

CRI

CRI Volunteer Alcohol Counsellors Information Sheet

Introduction

CRI operates in partnership with the Substance Misuse Service and Equinox to provide Drug & Alcohol Treatment Services in Brighton & Hove. The Counselling Service is one of the treatment options open available to clients who have a substance misuse problem. Clients are offered 12 sessions of weekly counselling on a one to one basis. The counselling follows a Brief Solution Focused Model, incorporating Harm Minimisation and Relapse Prevention Techniques.

Training

The CRI training course will cover counselling skills as that are relevant to this treatment service and will include information about alcohol and drugs. The training programme runs over a period of 7 weeks, on two full days each week, (Fridays and Saturdays). Successful completion of the programme depends upon 85% attendance of the course. Please note that if you complete the course, but decide not to take up a position of volunteer counsellor, you will be charged £100 for the training that you have had.

The training course will start on January 9th and will run every Friday and Saturday until 27th February

The training is mapped against the following DANOS standards:

- AA2 – relate to and interact with individuals
- AA3 – support individuals to access and use services and facilities
- AA4 – promote the equality, diversity, rights, and responsibilities of individuals
- AA6 – promote choice and well being and the protection of individuals
- AB1 – support individuals who are distressed
- AB2 – support individuals who are substance users
- AC1 – reflect on and develop your practice
- AC2 – make use of supervision
- AI1 – counsel individuals about their substance use using recognised theoretical models
- AI2 – help individuals address their substance use through an action plan

DANOS are the Drugs and National Occupational Standards, and they specify the standards of performance that people in the drugs and alcohol field should be working to. They also describe the knowledge and skills workers need in order to perform to the required standard.

In addition to attendance on the programme, participants will be expected to carry out a programme of reading, some homework assignments and to keep a learning journal and a personal log book.

CRI

Throughout the training an atmosphere of safety, confidentiality and maximum support for learning is encouraged with the aim of helping trainees to feel confident about starting practice.

Assessment

During the training course participants will be assessed both formally and informally as to their suitability to undertake becoming an alcohol counsellor. This means that it is not an automatic process for volunteers to be accepted as counsellors after training. The process of evaluation and assessment will take place on a number of levels: self assessment, peer assessment, tutor/trainer assessment and formal assessment.

Participants will be offered individual tutorials during the training programme to give them the opportunity to discuss progress and raise any concerns.

Supervised practice

Volunteer Counsellors are required to abide by CRI's policies and procedures and codes of conduct at all times.