep confidential, safe and secure records via the IAPTUS monitoring system.• Act quickly and efficiently in relation to Safeguarding concerns, working alongside your team to ensure that at risk young people are flagged and supported consistent with local protocols and procedures.• Attend regular supervision with your manager as agreed.
Other	<ul style="list-style-type: none">• To engage in training and development appropriate to the role.• To commit to the core values of OTR, including young people's empowerment and participation.• To work within the spirit and framework of all OTR policies, governance, and delivery philosophy and to keep up to date with relevant training and professional development, especially in relation to Equality, Participation, Confidentiality, Vulnerable Adults and Child Protection and Safeguarding.• To ensure all paper and electronic personal records are managed and stored safely at all times.• To respect and maintain the confidentiality of all staff, volunteers and young people at OTR internally and with external agencies.

Person Specification

	Essential	Desirable
Education & Qualifications	<ul style="list-style-type: none"> • Owning or working towards recognised therapeutic qualification, at least to diploma level. 	<ul style="list-style-type: none"> • Accredited by the BACP or UKCP or registered with other relevant professional governing body. • Qualification in working with equalities groups in a relevant area. • Further qualification in working with children, young people and families.
Experience	<ul style="list-style-type: none"> • Demonstrable experience working as a therapist with young people. • Experience working with young people from a diverse range of social, economic and cultural backgrounds. 	<ul style="list-style-type: none"> • Experience of working with social justice, and or community projects and provisions which offer social and peer support.
Knowledge	<ul style="list-style-type: none"> • Knowledge of issues related to young people, intersectionality, mental health and social and economic deprivation. 	
Skills & abilities	<ul style="list-style-type: none"> • Emphasising empowerment and client autonomy in clinical practice. • Confident and proficient user of digital technology. • Passion for and commitment to community engagement. • Excellent communication skills. • Ability to recognise and respect confidentiality. • Understanding and experience of working therapeutically over online platforms. 	
Anti-Oppressive Practice	<ul style="list-style-type: none"> • A commitment to being an agent of social change. • To respect young people regardless of who they are and what they believe. • A commitment to educating yourself about social issues and to be culturally competent. 	
Personal qualities	<ul style="list-style-type: none"> • An ability to establish and maintain relationships with young people and other professionals. • An ability to work confidently on own initiative - a self-starter. 	<ul style="list-style-type: none"> • An ability to see clients outside of normal working hours.

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| <ul style="list-style-type: none">● A commitment to personal development and learning.● Commitment to the importance of confidentiality.● Resilient; able to model good self care.● Values led with a personal commitment to equality, diversity, social justice and change.● A strong personal interest in and commitment to the mental health and wellbeing of children and young people. | |
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About us

OTR is a mental health social movement by and for young people. The charity is at an exciting stage of its 59-year history and is proud to be reaching more young people than ever before (over 20,000) across Bristol, South Gloucestershire, and North Somerset with creative and diverse mental health and wellbeing info and support.

Our approach to mental health is grounded in a set of beliefs and assumptions that underpins all of our work. We believe in celebrating diversity, empowering and mobilising young people to make change, and that catering to the unique strengths, interests and circumstances surrounding young people is key. Our approach centres on collaboration and partnership, building relationships between individuals, peers and communities.

Each day is as engaging and fulfilling as the last, and with a network of supportive, community minded people, we hope you'll feel welcome here. As a thank you, we like to compensate our employees for the important work they do with a range of benefits including a flexible leave policy, healthcare cost assistance with HealthShield, flexible and hybrid working arrangements, enhanced sick pay, parental leave, continual training and development, free yoga, and more (subject to contractual terms and conditions).

At OTR, whatever your role or professional background, you will be expected to work in a way that is anti-oppressive and inclusive. A key focus for OTR is to develop an organisation that is inclusive for all but we do not claim to be experts in this. We are committed to continuous learning and improvement in these areas and invite you to join us on this journey.

OTR recognises the benefits to individual practice and organisational credibility of having a diverse community of staff and volunteers and to this end is continually working towards building and maintaining an environment which values and pursues diversity accordingly.

We recognise that tackling systemic inequality, prejudice, racism and oppressive practice requires each of us to actively engage, self-examine and make changes where necessary, in order to improve access and equitable experience for all in society and all of those who come through our doors at OTR.

What We Believe	What We Value	How We Behave
<ul style="list-style-type: none"> ● We believe that our offer should be inclusive of all cultures and identities ● We believe that young people have unique strengths, interests and circumstances ● We believe that the world around us impacts our wellbeing ● We believe in placing young people at the heart of our work ● We believe in innovating and evolving to improve our offer for young people ● We believe that relationships are what make the difference ● We believe in the power of partnerships 	<ul style="list-style-type: none"> ● Collaboration ● Diversity ● Learning ● Sharing ● Participation ● Self-efficacy ● Self-care ● Transparency ● Agency ● Creativity ● Social Action ● Pragmatism 	<ul style="list-style-type: none"> ● We're accommodating ● We're integrated ● We're thoughtful ● We're supportive ● We're open ● We're resourceful ● We're resilient ● We're communicative ● We're independent ● We're imaginative ● We're motivated ● We're adaptable