

Volunteer Role Profile: Volunteer Therapist for Out of the Woods CIC

Role Title: Volunteer Therapist

Location: Cornwall, UK

Hours: Flexible, with a minimum commitment of 3-5 hours per week (dependent on availability and client needs)

Role Overview:

As a Volunteer Therapist at Out of the Woods CIC, you will provide therapeutic support to children and young people who have experienced Adverse Childhood Experiences (ACEs). Your role will involve offering creative therapeutic services such as play therapy, music therapy, drama therapy, or other relevant therapies. Through your work, you will help children process trauma, develop emotional resilience, and find ways to heal from their past experiences. You will work closely with our clinical team and be an essential part of our mission to help children rebuild their lives after trauma.

Key Responsibilities:

- **Deliver Therapy Services:** Provide one-on-one or group therapy sessions, using your chosen therapeutic modality (play therapy, music therapy, drama therapy, etc.), to children and young people who have experienced ACEs.
- **Individualised Care:** Tailor your therapeutic approach to meet the specific needs of each child, ensuring that therapy is responsive to their emotional and developmental stage.
- **Build Trust:** Establish a safe and trusting therapeutic relationship with children, helping them express their emotions and process past traumas, particularly when they may struggle to articulate their feelings verbally.
- **Create Therapeutic Activities:** Develop and implement creative therapeutic activities that support children in processing their trauma and fostering emotional growth. These activities could include games, music, art, storytelling, and role-play, among others.
- **Collaborate with the Team:** Work closely with the Clinical Lead and other therapists to discuss the progress of cases, share insights, and ensure a holistic approach to each child's care.
- **Case Recording and Reporting:** Maintain accurate and confidential records of your sessions, including notes on the child's progress, challenges, and therapeutic interventions.
- **Support Child Development:** Help children build key emotional skills, such as emotional regulation, resilience, self-esteem, and social interactions, through therapeutic support.
- **Adhere to Safeguarding Protocols:** Ensure all work is carried out in line with safeguarding regulations and Out of the Woods CIC's safeguarding policies, ensuring the safety and well-being of children at all times.
- **Participate in Training and Supervision:** Attend regular supervision sessions with the Clinical Lead or Therapy Coordinator to discuss case management, personal development, and receive support. Participate in relevant training to enhance your professional skills and understanding of trauma-informed care.

Skills and Qualifications:

- **Professional Qualification:** A recognised qualification in therapeutic practice, such as in play therapy, music therapy, drama therapy, or equivalent.
- **Experience Working with Children:** Previous experience working with children and young people, particularly those who have experienced trauma, is highly desirable.
- **Therapeutic Knowledge and Practice:** A solid understanding of therapeutic modalities such as play therapy, music therapy, or drama therapy, and the ability to adapt these approaches to the needs of individual children.
- **Empathy and Compassion:** Strong ability to build rapport with children and provide a safe, non-judgmental space for them to express their feelings and process difficult experiences.
- **Understanding of ACEs:** Knowledge of Adverse Childhood Experiences (ACEs) and the impact they have on children's mental health and development is essential.
- **Confidentiality and Professionalism:** Understanding of confidentiality protocols, and the ability to maintain professionalism and discretion in all interactions and case management.
- **Commitment to Safeguarding:** A commitment to safeguarding children and ensuring that all interactions adhere to the organisation's safeguarding policies.
- **Supervision and Reflection:** Willingness to engage in regular supervision and reflective practice to ensure the highest standard of therapeutic care is provided.

Support and Training:

- **Induction and Orientation:** A thorough induction into the organisation, including an overview of Out of the Woods CIC's therapeutic approach, safeguarding policies, and operational procedures.
- **Ongoing Professional Development:** Access to training and professional development opportunities related to working with children, trauma-informed care, and specific therapeutic practices (e.g., play therapy, music therapy).
- **Clinical Supervision:** Regular supervision with the Clinical Lead or Therapy Coordinator to provide support, case review, and professional guidance.
- **Peer Support:** Opportunities to connect with fellow therapists and team members for sharing insights, challenges, and best practices.

Why Volunteer with Us?

- **Make a Real Difference:** Your work will have a direct impact on the lives of children who have experienced trauma, helping them heal and thrive despite their past experiences.
- **Enhance Your Professional Development:** Gain valuable experience working within a nonprofit setting, and deepen your understanding of trauma-informed therapy with children and young people.
- **Supportive Team:** Join a passionate and dedicated team of professionals who are committed to providing high-quality therapeutic care to children and young people in Cornwall.
- **Flexible Role:** This volunteer role offers flexibility in terms of hours and location, allowing you to contribute while balancing other commitments.

- **Strengthen Your CV:** Enhance your therapeutic and professional skills in a supportive, child-centered environment that will strengthen your portfolio and experience in the nonprofit sector.

How to Apply:

Please submit your application via info@outofthewoods-therapy.co.uk, including a brief cover letter outlining your motivation to volunteer and any relevant experience.

Out of the Woods CIC is an equal opportunities organisation and values diversity in its volunteer base. We encourage applications from individuals of all backgrounds.

About Out of the Woods CIC:

Out of the Woods CIC is a not-for-profit organisation dedicated to providing play therapy, music therapy, drama therapy, and other creative therapeutic services to children and young people in Cornwall who have experienced Adverse Childhood Experiences (ACEs). Our work helps children process trauma, express their emotions, and rebuild their lives, enabling them to create a brighter future. We offer flexible, subsidized therapy sessions tailored to the unique needs of each child, with no time limits, ensuring they receive the care they need to heal.