



The What? Centre Ltd

Counselling Placement - Frequently Asked Questions

1. How much time in a week will the placement require?

The amount of time a Counsellor can spend on their placement is negotiable. Days and times are dependent on what room availability we have. The minimum amount of time required would be 3 hours, in a block, every week. For every 2 – 3 hours of counselling 1 hour of advice / contact time would be volunteered.

2. Will I be able to get all of my required hours at The What? Centre?

Unfortunately, The What? Centre cannot guarantee to provide all the client sessions you may require for your course, although, we wish the placement to be fulfilling for both you and the centre. It may be important for you to note that if a trainee on placement does half a day's work, they may not complete the hours required for their course within a year. Half a day would constitute 2 hours of counselling and 1 hour of advice/admin time. We would suggest evaluating the number of hours you are likely to achieve mid way through your year so that you can adjust client sessions according to what you need. (At The What? Centre or elsewhere.)

3. The What? Centre works with 13 – 25 year olds, what if my course only allows me to work with certain ages?

The What? Centre is a service for 13 – 25 year olds. Trainees on placements will be expected to work with clients within that age range.

4. What is the advice / contact part of the placement that has been mentioned?

We request that for every 2 – 3 hours of counselling that you undertake, that you volunteer 1 hour of time to the centre. This may be used to help with the advice side of the centre or help with any administration or other tasks. It may simply be so that you can have time to get to know the team. We ask for this in order that you are able to feel part of The What? Centre and as an opportunity for other learning which may aid you in your Counselling career.

5. Does The What? Centre provide and pay for my Supervision?

Unfortunately The What? Centre cannot provide Supervision for trainee counsellors or pay for trainee counsellors' supervision. We can provide a list of Supervisors who we have worked with in the past.

6. How much Supervision would I need to have?

The What? Centre requires that you have a ratio of 1 hour of supervision for every 6 client sessions, and that you should have a minimum of 1 ½ hours of supervision per month.

7.Does The What? Centre pay expenses for travel?

Unfortunately The What? Centre cannot pay expenses for placement counsellors' travel.

8. Does The What? Centre require me to have Personal Therapy when I am on placement with them?

It would be a condition of your placement at The What? Centre that you have personal therapy throughout your placement year, unless you have already had a significant amount of therapy in the recent past. We would ask that before you begin your placement with us you provide confirmation that you have started personal therapy. Over your placement year we would want you to have completed 30 hours.

We have decided to make this a condition of your placement because it is our strongly held belief that unless a counsellor has engaged themselves in therapy, they cannot understand fully the process of counselling and therefore may not be able to provide counselling at a deep level.

9.Will I be required to have a CRB Check before starting the placement?

Placement Counsellors will be required to have a CRB check before starting their placement. You may already have a CRB check with another organisation, however it is the policy of The What? Centre that all of its employees and Volunteers have a CRB check through The What? Centre. The cost of the CRB check to you is £34, The What? Centre will meet the additional administration costs.

10.What support will I be offered?

Placement Counsellors are offered regular support during their time at The What? Centre. You will be offered Contact Time with the Counselling Co-ordinator, and can receive line management and mentoring from the Counselling Co-ordinator or Chief Officer. All members of The What? Centre team are approachable and available should you need support or assistance.

11.What training can The What? Centre offer me?

The What? Centre often provides in house training and also external training. We would encourage placement counsellors to take advantage of as much of the training as possible, some training, for instance concerning Child Protection, may be mandatory.

12.Will my clients be assessed before I see them and what sort of issues will I be expected to work with?

A placement Counsellor may be expected to work with a wide and varied range of issues, however, a staff counsellor will initially assess all clients. The staff counsellor will ensure, as far as possible, that the student/volunteer counsellor will be working at a level appropriate to their level of clinical competence and experience. The relationship with the Counselling Coordinator will also be used to monitor and evaluate the appropriateness of referrals, referral/appointment procedures, as well as issues to do with boundaries, and the relationship and communications with The What? Centre.

13. Will I need insurance?

Counsellors at The What? Centre are covered by the organisation's insurance. However, it is strongly recommended that you also have your own personal insurance. *(If you are a member of BACP you can get a deal on insurance by using SMG insurers. Please see the BACP website.)*

14. Will I need to be a member of BACP?

The What? Centre as an organisation is a member of BACP and is currently working towards being an accredited member. This would cover any counsellors working as a paid worker, volunteer or on placement. Counsellors working, volunteering or on placement at the What? Centre do not have to individually belong to any professional body, however, we would **strongly encourage** membership.

Further, Counsellors working, volunteering or on placement at The What? Centre are expected to work to the ethical framework of the BACP. It is important the Counsellors working, volunteering or on placement at The What? Centre have read the BACP ethical framework for good practice in counselling and psychotherapy.

15. How many clients will I get at once, at first?

This will be decided through discussion with yourself, typically you would be given one or two clients at first with a gap in between, this could build in time depending on the time you can offer.

16. Can I tape clients for my Case Study or Supervision?

The What? Centre permits the taping of Counselling sessions. The What? Centre provides a Protocol for the taping or electronic recording of counselling sessions and a consent form. The counsellor needs to ensure that there is sufficient time for a meeting with the Chief officer and / or Counselling Coordinator before approaching a client to discuss recording.

17. What times of the day can I do my placement?

The What? Centre is open for Counselling appointments Monday – Thursday 10 am – 5 pm and on Friday 10am – 4 pm. We are not open in the evenings or at weekends, however there is a possibility that this may change in the future.

18. Is there anything else that could help me on my placement?

We would encourage all trainee counsellors to read widely on working therapeutically with young people to aid you on your placement. You will also have the opportunity to make use of the resources that The What? Centre has in your time with us, in particular you will be able to keep up with current issues through our magazine subscriptions.