

## Applying for a Placement

- Application forms are available from our Administrator by post or email.
- If you would like an informal discussion before making an application please ask to speak to the Counselling Co-ordinator, Jane Johnson.
- First stage  
Suitable applicants will be offered an interview with the Counselling Co-ordinator and Director.

### Second stage

Applicants are asked to attend an interview with our external assessor who will produce a written assessment on the applicants suitability to begin client work. A copy of the assessment will be given to the applicant who will bear the cost of this interview (currently £95).

**Alton Counselling Service  
Friends Meeting House  
Church Street  
Alton  
Hampshire  
GU34 2DA**

**01420 89207**

**admin@altoncounselling.org.uk**

# Alton Counselling Service

## Placements for Trainee Counsellors



*Registered Charity: 279857*

## **Alton Counselling Service**

ACS is a small friendly centre which is part of the WPF (Westminster Pastoral Foundation) National Network which has around 30 centres throughout the country.

We have been established at the Friends Meeting House in Alton since 1974. About 30 individual adult clients are seen for weekly sessions by a team of up to 12 counsellors.

ACS is an accredited centre with the British Association for Counselling and Psychotherapy and works within its framework for good ethical practice in counselling and psychotherapy.

## **The Counselling Work**

We offer psychodynamic counselling which can be open ended or time limited.

About 70% of clients come to us via their G.P. or mental health teams, psychiatrist or social worker.

We see adult individuals whose presenting problems can include depression, panic attacks, anxiety, bereavement, relationship breakdown, redundancy, post-traumatic stress and childhood sexual abuse.

All clients attend an assessment session with an experienced counsellor, trained in assessment work, before being taken on by the centre.

## **Placements**

ACS offers trainee counsellors the opportunity to work with clients.

Suitable trainees will be established in their own psychodynamic counselling or therapy and on a Diploma course either in psychodynamic counselling or integrative counselling where there is a substantial psychodynamic component.

All counsellors in the centre work as volunteers and are asked to work for a minimum of 42 weeks per year. In return for this commitment we offer:

**Supervision** which takes place in groups of up to 4 counsellors which meet weekly for 1.5 hours.

**Professional development workshops** twice a year, which are free or low cost.

**Collegiate and supportive setting** with counsellor meetings once per term.

**Professional indemnity insurance** cover for all counsellors.