ADULT FREELANCE COUNSELLOR

Birchall

Supporting people affected by rape and sexual abuse

Walney Extension Community Fund

CRH Charitable Trust

NHS Lancashire and South Cumbria Integrated Care Board

Francis Scott Trust

Sir John Fisher Foundation

Registered Charity No: 1109637 · Company Number: 5424196

AN INTRODUCTION TO BIRCHALL

The Birchall Trust empowers people affected by rape, sexual abuse, sexual violence or exploitation to recover from their trauma so they can lead safe and fulfilling lives irrespective of gender identity, sexuality, ethnicity, culture, or religion. We believe that we should live in a society that is free of rape, sexual abuse, and sexualised violence and through a trauma informed approach we….

- Realise the potentially damaging consequences of traumatic experiences and the opportunities that exist for healing through safe relationships.
- Recognise the signs of trauma, and seek to address the underlying causes
- Respond with empathy, integrating the knowledge of trauma into our policies and practice.
- Resist retraumatising people and aim to deescalate the deep anxiety that adversity can cause.

Assisting people to recover from their trauma, by enabling them to live in the present without being overwhelmed by the thoughts and feelings of the past.

OUR CORE TRAUMA INFORMED VALUES

Our values align to the core trauma informed principles around:

Safety	We recognise the impact of shame, we create safe spaces and make people feel safe, by building trusted relationships.
Trusted	We avoid judgement and understand shaming and blaming language can damage people and harm relationships. We are emotionally aware. We avoid blame. We believe and do not judge.
Choice	We ensure that the people using our services have a voice and their choices are important, we understand that everyone's experience matters, and that recovery is an individual experience and will be different for everyone.
Collaboration	We work together to achieve the best possible outcome, we are person centred and see the person' s strengths, building upon them, we are reflective and learn together
Empowerment	We seek to make a difference, innovative and be the change we want to see. We make a difference, we are transparent, and take responsibility. We develop resilience enabling people to build on their strengths.

JOB DESCRIPTION

Role:	Adult Freelance Counsellor (3 Positions)
Base:	East Lancashire, Blackpool and Barrow (The ability to travel will be required).
Salary:	£35 per hour.
Hours:	Freelance - minimum of 8-10. clients over 2 days in each location.

ABOUT THE ROLE

We are currently seeking an experienced adult therapist or counsellor to join our dedicated team at The Birchall Trust. In this role, you will provide specialist support, counselling, and therapeutic services to adults who have experienced sexual abuse, rape, or sexualised violence.

This is a meaningful opportunity to make a real difference in the lives of survivors, offering trauma-informed care that promotes healing and empowerment. Alongside one-to-one therapy, there is scope to deliver pre-trial counselling and pre-counselling assessments. You may also work with friends, family members, carers, and professionals, helping them to better understand the impact of sexual abuse and improve the support available to those affected.

Positions available in: Barrow in Furness, Blackpool/Fylde, East Lancs (Burnley/Pendle), Online

ABOUT YOU

As part of this role, you will be expected to work confidently within a multi-agency framework, managing your own caseload and safeguarding responsibilities with diligence and care. You will be proficient in using a case management system to accurately record data, session notes, and outcomes, ensuring high standards of documentation and accountability.

We are looking for someone who can demonstrate our core values in every aspect of their work showing mutual respect for everyone we support, collaborate with, and serve through our services. You will be working within the ethical framework and code of conduct of a recognised professional body, and must have experience supporting individuals affected by trauma, particularly in the context of sexual abuse and violence.

A strong understanding of risk management and safety planning is essential, along with exceptional communication skills and the ability to work with other key services and organisations. You will be able and willing to work in alignment with our policies and practices.

In return, you will be supported through monthly case management, have access to CPD opportunities and be invited to Birchall events to help you grow and thrive.

PERSON SPECIFICATION

Specialist Knowledge & Qualifications	Essential	Desirable
Recognised qualification in counselling or psychotherapy (minimum Diploma level 4 or 5) - min 100 hours counselling post qualification	E	
Experience of working with each person using our services to ensure they feel empowered and have choice to lead their own recovery.	E	
Experience of working with rape, sexual abuse, trauma, anxiety, and depression		D
Demonstrable understanding of issues and nature surrounding rape and sexual abuse and knowledge of the impacts of sexual violence	E	
Understanding and committing to working within trauma informed principles	E	
Ability to work in a time limited way with planned sessions addressing each person's priorities.	E	
An understanding of safeguarding issues, managing risk and safety and the legal responsibilities surrounding such issues	E	
You'll need a solid understanding of key legislation including confidentiality, professional boundaries, data protection and GDPR, and equal opportunities	E	
Experience of working autonomously to manage caseload, self-administration and experience/ability to use case management systems	E	
Experience of working in partnership with other agencies to ensure people can access other specialist services.		D

PERSON SPECIFICATION

Commitment to delivering quality services, achieve results, working effectively to meet KPI's and sharing knowledge and learning.	E	
Able to use reflective practice to continually improve performance by learning from mistakes and celebrating success	E	
Able to act with integrity and take personal accountability for your work.	E	
Able to listen closely and communicates effectively with a variety of communities, agencies, and individuals.	E	
Able to work in a flexible and responsive way to meet the gender and cultural needs of people using our services.	E	

HOW TO APPLY

Thank you for showing an interest in applying for a role with The Birchall Trust. Please fill out our online **Application Form.**
Alternately, go to our **Vacancies Page** on our website, select the job you would like to apply for and click the Apply Here button.

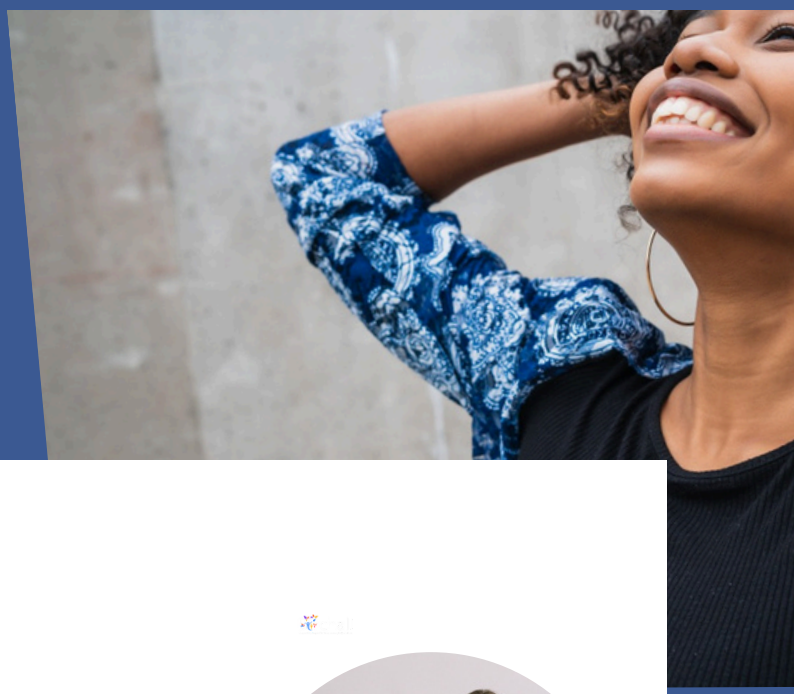
Top Tip: Please leave up to 20 seconds for the form to submit. You will be redirected to the Equal Opportunities Form once it has been submitted. You will need to attach your most recent CV and you can upload any additional documents that you think will help with your application.

If you require any further advice, please phone **01229 820828**

Birchall in Numbers

WHAT WE'VE ACHIEVED

2023-24



2022 people accessed advice and information at our community events.

310 children accessed our schools programme work.

1490 individuals contacted our services for information, advice, support and counselling.

190 people received wellbeing support

371 People received adult counselling.

44 children access play therapy.

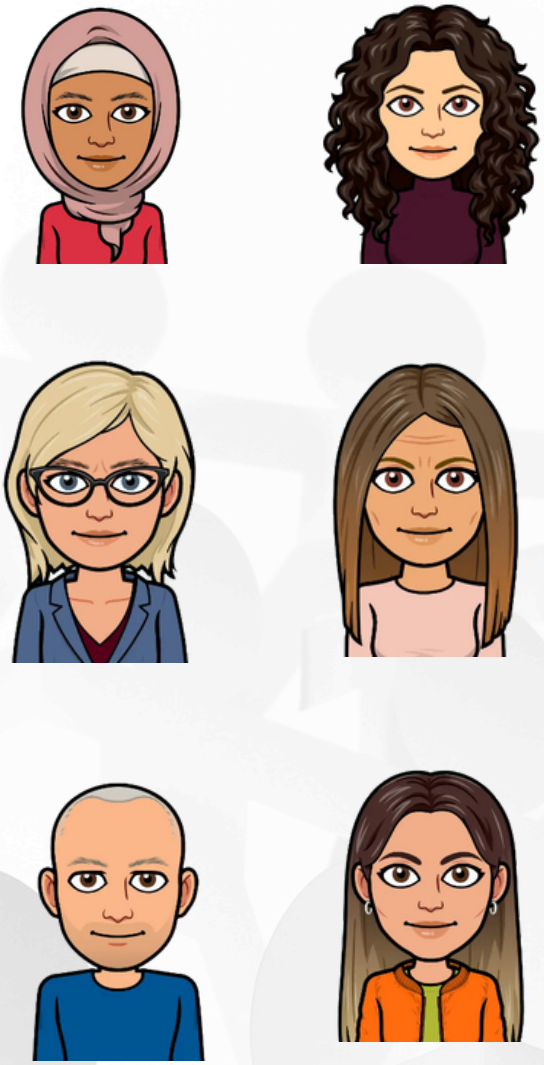
WHY BIRCHALL?

Over the years the experiences and voices of the people who use our services have told us that people recover through safety, connection, belonging, meaningful relationships, opportunities to contribute, and environments in which they feel believed, understood and valued. As a result, Birchall is embarking on a long-term transformation which commenced in 2024. We remain committed to delivering high-quality counselling and wellbeing services, but we are also building a broader trauma recovery ecosystem that enables survivors to access a wider range of recovery opportunities, including community engagement, volunteering, peer support, survivor leadership and trauma-informed recovery activities.

We deliver services throughout **Lancashire and South Cumbria** and provide:

- Counselling and psychotherapy.
- Wellness Services - i.e. walking and singing groups.
- Emotional support.
- Recovery-focused self help interventions.
- Psychoeducation.
- Therapeutic Group programmes.
- Advocacy and practical support.
- Prevention and awareness raising.
- Schools based programmes.
- Community engagement activities.
- Specialist support for vulnerable populations.

Our three-stage trauma recovery framework recognises that everyone heals differently. People can move at their own pace, take breaks when needed, and choose the support that feels right for them.



"I can now understand why I feel and behave the way I do. I have learned grounding techniques which are invaluable. The relationship between my counsellor and I has been priceless. Thank you for giving me my life back."

Previous Client

USEFUL LINKS

@thebirchalltrust

@TheBirchallTrust

The Birchall Trust

www.birchalltrust.org.uk

www.birchalltrust.org.uk

Cumbria Telephone: 01229 820828

North Lancs Telephone: 01524 239595

East Lancs Telephone: 01254 919505

Fylde Coast Telephone: 01253 201946