



STUDENT PLACEMENT

Placement Description


Supporting people affected by rape and sexual abuse



Registered Charity No: 1109637 · Company Number: 5424196

AN INTRODUCTION TO BIRCHALL

The Birchall Trust empowers people affected by rape, sexual and domestic abuse, sexualised or domestic violence 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.



STUDENT PLACEMENTS

Here at Birchall we offer a small number of placement opportunities for student counsellors and therapists across Cumbria and Lancashire. We have two intakes each year.

We're delighted that you are considering a student placement with us. Offering counselling at Birchall isn't your usual run of the mill placement, we provide a supportive and collaborative placement where you are valued and helped to grow.

We work with people at a very difficult time in their lives and it's not always easy but the impact on those people's lives and the amazing journeys they go on mean we keep striving to do and be the best we can be.

Our counselling placements will provide invaluable hands on experience for aspiring therapists wanting to work in trauma to develop their skills, gain practical insights and cultivate empathy.

We already have students from a wide range of universities and colleges, some of which we are affiliated with, and have proudly seen many of our students develop into fully qualified practitioners through us.

WHAT WE OFFER

- You will see 2-4 clients per week dependent on your individual circumstances
- Varied adult clients across Lancashire and Cumbria
- The opportunity to work online/remotely with clients, from our office base, if your course allows for this.
- A buddy/match with a qualified counsellor working here at Birchall to mentor and support
- Additional CPD opportunities
- Opportunity to join our Newly Qualified Development pathway (subject to vacancies)

WHAT WE EXPECT FROM YOU

	Essential	Desirable
Working with Adults – Working towards a recognised qualification in counselling or psychotherapy (minimum Diploma level 4 or 5) Working with children – Working towards a recognised professional qualification in CYP counselling, or Play Therapy, (HE Diploma/Degree/MA)	E	
Membership of a recognised counselling regulatory body (student) and an understanding and adherence to their ethical framework.	E	
An awareness and understanding of the impact of trauma that rape, sexual abuse or sexualised violence may have on someone.		D
A minimum of 40 hours previous counselling experience at level 4	E	
Have personal clinical supervision in place	E	
Have an up to date DBS in place	E	
Have appropriate insurance	E	
Be signed off by your university/training provider as 'fit to practice'	E	
Understanding of - Safeguarding and Risk - Confidentiality and GDPR - Professional boundaries - Equal opportunities		D
Be IT literate and have the ability to update a case management system	E	
Are willing to come to an induction day	E	

Trauma Informed Values	Essential	Desirable
Able to work in a flexible and responsive way to meet the gender and cultural needs of people using our services	E	
Able to listen closely and communicates effectively with a variety of communities, agencies, and individuals	E	
Able to act with integrity and take personal accountability for your work	E	
Able to use reflective practice to continually improve performance by learning from mistakes and celebrating success	E	
Commitment to delivering quality services, achieve results, working effectively to meet KPI's and sharing knowledge and learning	E	
Commitment to supporting people using our services to be involved through feedback and having a platform to amplify their voices	E	
Commitment to raise awareness in the community and challenge wider issues affecting the people who use our services	E	
Able to apply creative thinking and challenge the status quo to introduce new ideas	E	

HOW TO APPLY

Thank you for showing an interest in a student placement with Birchall. Please fill out our online [Application Form](#). Alternately, go to our [Vacancies Page](#) on our website, 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.

If you require any further advice on any of the above, please phone [01229 820828](tel:01229820828)

Birchall in Numbers

WHAT WE'VE ACHIEVED

2022-23

4711 counselling and wellbeing sessions were delivered by the team

229 people received adult counselling (an average of 21 sessions)



249 children attended our education programme with **192** children and young people accessing our services

33 children accessed play therapy (an average of 27 weeks)

“

I really enjoyed my time at Birchall and felt part of the team, I really learnt a lot about trauma

Student Counsellor

”

WHY BIRCHALL?

Being a part of team Birchall is a rewarding and exciting experience. With full time and freelance team members across Cumbria, North Lancs, East Lancs, and the Fylde Coast, With numerous volunteers and people with lived experience, you'll join a strong team dedicated to supporting people affected by rape and sexual abuse.

Each year we campaign, fundraise and offer educational programmes as well as wellbeing services and group work activity sessions.

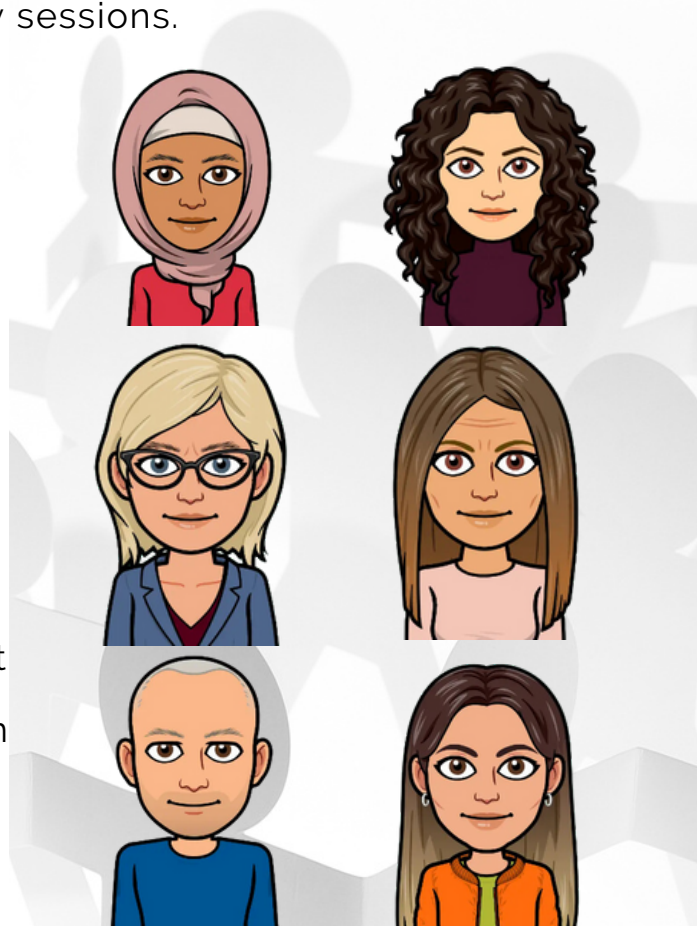
Our Volunteers

We have had some amazing people raise money and awareness for Birchall this year. From Running the Great North Run, talking to students at freshers' events, Walking the 3 peaks in one day and even joining us at the Keswick to Barrow Walk... we want to thank everyone who helps us support people affected by rape and sexual abuse this year!

What we offer

We recognise that each person using our services is an expert on their own emotional process and we aim to create an environment where people can develop trust in their own intuition and safety in a space where they can begin to explore their feelings and thoughts about their experience.

Our framework consists of 3 stages:



1. Stabilisation & Understanding

2. Processing & Acceptance

3. Integration & Engagement

Counselling

Education & Training

Wellbeing

Peer Support

“

I thoroughly enjoyed my placement
and had a great experience at
Birchall.

Student Counsellor

”

USEFUL LINKS



[@TheBirchallTrust](#)



[@BirchallTrust](#)



[@thebirchalltrust](#)



[The Birchall Trust](#)



[www.birchalltrust.org.uk](#)



[The Charity Commission](#)
[- GOV.UK \(www.gov.uk\)](#)

Cumbria Telephone: 01229 820828

North Lancs Telephone: 01524 239595

East Lancs Telephone: 01254 919505

Fylde Coast Telephone: 01253 201946