

Post Specification

Post Title:	Student Counsellor Intern
Post Status:	Intern full time for one year from June 2014 to June 2015
Department/Faculty:	Student Counselling Service
Closing Date:	12 noon Thursday, 17 th April 2014
Salary:	€30,000

Post Summary

The Student Counselling Service wishes to recruit a counsellor intern to join the team. The Service is professional and dynamic, responding to the mental health, psychological, social and academic needs of students through a variety of programmes. The Service works in collaboration with other student support services such as the College Health Service and academic staff such as Tutors.

The main focus of the intern post is the provision of one-to-one brief counselling and group therapy interventions. Applicants must hold a post-graduate qualification in counselling psychology, psychotherapy or clinical psychology. Candidates must have relevant work/placement experience preferably in student counselling and or in a mental health setting. They must also demonstrate a proven record of managing a large caseload at peak demand periods. Previous experience in team work, training and group work interventions is essential. Excellent writing and interpersonal skills, flexibility and a commitment to professional development and research are essential. Interest in and experience of online mental health programmes would be an advantage.

A panel will be established for future intern vacancies. Current final year Counselling Psychology students are eligible to apply and will be considered for the panel.

Department Summary

The Student Counselling Service is located at 3rd Floor, 7-9 Sth Leinster St, Trinity College.

The aims of the Service are to support students to develop their independence and coping abilities to enable them to manage any personal, academic and relationship difficulties which may be interfering with their ability to participate in their course of study. The Student Counselling Service provides a range of direct services for students including:

- Individual counselling and group support
- Online mental health supports
- Learning support and development;
- An extensive workshop programme;
- A Peer Support programme;
- A library of self help resources some of which are web based;

- A consultative, advisory and training service for staff and students.

Over 9% of the student body use the services. Students (approx. 1500 per annum) present for individual counselling with a range of issues including mental health, relationship issues, family difficulties and academic concerns. Most of the one to one counselling is brief, 90% of clients are seen for less than 8 sessions. The average number of sessions is under 4. The Service works closely with other student services including the College Health Service, G.P.'s, psychiatrists and the College Tutors.

For further details please visit the Student Counselling Service web site at <http://www.tcd.ie/student-counselling>

Interviews will be held on Thursday, 8th May 2014. Informal enquires can be made to Deirdre Flynn, Director of the Student Counselling Service, or Annemarie Naughton, Clinical Co-Ordinator, – Tel: +353 1 896 1407.

The Responsibilities and Duties of the Student Counsellor Intern:

The Student Counsellor Intern reports to and assists the Director of the Student Counselling Service and/or the Clinical Co-Ordinator in the provision and development of the services offered by the Service. The counsellor intern's main responsibility is the delivery of counselling to students. In addition to this the Counsellor Intern is expected to be involved in a range of other activities as outlined below.

The duties of the Student Counsellor Intern include the following:

- To provide individual counselling to students with emotional, psychological, social, academic or personal development needs (In keeping with professional guidelines, to a maximum of 20 hours weekly);
- To facilitate groups and courses designed to assist students with their mental health and wellbeing.
- To liaise with and encourage a two-way referral system with the other student support services in the College (psychiatrists, GP's, career advisory service, chaplaincy, etc);
- To refer students to external services as appropriate and to develop links with services in the community such as Voluntary Agencies and Statutory Services.
- To liaise with and advise academic staff, and particularly tutors, in relation to individual students that the student counsellor intern is seeing. The Service is confidential and liaison is undertaken with the students consent;
- To undertake duty and/or brief consultations as rostered. The service provides daily emergency appointments from 3.00 p.m. to 4.00 p.m. and brief consultations

1-2 p.m. The counsellor on duty also provides consultations to members of staff seeking advice during that day;

- Opportunity to work with students in an online environment
- To be involved in the preparation and provision of training workshops for tutors, wardens, deans and other academic staff;
- To participate in Student Counselling Service team meetings, in regular in-service consultation, on-going supervision, training and professional development;
- To be eligible to work towards registration with the appropriate professional bodies (PSI, ICP). In- house supervision will be provided.
- Membership of professional organisations is encouraged. Posts of responsibility in such bodies need to be agreed with the Director of the Service, as they require considerable time and secretarial support;
- To maintain case records and statistical data as required by the Student Counselling Service; excellent computer skills (knowledge of Microsoft Office packages) is essential. Knowledge of file management and data management is also desirable.
- To contribute to research focused on improving clinical practice, such as evaluating the effectiveness of interventions, client satisfaction, etc.;
- To comply with and participate in the ongoing reviews and development of service procedures and policies; and
- To perform other such duties related to the post as required by the Director of the Student Counselling Service/Clinical Co-Ordinator from time to time.

Counsellors' workloads are assigned by and agreed with the Director of the Service/Clinical Co-Ordinator. Where possible tasks e.g. training, analysis of feedback data, etc, are distributed to meet the preferences of staff. However, given the limited personnel available and the volume of work, this is not always possible. Flexibility is essential in this regard. In undertaking their tasks the counsellor intern will abide by the Service's procedures and policies.

The Service is currently delivered between 9 a.m. and 5.30 p.m. During term time the service is open during lunch times and on Tuesday evenings until 8pm. Much of the training for students, i.e. peer support, Niteline, bereavement support group, take place in the evening and during lunch time. Time off in lieu may be taken. This must be agreed with the Director/Clinical Co-Ordinator in advance of the work being undertaken. The Service may increase its out of hours service provision so there may be a requirement to

undertake some counselling hours outside of the 9-5.30 structure i.e. one evening and one lunch time per week. Flexibility is required.

Candidates should submit a cover letter and full curriculum vitae, to include the names of three referees, to student-counselling@tcd.ie.

Closing date is 12 noon. Interviews will most likely be held on Thursday 8th May.