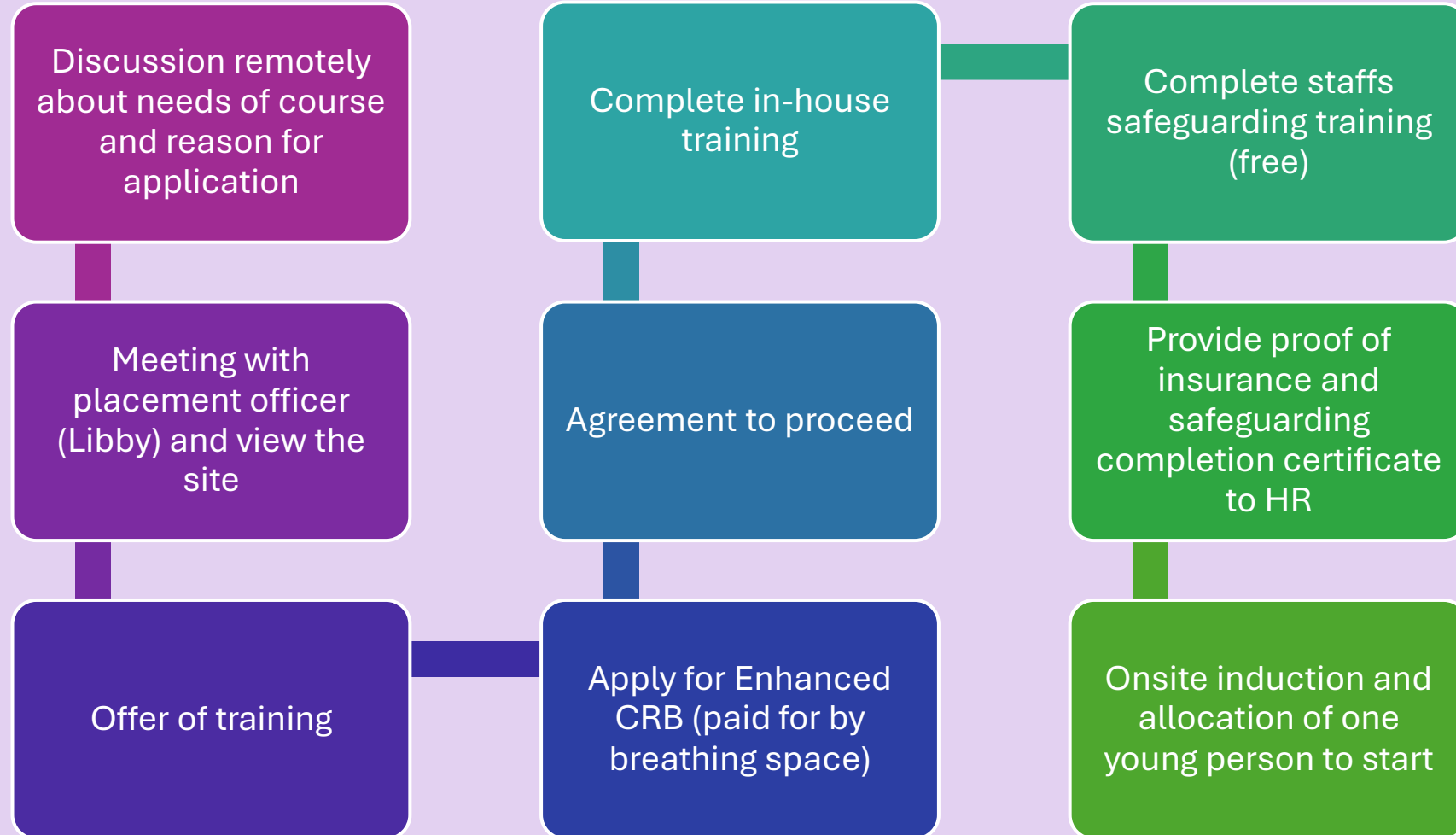


# Placements at Breathing Space



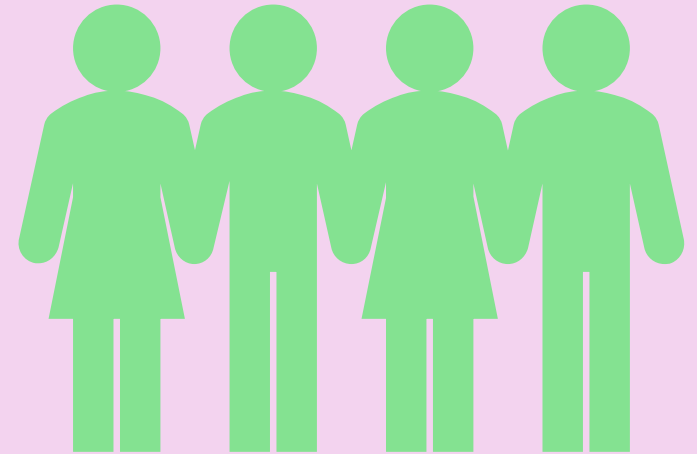
**An introductory guide**

# What happens next?



# Who will I work with?

- We have young people of primary and secondary ages; therefore, all therapeutic intervention takes place during school hours, term time only
- Our young people have diverse backgrounds and a variety of needs
- You will be allocated one young person initially and this will be increased with consideration of competence and suitable time availability
- Each young person is assessed before joining our group provisions and you will be allocated a young person assessed suitable for your stage of training



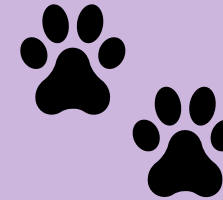
# Where will I work?



Our young people are with us because they struggle in a mainstream school environment, they often have challenges with sitting still and concentrating



Many of our young people have had a lot of professionals in their life and can be cynical about opening up to new people



Due to these factors, we provide counselling and therapeutic work in the outdoors; utilising nature & animal assisted interventions as a method of engagement.

*As a student counsellor you can use various outside spaces to conduct your 1:1 sessions*

How many  
hours can I  
do?

Breathing Space offers up to three hours a week with our young people, it is occasionally possible to offer a fourth hour if you are flexible with scheduling

Our young people are often with us for a long time and there is no limit to the number of sessions you carry out with each young person, as long as there is continued therapeutic value

Everyone starts with one young person for the first three weeks (minimum) so we can be sure you find your feet and are up to speed with the way we work

# What can I do during the sessions?

- We encourage creativity and personalised intervention
- We find sessions are more productive when there is good rapport between the volunteer and young person
- You are welcome to include tailored activities such as planting, walking, sport-based activities, craft projects, play based therapies
- All activities must be risk assessed and suitable for the needs and abilities of the young people
- If in doubt talk to your group lead or Libby, our placement officer
- Trust takes time, so don't be put off if it takes a while to hit a relational depth with your designated client(s)

# What information do I get before I meet the young person I am working with?



Each young person at Breathing Space Therapeutic Services CIC is referred to us by the school or local authority. When this happens, the referrer completes a referral form, the amount of information in this document can vary due to the approach and knowledge of the agency.



They then come for a site visit and a thorough assessment, including needs and risk



The group leads work with the young person to set personal therapeutic targets



All this is collated and stored securely in the cabin



Plan time before the session to make yourself familiar with this information before working with the young person, particularly the risk assessment sections

# What do I need to provide on session day?

After each of your sessions you will need to keep a record of who you have seen, at what time and a brief note about the content. This simple sheet is kept in the learner's file



You must hand over the young person to the group lead personally at the end of your session



If there are any concerning disclosures, or safeguarding concerns raised during the session, these must be discussed with the group lead before you leave site and a written account of the words of the young person must be emailed to the group lead to forward to the relevant authorities



# What additional costs will I have?

## Supervision

We have group supervision every 4-6 weeks which you will be required to attend.

For the needs of your course, it is likely you will need your own 1:1 supervision and it will need to be more regular than this. The extra supervision is not provided by us.

## Insurance

Our insurance does not cover one on one sessions for counselling students.

This is something that must be acquired by you before starting a placement with us. It is usually around £30 for the year.

You will need to send proof of insurance to HR.

# What if I feel out of my depth!?



IF YOU FEEL OUT OF YOUR DEPTH YOU CAN SPEAK TO YOUR GROUP LEAD, SARA OUR CLINICAL SUPERVISOR OR LIBBY OUR PLACEMENT OFFICER. WE MAY BE ABLE TO HELP BY OFFERING YOU ADVICE OR GUIDANCE.

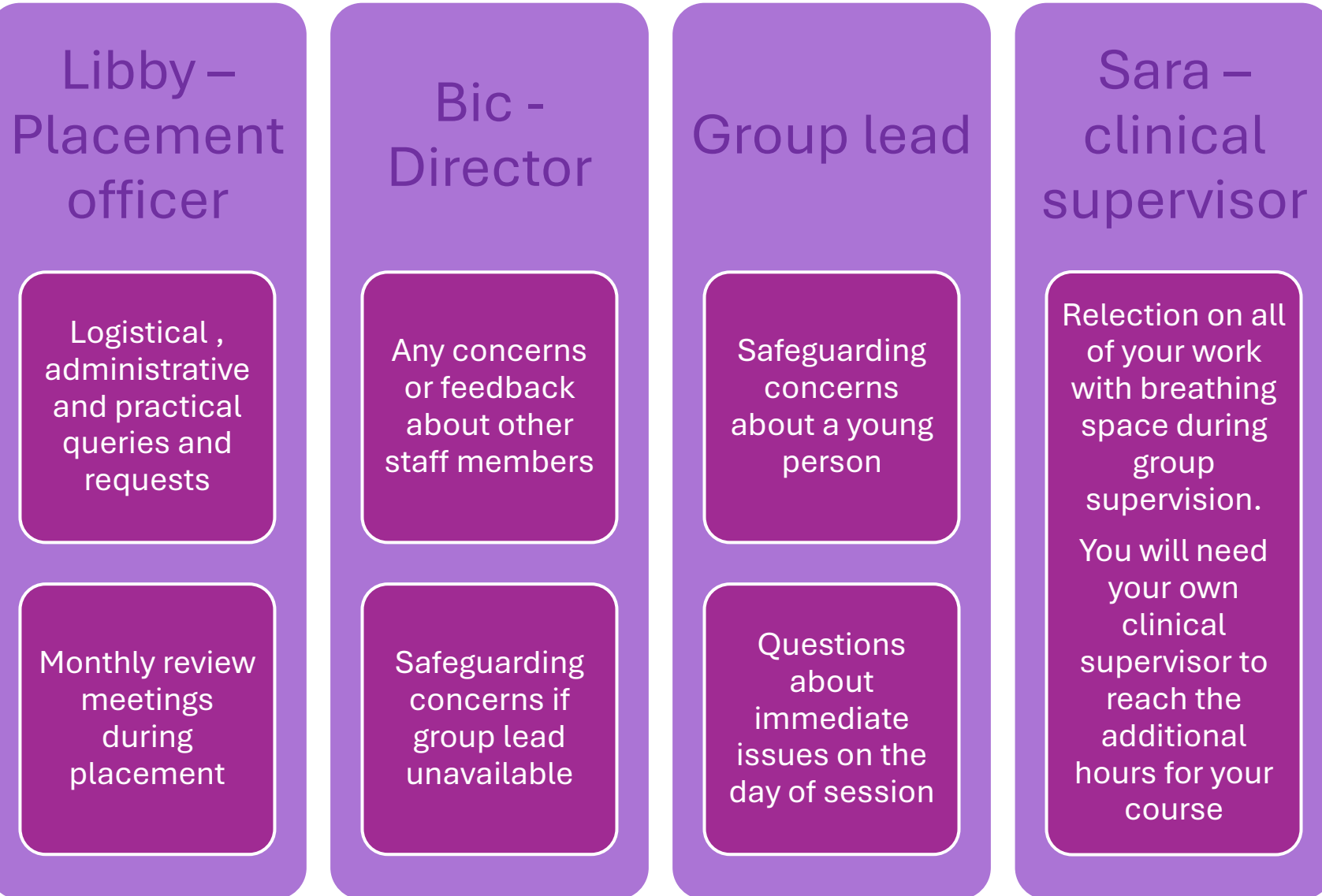


IF IT TURNS OUT DUE TO NEW INFORMATION YOU FEEL YOUR ALLOCATED YOUNG PERSONS CASE IS TOO COMPLEX FOR YOU WE WILL MAKE SURE YOU ARE SUPPORTS TO CHANGE YOUNG PERSON SO YOU FEEL YOU ARE WORKING WITHIN YOUR COMPETENCY



IF YOU NEED TO CUT BACK THE AMOUNT OF HOURS YOU ARE DOING IN ORDER TO WORK AT A PACE THAT SUITS YOU, JUST TALK TO US. WE WANT EVERYONE TO ACHIEVE THEIR FULL POTENTIAL AT BREATHING SPACE NOT JUST THE YOUNG PEOPLE

# Points of contact



# Contact details

Staff Member	Role	Contact phone number	Contact email address
Libby Jenkins	Placement Officer		libby@breathingspacetherapeuticservices.co.uk
Bic	Director		bic@breathingspacetherapeuticservices.co.uk