



Hello and welcome to EDNE

We're a small charity who support people affected by eating distress.

We use the term 'eating distress' because we're a mental health organisation who works with anyone who has a disordered relationship to food, with or without a diagnosis.

Eating disorders

Eating disorders are serious mental illnesses; we use the term eating distress (ED) to include all those who have a difficult relationship with food, usually developed as a way of coping with difficult feelings. It is estimated that around 1.25 million people have an eating disorder.

We work with people with mild to moderate eating distress and have done for over 30 years.

Our work

Our goal is that people with eating distress achieve positive mental health and can experience changed lives through the help of our services.

We are passionate about our work, knowing the difference that it can make in people's lives. Our work is flexible, responsive and person-centred. We work in a holistic way to improve mental health and wellbeing, helping people to understand their condition and its underlying causes, to begin to address difficult behaviours, to develop other coping mechanisms and overcome isolation.

We aim to provide a safe, non-judgemental environment in which people can explore their use of food and underlying mental health problems which typically include anxiety, depression, low self-esteem, body image issues, powerlessness, attachment issues. Our work complements NHS services and we work closely with colleagues in health and other voluntary, community and social enterprise organisations.

Job Description

Job Title:	Counsellor
Reports to:	Counselling Lead, Eating Distress North East
Location:	Our office is based in Newcastle but we offer hybrid working and use outreach bases across the North East.
Salary:	£28,717.98 (pro rata if part time)
Hours of work:	Negotiable

A. Main Purpose of Job

- Deliver high quality counselling to people aged 16 and above living with eating distress.
 - Maintain all records according to monitoring and reporting requirements.
 - Ensure service objectives and targets are met.
 - Ensure consistent excellence in service provision.
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B. Key Tasks and Responsibilities

Provide counselling sessions, both online and in-person, to people affected by eating distress, working mainly from a person-centred approach.

Provide information on and signpost onto relevant services / sources of help as necessary.

Liaise with GPs and other health professionals as needed to ensure a high standard of service which safeguards the physical well-being of the client.

Ensure everyone using our services receives a welcoming, safe, sensitive and confidential service that is responsive to their needs.

Ensure all monitoring and evaluation paperwork is completed.

Be responsible for collection and processing of all required monitoring and evaluation information, keeping accurate and up to date case notes.

Work with the Counselling Lead to ensure the professional and effective delivery of EDNE's therapeutic services.

Help people to achieve outcomes.

C. General Duties

Seek continuous improvement in the service through reflective practice, learning from feedback and current developments in the field.

Actively participate in clinical and management supervision and annual appraisals and work to agreed objectives.

Actively contribute to planning and policy through staff meetings.

Exemplify and promote the values and ethos of EDNE, demonstrated positively through the work.

Attend all necessary training.

Maintain professional standards of practice, keeping up to date with relevant current issues.

Work in accordance with EDNE's policies and procedures at all times.

Maintain professional registration / accreditation with BACP / UCKP or equivalent.

Be committed to the safeguarding of all children, young people and adults at risk and follow all organisational safeguarding policies and procedures.

Maintain the confidentiality of sensitive personal and organisational information, in line with the organisations confidentiality policy and GDPR policy.

Any other duties of a reasonable nature as directed by EDNE's management team.

EDNE Counsellor – Person Specification

Qualifications

- Recognised counselling / psychotherapy qualification
- BACP/UKCP (or equivalent) Counsellor accreditation or working towards
- Qualification/experience in digital / telephone counselling (or be willing to work towards)
- Post qualification experience in a paid or voluntary capacity

Experience

- Experience of undertaking clinical and risk assessments
- Caseload management
- Experience of monitoring and evaluation methods and processes
- Experience of telephone and / or online counselling using video platforms
- Experience of counselling people aged 16+ who have experience of eating distress (although specialist training will be provided)

Knowledge

- Understanding the importance of confidentiality, safeguarding, handling sensitive personal data and data protection
- Understanding of and strong commitment to the aims and principles of EDNE Eating Distress Service
- Good knowledge of and strong commitment to working in an equitable way which takes into account diversity and intersectionality
- Understanding of the issues faced by people with eating distress

Skills

- Able to work under own initiative and /or as part of a team
- Able to build trust and rapport with people
- Excellent written and verbal communication skills
- Excellent organisational and time management skills
- Able to make good use of clinical supervision
- Ability to develop collaborative relationships with other services and colleagues in order to improve service delivery



- Excellent IT skills, including Microsoft Word, Outlook, and use of case management systems

Other

- Willingness to work flexibly, including some evenings.
- Resourceful and highly motivated.
- Able to have an enhanced DBS check.

Please send your CV and a covering letter to enquiries@edne.org.uk