



Position: Psychotherapist/Mental Health Counsellor

Full Time contract position ending January 31, 2024

Reports to:

Executive Director

The **Burlington Family Health Team** is looking for Psychotherapists and Mental Health Counsellors who are dynamic team players to join an innovative, community-based primary care health team. We have established a new program designed to provide timely, evidence based group psychotherapy to adults over the age of 18. We are looking for energetic individuals who are adaptable and excel in collaboration and innovation. You will deliver service in accordance with FHT policies and professional practice standards.

In partnership with Community Family Physicians and other Mental Health and Addictions Community Agencies, responsibilities include but are not limited to:

- Assessment of individual clinical and psychosocial needs, urgency and acuity
- Collaboration with Family Physicians in the Burlington region to provide care, including monitoring, recording and reporting change in clinical presentation
- Provision of evidence-based group psychotherapy within our organizational model and philosophy
- Provision of measurement-based individual psychotherapy within our organizational model and philosophy
- Inter-professional, inter-agency and community relationship building and collaboration
- Participation in Continuous Quality Improvement cycles
- Development of research and learning resources for health care providers

QUALIFICATIONS:

- **Proof of registration in good standing with a Regulated Health Professional College in Ontario**
- **Must be able to practice the Controlled Act of Psychotherapy**
- **Minimum education: Masters Degree in Social Work or Masters of Education or equivalent combination of education**
- Comfortable with working within the parameters of structured, skills-based group psychotherapy models
- Able to engage in self-reflective practice and adjust approach as necessary to meet the needs of patients in a primary care setting
- Must demonstrate strong assessment and treatment skills within Anti-Oppressive and Recovery Practice and include expertise in one or more of: Cognitive Behaviour Therapy, Interpersonal Therapy, and Mindfulness-based Therapy. Must be willing to engage in relevant additional training, as determined to be required.



- Ability to deliver Interpersonal Therapy or Cognitive Processing Therapy would be considered an asset
- Experience working with BIPOC and LGBTQ+ communities would be an asset.
- Working knowledge of the Personal Health Information and Privacy Act, Health Care Consent Act, Mental Health Act, Substitute Decision-Makers' Act, Child and Family Service's Act, Access for Ontarians with Disabilities Act, Regulated Health Professionals Act and community resources is required
- Expertise working with people experiencing symptoms of low mood and anxiety
- Experience in addictions counselling is an asset
- Evidence of ongoing professional development and continuing education
- Ability to also safely deliver clinical care in French is considered an asset
- Proficiency in Microsoft Office Suite
- Previous experience using electronic medical record documentation
- Demonstrated ability to tolerate ambiguity and embrace change
- Passion for solving problems yet to be defined
- Commitment to transforming mental health care delivery
- Valid Ontario driver's license and access to a vehicle as Group Education sessions may be delivered at varying community locations
- Flexibility in working hours is required, with some evenings and weekends
- Willing to work in person and virtually to provide individual and group care.
- Completion of a Vulnerable Person Sector reference check if requested

To Apply

Please forward a cover letter as well as curriculum vitae to:

Burlington Family Health Team

Location: Burlington, Ontario

Email address: humanresources@burlingtonfht.com

Website: www.burlingtonfht.com

Deadline to apply is August 5, 2022 . We thank all who apply however only those selected for an interview will be contacted. *No phone calls, please.*