



# Lanark County Mental Health

## Listening To Understand

**Position:** Clinical Counsellor/Psychotherapist, Mental Health Abuse Services

**Reports to:** Lead, Counselling and Treatment

**Job Status:** Permanent Full Time

**Union:** OPSEU 2022-23

**Location:** Smiths Falls

**Closing Date:** June 28<sup>th</sup>, 2022

**Salary:** \$33.29-\$48.38

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### **JOB SUMMARY:**

The Clinical Counsellor/Psychotherapist works as a member of an interprofessional team and assumes responsibility for the direction (in consultation with the Professional Practice Leader and Lead, Counselling and Treatment) and provision of evidenced informed individual and group psychotherapy for those living in the community with serious mental health issues, specifically for those who are seeking individual and group psychotherapy as it relates to both recent and historical abuse and/or trauma.

Therapeutic support includes assessment of assigned clients in association with the client, development and implementation of a brief structured treatment plan. Through a trauma informed lens, treatment plans will address identified issues relating to real and perceived safety issues, avoidance, emotional dysregulation, cognitive, and behavioural disturbances, as they relate to recent and historical abuse and/or trauma. All services are provided in accordance with the mission, vision and values established protocols of the Agency.

### **EDUCATION AND EXPERIENCE:**

- Master's Degree in Clinical or Counselling Psychology; Social Work, or Occupational Therapy
- Unrestricted Registration with the relevant college related to the Master's degree and controlled act of Psychotherapy
- Minimum two years post-graduate experience working with individuals with serious mental health issues providing direct therapeutic intervention
- Expertise in group counselling
- Knowledgeable in trauma informed therapies, and working from a client-centered focus
- Experience working with at least one of the following therapeutic modalities: CBT, DBT, Narrative, Somatic Experiencing, Internal Family Systems, EMDR, Cognitive Processing Therapy, Prolonged Exposure Therapy
- Certification in First Aid and CPR
- Ability to work flexible hours, including some evenings and weekends
- Experience working effectively within an inter-professional team

**Knowledge, Skills and Abilities:**

- Knowledge of and ability to apply discipline specific principles and practices to individuals who live with serious addiction and/or mental health challenges, within a client-centred approach
- Demonstrated in-depth knowledge of addictions and mental health symptoms (including Dissociative Identity Disorder is an asset) and issues, along with evidence-based treatment, including psychotropic medications and associated side effects
- Knowledge and experience with safety planning, and risk screening for suicidality and homicidally
- Knowledge of and ability to incorporate best practices in community support for individuals living with an addiction and/or mental health issue
- In-depth understanding of recent and historical abuse and/or trauma assessments
- Training in and experience with abuse and trauma specific treatment modalities, such as, but not limited to: EMDR, somatic experiencing, trauma-focussed CBT
- Assessment and crisis intervention skills with broad knowledge of crisis stabilization
- Advanced clinical reasoning and decision-making skills
- Ability to effectively utilize community resources and supports to meet the needs of individuals
- Ability to work under pressure within a changing environment
- Working knowledge of the Health Care Consent Act, Mental Health Act, Personal Health Information Protection Act, and other relevant legislation
- Excellent communication and interpersonal skills in order to effectively engage community services and individuals, increasing awareness of services
- Well-developed problem-solving, prioritization and conflict resolution skills
- Ability to work flexible hours, including evenings and/or weekends
- Ability to work autonomously as well as collaboratively in a multidisciplinary team environment.
- Basic proficiency in computer skills; MS Office & CRMS preferred.
- Must possess a valid Ontario Driver's License and have regular access to a reliable vehicle and provide proof of \$2,000,000 vehicle insurance. Incumbent may be required to transport clients.
- Required to provide a satisfactory criminal reference check (CRC) with Vulnerable Sector Screening prior to hire.

**Be advised that the Perth and Smiths Falls District Hospital has a vaccination policy located on PDMS. Proof of vaccination will be required as a condition of employment, subject to exemptions contained in the policy.**

*Applicants are to be emailed to [HR@psfdh.on.ca](mailto:HR@psfdh.on.ca) before 4:00 pm on the closing date.*