



Position: Psychotherapist/Mental Health Counsellor

Job Type: Full-Time Contract (until January 2026)

Reporting to: Executive Director or delegate

Closing Date: May 24, 2025

The Burlington Family Health Team is looking for a Psychotherapist/Mental Health Counsellor to join an innovative, community-based primary care health team. Our psychotherapy program provides timely, evidence-based group and individual psychotherapy to adults over the age of 18. This contract position will provide psychotherapy assessments and treatment for the Burlington Family Health Team Psychotherapy Clinic. The ideal participant will have excellent psychosocial assessment skills and be able to provide (or willing to learn) Evidenced Based Group treatments in the modalities of CBT, IPT and Mindfulness.

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

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

QUALIFICATIONS:

- **Proof of registration in good standing with a Regulated Health Professional College in Ontario**
- **Qualifications and competency to practice the Controlled Act of Psychotherapy in Ontario**
- **Minimum education: Masters Degree in Social Work *or* Masters of Education or equivalent combination of education**
- Comfortable 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 required to meet the needs of the program.
- Experience and/or competency to provide services for individuals from indigenous, diverse cultural backgrounds and 2SLGBTQIA+ communities.
- 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 supporting individuals who have experienced trauma and skills/experience in the delivery of Cognitive Processing Therapy would be considered an asset
- Experience in addictions counselling is an asset
- Ability to safely deliver clinical care in French is considered an asset
- Evidence of ongoing professional development and continuing education

ADDITIONAL REQUIREMENTS:

- Proficiency in Microsoft Office Suite
- Experience in using electronic health records for documentation
- Demonstrated ability to tolerate ambiguity and embrace change
- Passion for understanding and solving problems
- Commitment to improving access to evidence-based mental health care
- 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 to meet patient needs
- Willing to work in person and virtually to provide individual and group service
- Completion of a Vulnerable Person Sector reference check

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 May 24, 2025. We thank all who apply however only those selected for an interview will be contacted. *No phone calls, please.*