

# Freelance Counsellor / Therapist

Useful information to consider before applying

To apply, please send your CV to  
[counselling@heymin.org.uk](mailto:counselling@heymin.org.uk)

## **The Talking Therapies Team at Hull and East Yorkshire Mind manage several talking therapy projects for adults that fall within one of two categories namely:**

- Statutory Services (NHS) or
- Non-Statutory Services.

Each project has contract requirements, therefore the required criteria for each category is very specific. However, if you are self-employed, willing to work across the Hull area and fulfil the criteria as below then the Talking Therapies Team would like to hear from you.

### **Essential Criteria for all**

Applicants must be able to demonstrate on application the following criteria:

- Therapy qualification(s) depicting when and where completed training, minimum must be a level 4 Diploma in counselling or NHS Talking Therapies, for anxiety and depression qualification.
- Registered and accredited or working towards accreditation with the British Association for Counselling & Psychotherapy (BACP), British Association for Behavioral & Cognitive Psychotherapies (BABCP) or other counselling regulatory body.
- Your regulatory body name and membership number.
- Qualified to deliver National Institute for Health and Care Excellence (NICE) approved NHS Talking Therapies evidence-based psychological therapies, such as:
  - o Eye Movement Desensitization and Reprocessing (EMDR)
  - o Person-Centered Experiential Counselling for Depression (CfD)
  - o Interpersonal Therapy (IPT)

### **Desirable Criteria for all**

- Enrolled to the Disclosure and Barring Service (DBS) Update Service.
- Possession of a full current driving license with use of motor vehicle for work purposes and prepared to travel across the region.

### **The Role**

All roles are on a self-employed basis. Successful applicants must be willing to commit to a minimum of eight to twelve client sessions per week between 8am and 8pm Monday to Friday and willing to deliver both face-to-face and online therapy sessions.

The adults that you will be working with typically present anxiety, depression, low mood or behavioral managements difficulties. You should be willing to take part in regular case management with the relevant team lead, attend online, internal and external courses as and when necessary.