

JOB INFORMATION
PSYCHOTHERAPIST,
COGNITIVE BEHAVIORAL THERAPY

ANTICIPATED START DATE: MAY 3, 2021

OVERALL PURPOSE / MAIN FUNCTION

As part of the Ontario Structured Psychotherapy (OSP) program to deliver Cognitive Behavioral Therapy this is a partnership between FSO, The Royal Ottawa Hospital (ROH) and other community providers in the Champlain LHIN. In person and online psychotherapy will be delivered (individual and groups) to individuals with mild to moderate depression and anxiety, and may include individuals with major depression. The position will include ongoing intensive supervision, and training, both on-site at FSO, and off-site (ROH).

MAJOR RESPONSIBILITIES

1. Psychotherapy Services: (60 % direct services)

- Provide professional psychotherapy services to individuals living with a moderate to serious/persistent mental health challenge including assessment, treatment and outcome measurement.
- Psychotherapy services are provided using a variety of evidenced informed intervention methodologies based on assessment of client needs and planned psychotherapy goals established with the client.
- Provide referrals to additional resources and collateral collaboration for clients, as required.
- May lead and/or co-lead groups
- May provide advocacy services on behalf of a counselling client or group of clients.

2. Support Work

- Attend OSP program team meetings.
- Attend FSO staff meetings and professional development meetings.
- Participate in psychotherapy supervisory sessions and peer consultation sessions.
- Attend other meetings as required.

3. Administration and agency duties

- Maintain accurate files, case records and statistical data in accordance with agency standards.
- Other duties as required

TITLE:

**Psychotherapist,
OSP_CBT**

1 Position

REPORTS TO:

**Director of Counselling
Programs**

TEAM:

**Ontario Structured
Psychotherapy**

LOCATION:

**Family Services Ottawa
(FSO)**

HOURS OF WORK:

**35 hours/week (evening
and weekend may be
required)**

UNION/NON-UNION:

**Union; salary level 5
\$28.40 - \$31.91**

CLOSING DATE:

April 15, 2020 at 5:00pm

APPLY TO:

Psychotherapist, CBT

4. Administration and agency duties

- Maintain accurate files, case records and statistical data in accordance with agency standards.
- Other duties as required

STATEMENT OF QUALIFICATIONS

I. Education & Knowledge

- Completion of a Masters in Social Work (M.S.W.), Masters in Psychotherapy or equivalent degree.

II. Experience

- Three years of direct psychotherapy experience working with individuals with mild to moderate depression and mental health challenges.

III. Knowledge

- Demonstrated knowledge of risk factors and risk assessment
- Demonstrated knowledge of resources and services available to clients
- Demonstrated knowledge of professional standards and ethical guidelines for social workers and counsellors
- Demonstrated knowledge and understanding of the culture, history and current oppressions experienced by people related to moderate mental health challenges

IV. Skills

- Demonstrated communication skills (written and verbal)
- Demonstrated skills in working as member of a team and within a team approach
- Demonstrated skills in working with diverse groups of people
- Demonstrated assessment skills
- Demonstrated skills in analysis of individuals and systemic issues impacting clients
- Strong organizational and planning skills
- Technical and computer skills including MS Word, PowerPoint and client databases

V. Abilities

- Demonstrated ability to work with complex issues and trauma
- Demonstrated ability to take initiative
- Demonstrated ability to work independently within team/program guidelines, and best practices
- Demonstrated ability to maintain respectful, collaborative and professional approach/standards with clients and colleagues

VI. Languages

- Excellent oral and written communication skills in English and French preferred.

VII. Physical Demands

- Psychotherapy services are provided in an office setting. The position requires a minimal amount of physical activity, such as lifting. The services are primarily provided sitting down, or standing for group/community programming.

VIII. Working Conditions

- Psychotherapy services are provided in private confidential office space. Limited travel may be required relevant to the location of the services provided.

IX. Certification/Licensing/Specialized Training

- Must be a member in good standing with a regulated health college as per current standards for practicing social work, or psychotherapy (i.e. CRPO, OCSWSSW)

ADDITIONAL QUALIFICATIONS

- Recent training/knowledge and demonstrated experience in providing CBT is an asset
- Fluency in French is an asset

- Fluency in other languages is an asset

POSTING PERIOD

March 30, 2021 – April 15, 2021 at 5:00 pm

FSO is committed to employment equity and diversity in the workplace and welcomes applications from women, members of racialized groups/visible minorities, Ingenious persons, persons with disabilities, persons of any sexual orientation, and persons of any gender identity or gender expression. FSO is committed to ensuring that each individual will have genuine, open and unhindered access to employment opportunities.

Accommodations are available for applicants with disabilities throughout the recruitment process. If you require accommodations for interviews or other meetings, please contact us.

While we thank all candidates for their interest, only those selected for an interview will be contacted