



Working across Cambridgeshire,
Peterborough and South Lincolnshire

Frequently Asked Questions: Being a volunteer Counsellor with CPSL Mind

Where can I volunteer from?

We currently offer counselling from our buildings in St Neots and Cambridge, plus outreach locations in Huntingdon and Wisbech. Vacancies across the locations become available at different times and we recruit on a rolling basis throughout the year; we always keep the vacancy list up to date on the Volunteering page of the website.

The Changing Lives talking therapy service does not currently run in the Peterborough area so we do not recruit for that office; the nearest counselling location would be Wisbech or Huntingdon.

What experience do I need to have before applying?

We ask that all applicants:

- Are already undertaking a minimum of a Level 4 therapeutic counselling course which will provide qualification as a counsellor (as defined by the BACP)
- Are signed off as safe to practice counselling by that course
- Have carried out 20-30 hours of counselling practice in an agency setting.

We look for this level of prior experience because our counsellors work in quite an independent way and the cases we see can be quite complex so we aren't suitable as a first placement.

What supervision do you provide?

We provide group supervision to our counsellors. The sessions are monthly, two-hours long and have no more than 4 people in each group. These group supervision sessions are a mandatory part of the counselling role with CPSL Mind because they provide such invaluable peer support and learning. Most counsellors then self-fund individual supervision to ensure they have the amount required by their professional or training body.

What professional membership do I need?

We require all counsellors to be a member of a counselling professional body, most commonly BACP, NCS or UKCP.

What induction and training do you provide?

All counsellors receive 2.5 hours of induction, with review meetings at 3 months and 6 months. We hold quarterly team meetings with a CPD element and we also hold occasional certified CPD days through the year when resources allow.