JOURNAL to dreams

JOB ADVERT: FREELANCE COUNSELLOR

DEADLINE: 28TH APRIL 2025

Journal to Dreams is an award-winning organisation dedicated to personal development, with a mission to guide individuals back to themselves. Our primary objective is to enhance the well-being, personal growth, and ambitions of the adults, children and families we engage with through personalised interventions, programme facilitation, and self-help materials.

We aim to cultivate an environment where our team feels acknowledged and respected, nurturing inclusivity and fostering innovation among all team members. Our team is dedicated to prioritising the well-being of both themselves and the youth they serve in all our endeavours.

Job Title and Overview

Job Title: Counsellor/CBT Therapist – Substance Misuse Recovery (Ethnically Diverse Communities)
Location: Within the Birmingham area
Salary: £25 per hour
Contract Type: Freelance Contract
Reports to: Managing Director / Service Manager

About the Role

We are seeking a passionate and culturally competent **CBT Counsellor (Freelance)** to join our dynamic team, delivering one-to-one counselling, cognitive behavioural therapy (CBT) and facilitating group recovery programmes for individuals from ethnically diverse communities recovering from substance misuse. The role is vital in supporting clients to address the psychological and emotional factors contributing to substance use, and to promote sustainable recovery through evidence-based interventions and community-based support.

Key Responsibilities

- Deliver structured one-to-one CBT sessions to individuals recovering from substance misuse.
- Facilitate culturally-responsive group therapy programmes and psychoeducational workshops.
- Conduct initial assessments and develop tailored care plans in collaboration with clients.
- Monitor progress and evaluate therapeutic outcomes, adjusting treatment plans as necessary.
- Maintain accurate and confidential client records in line with professional and legal standards.
- Work collaboratively with multidisciplinary teams including recovery workers, peer mentors, and external agencies.

- Engage in outreach and awareness efforts to build trust and increase accessibility for the ethnically diverse communities.
- Contribute to service development by providing feedback and suggesting improvements to programme delivery.
- Attend supervision, training, and team meetings as required.

Education and Experience

- Diploma or degree in Counselling, Psychology, or related mental health qualification.
- Accredited/registered or working towards accreditation with BACP, BABCP, UKCP, or equivalent.
- Proven experience delivering CBT in individual and/or group settings.
- Experience working with individuals with substance misuse issues.
- Strong understanding of the socio-cultural challenges affecting the Black community.
- Excellent communication, interpersonal, and group facilitation skills.
- A Commitment to anti-discriminatory practice, equity, and cultural humility.
- Have an Enhanced DBS check

Desirable

- Strong community ties within ethnically diverse communities.
- Additional training in trauma-informed care, motivational interviewing, or group therapy facilitation.
- Experience working in community-based or third-sector settings.

Working Conditions

Working Conditions	Details
Position	Counsellor/CBT Therapist (freelance contract)
Hours	Part Time: 6 hours per week (Weekdays, occasional weekend)
Location	Place of work will be educational and community settings across the West Midlands
Salary	£25 p/h (freelance contract)
Reporting to	Journal to Dreams Director
Contact	Pariss Sailsman (journaltodreams@hotmail.com)

Journal to Dreams benefits

- Supervision
- Training opportunities
- Flexible working
- Team social activities
- Competitive rate of pay
- Opportunity to work alongside other reputable organisations including Birmingham Children's Trust

How to apply

Please apply to journaltodreams@hotmail.com by **Friday 25th April 2025** by submitting the two documents below.

- A current CV including contact details for one referee (from an employer/placement or voluntary placement)
- A supporting statement, of no more than 2 sides of A4, explaining your motivation for applying for this role. The supporting statement is intended to allow you to provide evidence of your experience, knowledge, skills and abilities that are relevant to the role as described in the role profile. Interview selection is based on the evidence you provide against the requirements of the role.

Questions

Our CEO, Pariss Sailsman would be happy to respond to any questions you might have about Journal to Dreams and the job role. Please email **journaltodreams@hotmail.com**