



*"Helping People to Help Themselves"*

# PLACEMENTS FOR TRAINEE COUNSELLORS

## Opportunities Offered

- Undertake a rewarding role in assertive outreach programmes
- Undergo a Training programme in CBT based skills to help people overcome anxiety disorders / phobias and maintain recovery
- Learn how to develop Tailored Recovery Programmes working with clients in their own homes who are suffering with severe anxiety disorders

## Type of Person Sought

- People with excellent listening and interpersonal skills
- People interested in developing knowledge and experience working with Generalised Anxiety Disorders, Panic Disorder, OCD and Phobias
- Willing to give a minimum of 6 months' commitment after training

## **ANXIETY CARE - Who Where What.**

We are a Redbridge Charity based in Ilford, Essex.

We work to help people with severe anxiety disorders.

**PHONE:** (020) 8262 8891

**EMAIL:** [enquiries@anxietycare.org.uk](mailto:enquiries@anxietycare.org.uk)

for an Application Form or download  
from [www.anxietycare.co.uk](http://www.anxietycare.co.uk)

### **Criminal Convictions and Cautions / Rehabilitation of Offenders Act 1974**

If you have any unspent criminal convictions as defined in the Rehabilitation of Offenders Act 1974 or any criminal proceedings pending against you, please give full details on a separate sheet of paper. This should be enclosed in an envelope "**Private and Confidential**" which will only be opened if you become a volunteer with Anxiety Care, otherwise it will be destroyed. The post you are applying for is exempt from the Rehabilitation of Offenders Act 1974 and requires an Enhanced Disclosure, you will be asked to disclose all convictions (whether spent or unspent), cautions, reprimands and final warnings on your criminal record if you work with Anxiety Care.