



inspired
minds

JOB DESCRIPTION

COUNSELLOR/CBT THERAPIST

Inspired Minds

Who We Are

Inspired Minds is a grassroots charity that was founded in 2014 to bridge the gap in the understanding of mental health within and between our communities. To achieve our mission and vision, our approach is 2-pronged. We provide critical support and counselling services for both Muslim and non-Muslim clientele alike; recognising cultural, spiritual and Islamic needs. We also actively raise awareness on a variety of issues experienced within our communities, which is informed by the field-based research that we conduct to further our understanding.

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 an Islamic grassroots charity that raises awareness and provides support from a faith-based and culturally-sensitive perspective, to those affected by mental health challenges.

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 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/CBT Therapist JD

- **Job Title:** Counsellor/CBT Therapist
- **Team:** Counselling and Support
- **Required Hours:** To be able to take on at least 2 clients at one time (session times with clients can be arranged with individual clients)
- **Availability:** Counsellors must attend quarterly IM team meetings (January, April, July and October, all are online, but we aim to have one face to face event per year), monthly group supervisions (which usually last up to 2 hours) and meetings with their manager at the agreed times.
- **Position:** Paid
- **Duration:** Permanent
- **Purpose:** The counsellor/CBT Therapist will provide mental health counselling support to clients that self-refer to our services via our website.

Role Responsibilities

- Performing therapy sessions in a controlled environment with clients.
- Using verbal interaction to explore behaviour, attitudes and emotions.
- Helping clients to understand and address their inner conflicts and reflect on issues to help them make positive changes.
- Establishing a relationship of trust and respect with clients.
- Actively listening to client concerns and empathising with their position.
- Support clients in their personal development and in achieving personal goals.
- Agree on a counselling treatment plan to determine what will be covered in sessions.
- Refer 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.

Essential Requirements

- Qualification with a professional body like the British Association for Counselling and Psychotherapy (BACP), UK Council for Psychotherapy (UKCP) or British Association for Behavioural and Cognitive Psychotherapies (BABCP) - we are currently not able to take on trainee or student counsellors.
- Abiding by the ethical framework for counselling or CBT.
- Experience working with Muslim clients.

Desirable Requirements

- Qualification or training in Islamic Psychology or Islamic Counselling.

Benefits

- Be at the forefront of Muslim Mental Health in the UK being part of one of the UK's largest Muslim Mental Health charities.
- An immensely rewarding role, providing many opportunities for personal growth and development.
- Gain experience working in a diverse and supportive team.
- Invited to exclusive Inspired Minds events, internal training and skills development.
- Be the first to hear about our upcoming opportunities and projects.
- Helping people to heal and reconnect with their true selves.