

Inspired Minds

COUNSELLOR JD

Inspired Minds

Who We Are

Inspired Minds is a faith based, voluntary mental health charity located in London that launched in 2014 with the aim to raise awareness, combat stigmas and provide professional, non-judgemental, confidential support to those with mental health illnesses. Although Inspired Minds works predominantly with those from an Islamic faith, we do not disregard any persons of differing backgrounds. Our initial research showed many Muslims found it difficult to seek help as they felt they would not be understood by someone who did not understand their faith or culture, thus they chose to remain quiet and not seek help. We are here to change this and cater for this need.

Our Vision

We are passionate to build a society where people experiencing mental health challenges can receive understanding, recognition and are empowered to live a fulfilling life.

Our Mission

We are a grassroots charity which aims to reduce stigma, raise awareness and provide advice, support and encouragement to those, in particular Muslims, affected by mental health problems from a faith and culturally sensitive perspective.

Our Values

Our core values form the foundation, beliefs and principles that lie at the heart of our organisation.

Islamic

We are inspired, anchored and guided by our faith, which illuminates why we do what we do.

Compassionate

We attend to the needs of every person with sensitivity, empathy and kindness.

Ambitious

We are determined to go the extra mile and make a lasting difference.

Respect

We treat one another with dignity, honesty and understanding; valuing differences and all contributions.

Excellence

We continuously learn, improve and strive to be the best in everything we do.

Counsellor JD

Job Title: Counsellor

Team: Support

Hours: 2-3 hours per week

Duration: Permanent

Purpose: To help people to explore feelings and emotions that are often related to their experiences, allowing their clients to reflect on what is happening to them and consider alternative ways of doing things.

Responsibilities

- Support clients in developing skills in any aspect (social, personal) via a variety of communication methods.
- Establishing a relationship of trust and respect with clients.
- Agreeing a counselling contract to determine what will be covered in sessions.
- Offer a short-term counselling service.
- Encouraging clients to talk about issues they feel they cannot normally share with others, helping them understand their concerns deeply.
- Actively listening to client concerns and empathising with their position, without bias.
- Helping clients to make decisions and choices regarding possible ways forward.
- Referring clients to other sources of help, as appropriate.
- Attending supervision and training courses.
- Working to agreed targets in relation to client contact, responding to clients with seven working days.
- Maintaining high levels of professionalism and confidentiality.
- Keeping records and using reporting tools as sought by the organisation.

Required Skills

- Registration with a professional body like the British Association for Counselling and Psychotherapy (BACP) or UK Council for Psychotherapy (UKCP).
- Abiding by the ethical framework for counselling.

Team Work

- To ensure confidentiality and privacy are never breached.
- To attend and participate in meetings.
- To work respectfully and cooperatively with colleagues, taking on board suggestions and recommendations.
- To attend any training to progress in individual professional development.
- To participate and take on any further tasks in relation to the post, which may benefit Inspired Minds.