



# Oxfordshire Sexual Abuse & Rape Crisis Centre

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## *Everything you need to know about counselling placements at Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)*

### *About OSARCC*

**Oxfordshire Sexual Abuse and Rape Crisis Centre (OSARCC)** has been supporting and empowering survivors of sexual violence in Oxfordshire since 1979. Our feminist empowerment model understands sexual violence as both a cause and consequence of gender inequality which enables survivors to take control of their recovery in a person-centred way, improving mental and physical wellbeing, and raising future aspirations. We provide independent, free and confidential services in an environment where survivors can receive trauma-informed, specialist support from our experienced and friendly team of staff and volunteers. We offer **1-1 counselling** to women, girls and non-binary assigned female at birth, who have experienced sexual violence, from age 14 upwards. This is currently delivered by paid counsellors and volunteer counsellors. The service offers a safe space where women and girls can explore their experiences within an empowerment model.

OSARCC is a well-established organisation working throughout Oxfordshire. We have been a sought-after placement for Counselling and Psychotherapy students from local independent schools and universities in Oxford and also learning providers further afield, including the Metanoia Institute and the University of Warwick. OSARCC is a popular place for qualified counsellors to volunteer. You will be an essential and highly valued member of a larger team which includes counsellors, psychotherapists.

We are a Reflective organisation, constantly reviewing our services and the way we deliver them to best suit our clients' needs. We value our team and aim to be as inclusive as possible. We want all members of the volunteer and staff team to help us make this happen. We actively encourage inclusivity and diversity to our work and are keen to reach out to all survivors of sexual harm in time to come.

### *Will working with this client group be too difficult?*

More people have suffered sexual abuse at some point in their lives than many of us realise. Estimates report 1 in 4 females and 1 in 6 males so whether you work for us or not, you are likely to come across sexual abuse issues often throughout your counselling career. OSARCC clients are like any other human beings, they are ordinary people trying to come to terms with abuse so they can lead more fulfilling lives. The work can sometimes be challenging for both client and counsellor. You

will get plenty of support and the benefit of the expertise of the clinical staff to help you help your client. The work is extremely rewarding and worthwhile.

### Training

Counsellors and student counsellors will undergo OSARCC's internal CORE training on sexual abuse and sexual violence, access safeguarding training and additional training that is deemed significant at induction.

### Clinical supervision

You will need to have clinical supervision as soon as you start to practise, in accordance with BACP guidelines.

We will also provide clinical Supervision by the counselling and groups manager, by either 1-1 supervision up to an hour a month, or we will provide two hours' group supervision every month. We expect 80 per cent attendance. This is IN ADDITION to any requirements that you agreed institute of learning.

### Management supervision and support

We will allocate you a named management supervisor for regular management supervision and support. Your management supervisor and/or your clinical supervisor at OSARCC will provide placement reports if they are a requirement of your course.

### Professional membership and insurance

OSARCC is a member of the National Counselling & Psychotherapy Society (NCPS) and under application for British Association of Counselling and Psychotherapy (BACP) organisational membership, and as such are committed to its ethical framework. You will need to have your own personal membership with BACP or equivalent professional body. OSARCC carries Professional Liability Insurance for all its counsellors and therapists, but you are also required to hold your own cover as a Volunteer.

### What commitment are you looking for from me?

We would like you to see a minimum of three clients per week and commit to volunteering for two years, although we would love you to stay with us after this. We would like you to attend relevant meetings, keep in touch regularly, complete paperwork and client records on our data base and always ask if you need extra support. We will often communicate by e-mail, so we ask that you read these. You will need to be responsible for maintaining professional boundaries and confidentiality.

Oxfordshire Sexual Abuse and Rape Crisis Centre is a company limited by guarantee, registered in England & Wales No: 6835605.

Registered Charity No: 1131054.

## *Safeguarding*

OSARCC is committed to safeguarding and child protection. You will have a Designated Safeguarding Lead and will be asked to complete some online 'Child Protection' and "domestic abuse" training which is essential in your counselling work. OSARCC will carry out a DBS check on all those working on a one-to-one basis with clients.

## *Client work*

All clients on our counselling waiting list at OSARCC will be assessed for need. When you are allocated a client, you will be expected to complete your own assessments (template provided) and complete the life cycle of our clients journey, this included an outcome measure and case study where appropriate.

No student counsellors will be allocated clients presenting with current suicidal ideation, suicide attempts, serious mental health issues or under 18s, unless specifically training on a young people's course with extensive previous experience. After qualifying you may wish to consider working with young people which is valuable and rewarding.

OSARCC offers 12 sessions of counselling to clients in the first instance. We can offer a maximum of 20 sessions if needed. We just ask that you maintain professional boundaries, use your supervision effectively and have regular reviews with your client. We use Core10 to measure outcomes. We use studies as qualitative and reflective practice.

## *Where will I be working?*

OSARCC We will provide you with a suitable, confidential space for your work, help you manage risk and safety and not expect you to work on your own. You may at times need to be working remotely.

## *How do I apply to become a volunteer counsellor?*

Contact us for an informal chat or complete an application form. If you are shortlisted, you will be invited to an interview with two members of our friendly clinical team. This is the opportunity for you to learn about us and for us to learn about you.

If we are the right match for each other and we're thinking along the same lines, we will offer you a place on our core training and provide an induction.

## *How soon can I start working with clients?*

As soon as you have your 'Fitness to practice' from your learning provider, received your DBS check and references and you have completed paperwork requested by OSARCC.

You will need to be: Studying for a Diploma at level 4 or above, or a Foundation Degree/BA/Masters with a course provider recognised by OSARCC. Your course should include elements of tutor led face-to-face triad work and a facilitated Personal Development and Theory aspect.

*Want to find out more? Have a chat with us. We can also arrange for you to speak to one of our volunteer counsellors to check out their experience of OSARCC. We would love to hear from you.*

**Have a look at our website too: <https://www.osarcc.org.uk/support-our-work/volunteer/>**