

# Volunteer therapist


## Role description



### Join our volunteer therapist team

Volunteer with blink and you'll be part of a dedicated, energetic and inspiring team who care deeply about blink's mission to provide welcoming spaces for people to receive professional mental health support, where they can be heard, connect with others, and reconnect with themselves.


### Therapy at festivals? How does that work?



As a blink therapist, you will volunteer at one or more of the participating festivals. You will offer therapeutic support to a wide variety of individuals (18+) who are experiencing distress or mental health challenges, as well as speaking with those who are curious about therapy and are looking for a space to be heard by a therapist for a variety of reasons.



Our therapists are flexible, adaptable, and responsive and willing to modify their therapeutic models and processes to suit the festival setting. They offer 1:1 face-to-face support to a maximum of 4 festival goers per 4 hour shift on each day of the festival. Sessions take place in a furnished bell tent and usually last up to 45 minutes per client. Sessions are usually pre-booked and managed by our wonderful wellbeing volunteers but can be arranged ad-hoc if there is availability. During some festivals there is high demand and therapy sessions get booked up fast; at others, the demand fluctuates and there is room for a therapist to use time creatively and collaboratively with others. Other therapists on shift, the shift supervisor and our wellbeing volunteers are working in close proximity and are available to offer support.



The work can be enormously uplifting, stimulating, and deeply rewarding. It can also be daunting and, at times, challenging as you will be meeting a range of people, without triage, some of whom may be distressed. We work closely as a team and there is always someone on hand to offer great collegial support and supervision where needed. blink ensure we have robust safeguarding escalation processes in place, work closely with other medical providers at each festival, and think carefully together about how we do what we do in a calm, safe and supportive way.



### More information on this role

The volunteer therapist role primarily offers 1:1 therapy sessions to festival goers. You may also provide support and guidance to our wellbeing volunteers.

In this role, you will:

- Work at all times in accordance with relevant professional ethical standards and frameworks
- Contribute to blink's inclusive culture and commit to working in an anti-racist, anti-discriminatory and anti-oppressive manner
- Commit to understand and follow blink's safeguarding policy and procedures
- Create an inclusive, calm and reassuring setting
- Quickly form a trusting therapeutic relationship with festival goers
- Make a collaborative and rapid assessment of the needs, priorities and goals of the festival-goer
- Encourage festival goers to talk about their feelings, thoughts and behaviour
- Assess risk that clients may pose to themselves or others and take appropriate action according to blink's procedures
- Work together with the festival goer to formulate and make sense of what they have bought for discussion
- Implement appropriate and timely single-session intervention, where relevant
- Signpost to other resources or agencies as appropriate; this might be support someone can access on-site (you will be made aware of this prior to commencing your shifts) or more general advice regarding accessing mental health support after the festival
- Participate in supervision during the festival to reflect on your own work, and/or if you have concerns
- Follow the smart-casual dress code expected of you when meeting festival-goers for their sessions.



## What you'll get in return

- Festival access including camping (with access to toilets/showers) and parking. Sometimes food is also provided (this varies per festival).
- A therapists' briefing before you go, held by therapists that have previously volunteered with blink. This will be a space to connect and prepare for the work together, to become confident in blink's ethos, values and mission, as well as relevant processes and procedures. You'll also have an opportunity to ask all your burning questions or squash any concerns or nerves!
- We hope to increase your competence and confidence in adapting your skill set and experience flexibly, particularly to the cultural context of a festival, including managing risk/disclosures, safeguarding and unconscious bias.
- A well-supported and managed volunteer experience.
- Opportunities to meet like-minded people and create new friendships.
- An insight into the different working environments of both the mental health charity sector and at events and festivals.
- A rewarding experience where you feel good for giving back and helping others, plus a strengthened sense of community.

## Further opportunities

If you love what we do, and would like to do more to support blink, there are additional opportunities open to all our volunteer therapists:

### **Step up to the role of Shift Supervisor for some of your allocated festival shifts**

blink's Shift Supervisors are experienced in clinical supervision and have at least five years of experience working within adult mental health. Shift Supervisors are part of our core teams of festival therapists. Their shifts are split between offering 1:1 sessions in the bell tents for festival goers, and providing ad-hoc supervision, support and guidance to fellow therapists and wellbeing volunteers where necessary. They are also responsible for supporting the team to follow blink's risk assessments and safeguarding procedures and to manage urgent requests for support from festival goers, where these arise.

### **Design and deliver workshops to festival attendees**

If you have a passion for sharing your skills and knowledge with others to help improve their wellbeing, we would love to work with you to develop group workshops in line with our ethos. We have previously worked with facilitators to offer workshops in mindfulness practice, journalling, mindful photography and yoga.

### **Develop blink's service behind the scenes**

blink's volunteer therapists are invaluable in helping us to improve and extend our services, ensuring that everything we do is trauma-informed, clinically sound and quality-assured. Our team works throughout the year to develop policies and processes, plan festivals, and recruit further volunteers.

## What do you need to join us

Professional qualifications, experience, and motivation (assessed at application)	Volunteer Therapist	Shift Supervisor	Workshop Facilitator
Accreditation (BACP, HCPC, BABCP, BAMBA) as a Psychotherapist, Counsellor, or Clinical/Counselling Psychologist	Essential	Essential	Essential
Hold own professional indemnity insurance	Recommended	Recommended	Recommended
Willingness to undertake a DBS check	Essential	Essential	Essential
At least 2 years' experience in the field of adult mental health	Essential	Essential	Essential
Over five years' experience working within the field of adult mental health	Not required	Essential	Not required
Experience and/or qualification in the clinical supervision of others	Not required	Essential	Not required
Relevant training in the modality appropriate to your workshop offering	Not required	Not required	Essential
Understanding of and commitment to blink's mission and values	Essential	Essential	Essential
<b>Experience, knowledge and values (assessed at interview)</b>	<b>All volunteer therapists</b>		
Experience of flexing and adapting to meet the needs of an individual	Essential		
Understanding of and commitment to trauma-informed, inclusive, and anti-discriminatory mental health support	Essential		
Understanding of how to recognise and respond to safeguarding concerns	Essential		

