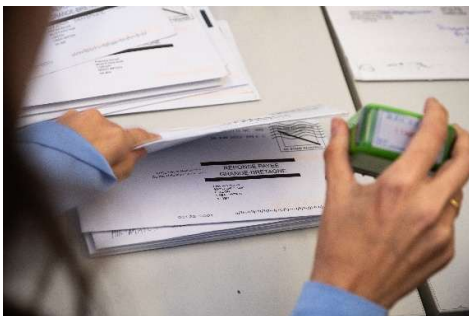


Consultancy pack

Counsellor

June 2026

A self-employed consultancy opportunity to help shape and deliver specialist short-term therapeutic support for people returning to the UK after imprisonment overseas.



Welcome

I'm delighted that you're interested in finding out more about this consultancy opportunity and about Prisoners Abroad.

Prisoners Abroad is a small but powerful organisation supporting people through some of the most isolating and traumatic experiences imaginable. Whether someone is surviving a prison sentence overseas, returning to the UK with nothing, or a family is facing the distress of having a family member imprisoned abroad, our work has a direct and lasting impact.

This consultancy forms part of our Mental Health Support after Imprisonment Abroad project. It will help us provide specialist, short-term therapeutic support to people returning to the UK after imprisonment overseas, many of whom face complex emotional and psychological challenges linked to trauma, loss, deportation, social exclusion and the practical and emotional impact of resettlement.

We are looking for a self-employed counsellor or psychotherapist who can provide structured therapeutic support, contribute clinical insight to an emerging model of support, and work collaboratively with our resettlement team within a clear framework for referral, safeguarding, record-keeping and review.

This pack brings together more information about Prisoners Abroad, the consultancy, the scope of services, the skills and experience we are looking for, and how to express interest.

Warmest wishes,

A handwritten signature in black ink that reads "Charlotte".

Charlotte Flinterman
Director of Resettlement Support

About Prisoners Abroad

Prisoners Abroad is a unique UK-based human rights and welfare charity providing advice and support to people affected by overseas imprisonment. We help British people during their incarceration, when they return to the UK and need support to resettle and reintegrate, and we also support their family and friends throughout the trauma.

It doesn't matter to us the reasons people find themselves in need of our support– and we never judge. Our range of support makes sure they survive, mentally and physically, so that they can face the future with hope.

Our support and history

Prisoners Abroad is now in its 48th year, and with the launch of our new strategy in 2025, this is a particularly important time for the organisation. We work with some 1,400 people in prison, 1,750 family members and 300 returnees each year. The services we provide range from grants for food and vital supplies to newspapers, magazines and books to help reduce isolation. Our resettlement support enables returnees to rebuild their lives and desist from crime after release and return to the UK.

Our excellence has been recognised over the years by being chosen as a winner of the Guardian Awards Public Service Awards; by the award of the prestigious Longford Prize; by a Metropolitan Police Commendation; shortlisted for the first Una Padel award by the Centre for Criminal Justice Studies; receiving second prize in the London Homelessness Awards and winning a highly commended award in the 2024 Robin Corbett Award for Prisoner Reintegration.

Consultancy description

Self-Employed Counsellor Consultant

Self-employed consultancy opportunity with an expected commitment of 2 days per week.

This consultancy is currently funded for an initial two-year period.

Fee: £23,400 per annum for an expected commitment of two days per week, payable on submission of invoices. This is a self-employed consultancy arrangement and does not constitute employment. The appointed practitioner will be engaged under a contract for services.

Purpose

Prisoners Abroad is seeking a self-employed counsellor to help shape and deliver its Mental Health Support after Imprisonment Abroad project. The consultancy will provide specialist short-term therapeutic support to people returning to the UK after imprisonment overseas.

Many of the people supported through this project face complex emotional and psychological challenges linked to trauma, loss, deportation, social exclusion and the practical and emotional impact of resettlement. The consultant will provide structured therapeutic support that helps individuals stabilise emotionally, strengthen coping strategies and identify any need for onward or longer-term support.

The consultancy will include delivery of one-to-one therapeutic sessions, group-based wellbeing support where appropriate, and collaborative wellbeing planning alongside Prisoners Abroad's resettlement team. The consultant will contribute clinical insight to an emerging model of support for this beneficiary group while working within an agreed framework for referral, safeguarding, record-keeping and review.

This is an opportunity to contribute to the development of a specialist offer for people returning from imprisonment abroad, to help shape wider organisational learning about effective, trauma-informed mental health support for this group, and to influence wider learning across the sector.

Scope of the Consultancy

Therapeutic Delivery

- Deliver structured one-to-one therapeutic interventions for people returning to the UK after imprisonment abroad, typically offering up to six sessions per beneficiary and supporting approximately 30 beneficiaries each year.
- Provide short-term, focused support addressing the emotional impact of imprisonment, deportation and resettlement, tailored to each beneficiary's circumstances and goals.
- Where appropriate, deliver group-based counselling or wellbeing sessions for returnees as part of the wider service offer.
- Agree a clear wellbeing or next-steps plan at the end of each block of support, developed with the beneficiary and shared with the resettlement team for continuity of care, where appropriate and with consent.

Referral, Engagement and Accessibility

- Work with Prisoners Abroad's resettlement team to agree referrals, prioritisation and suitability for therapeutic support.
- Offer sessions in ways that are flexible, accessible and responsive to individual needs, communication preferences and practical circumstances.
- Help shape an approach to engagement that is realistic, trauma-informed and appropriate for beneficiaries experiencing instability or multiple barriers to participation.

Partnership Working and Continuity of Care

- Work collaboratively with Prisoners Abroad staff to support a joined-up approach to beneficiary wellbeing and resettlement.
- With the beneficiary's consent, liaise with GPs and other professionals where appropriate to support onward referral, continuity of care or access to specialist services.
- Provide relevant clinical insight to staff, within appropriate professional and confidentiality boundaries, to support safe and effective case coordination.

Record-Keeping, Review and Learning

- Maintain accurate, confidential and timely records of therapeutic sessions, referrals and agreed actions.
 - Provide anonymised monitoring information, outcomes data and case studies where appropriate and with consent, to support evaluation and organisational learning.
 - Participate in agreed project meetings, review discussions and service development conversations relevant to the consultancy.
-

Person Specification

Essential

- Relevant qualification in counselling or psychotherapy at a minimum of Level 4, such as a diploma or degree.
- Full membership, rather than student membership, of a PSA-accredited professional body such as BACP, UKCP or NCPS.
- Experience of delivering structured therapeutic interventions to adults, including Cognitive Behavioural Therapy or similarly focused short-term approaches.
- Strong understanding of trauma-informed practice and of the psychological impact of imprisonment, exclusion, deportation or resettlement.
- Ability to work effectively with people with a wide range of emotional needs and from diverse cultural backgrounds.
- Ability to build trust and rapport quickly and work therapeutically within a short-term intervention model.
- Excellent written record-keeping skills and the ability to maintain accurate, confidential case notes and reports.
- Ability to work collaboratively with frontline staff and external services while maintaining clear professional boundaries.
- Commitment to non-judgemental, inclusive practice aligned with Prisoners Abroad's values.

Desirable

- Experience of working with people in or leaving the criminal justice system.
 - Experience of working with individuals who have experienced trauma.
 - Knowledge of the UK health and social care system, including mental health referral pathways.
 - Experience of facilitating therapeutic or wellbeing groups.
 - Understanding of safeguarding responsibilities in a mental health or community support context.
-

Additional Information

- The appointed consultant will be required to complete an enhanced DBS check.
- External clinical supervision will be available as part of the consultancy arrangement.

Equity, diversity and inclusion

Prisoners Abroad is committed to equity, diversity and inclusion, supporting a fairer society through our work. The people we support are diverse individuals, and so are we.

We understand equity, diversity and inclusion through the lens and context in which Prisoners Abroad operates. As a charity that supports people in and affected by criminal justice systems around the world, it is important to recognise that the system itself disproportionately impacts people from the global majority, given the overrepresentation of the global majority in London, UK prisons and in criminal justice systems worldwide.

For Prisoners Abroad, this means we have a particular focus on increasing the proportion of people involved in our work who are from the global majority, as well as those who have lived experience of the criminal justice system and overseas imprisonment.

We welcome expressions of interest from people with lived experience of the criminal justice system, as well as from people with the professional skills and values needed to provide safe, ethical and effective therapeutic support.

Lived experience of the criminal justice system / Applicants with a criminal record

We believe it is important to ensure that we are reflective of the people we serve. As well as protected characteristics such as gender, ethnicity, disability, age and sexual orientation, we consider lived experience of the criminal justice system and overseas imprisonment as part of our approach and commitment to equity, diversity and inclusion.

We welcome expressions of interest from people with lived experience of the criminal justice system. We will only ask for criminal record information at the appropriate stage and will consider the relevance to the consultancy, including whether any adjustments or safeguards can be made. This consultancy will require an enhanced DBS check because of the nature of the work.

How to express an interest

To express interest in this consultancy opportunity, please read this pack carefully and submit an expression of interest that demonstrates how your skills, qualifications, professional experience and approach meet the requirements set out in the scope of consultancy and person specification.

If you have any questions about the opportunity or would like to discuss it further, please email charlotte@prisonersabroad.org.uk to arrange a time.

The deadline for submissions is **10am on Friday 17th July 2026**.

Thank you for your interest in Prisoners Abroad's Mental Health Support after Imprisonment Abroad project.