



POSITION SUMMARY

QUEEN'S UNIVERSITY - GENERAL STAFF

POSITION TITLE: Mental Health Therapist
DEPARTMENT: Student Wellness Services
CLOSING DATE: September 13, 2020

JOB SUMMARY:

Reporting to the Director, Counselling Services, the Mental Health Therapist is responsible for providing personal counselling to students at Queen's University who present with complex issues (diagnosed mental health conditions, comorbidity, complex trauma, etc.) who are referred for therapy that is more comprehensive than what is provided within the same-day, brief solution-focused counselling services within Student Wellness Services. The Mental Health Therapist works with students who are experiencing significant functional limitations related to their mental health, and who require therapeutic interventions that occur with regular planned and coordinated sessions over time.

Note: The schedule for this position will require the incumbent to work frequent evenings during the academic year (September to April), according to clinic needs.

KEY RESPONSIBILITIES:

- Work within an interdisciplinary team across Student Wellness Services to provide therapeutic support to students referred by SWS colleagues, as well as external health care providers.
- Assessment and treatment planning, in collaboration with the Director, Counselling Services or delegate, including those in crisis and who may be at risk of self-harm/suicide, and intervene or refer as appropriate.
- Provide psychotherapy to students through scheduled appointments .
- Use appropriate therapeutic modalities matched to client needs; requiring familiarity with various approaches (i.e., Cognitive Behavioural Therapy (including mindfulness-based CBT, DBT, ACT, Narrative Exposure Therapy, Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing, etc.).
- Provide culturally sensitive therapies to students from a broad range of equity-seeking groups. Effectively support persons of all races, nationalities, cultures, ages, and genders, as well as persons of different sexual orientations and those with disabilities.
- Apply a variety of therapeutic approaches to increase capacity in building and maintaining interpersonal relationships, emotional regulation, problem-solving, stress-reduction, and, conflict resolution.
- Evaluate and recommend short-term academic accommodations.
- Lead training and PD workshops for colleagues in areas of expertise.
- Maintain up-to-date documentation of client contacts consistent with the policies of Student Wellness Services and with professional standards, including assessment reports.

- Make effective program and specialized referrals, as appropriate, through the development of relationships with key campus and community-based service providers and organizations.
- Bring recommendations to SWS leadership regarding service and patient care improvements.
- Other duties as assigned in support of the department.

REQUIRED QUALIFICATIONS:

- Minimum of Master's level education in Psychology, Clinical Social Work, Counselling, Nursing or Occupational Therapy with five or more years of demonstrated experience working as a regulated health professional, providing treatment for mental disorders.
- Registered and in good standing with a regulatory college of Ontario (Psychology, Social Work, Psychotherapy, Nursing, Occupational Therapy) for autonomous practice, and in possession of professional liability insurance.
- Experience providing trauma-informed psychotherapy. Certification in trauma processing would be an asset.
- Extensive experience with cross-cultural and diversity/sexual identity/equity issues.
- Familiarity with current research and professional literature pertaining to effective interventions for a variety of personal behavioural, emotional and cognitive difficulties.
- Knowledge of the unique issues facing university students and knowledge of university life and the intersecting nature of issues of social identities and health and wellness.
- Satisfactory Criminal Records Check and Vulnerable Sector Screening required.

SPECIAL SKILLS:

- Knowledge of the impact of physical, sexual and/or psychological abuse and violence on youths, and skill working with clients with these presenting issues.
- Knowledge of human development.
- Excellent psychotherapy skills, including the ability to establish an empathic relationship and to engender trust; sound clinical judgment; a non-judgmental stance.
- Strong case conceptualization and treatment planning skills. Demonstrated use of standardized measures an asset.
- Exceptional risk-assessment skills. This includes the ability to assess a student's level of risk to self as well as to others.
- Comprehensive sensitivity to, and understanding of diversity and cultural issues working with a diverse population; demonstrated respect of diversity and promotion of inclusion.
- Strong team member; openness to sharing strengths with colleagues, and openness to learning from others.
- Excellent interpersonal and communication skills (written and oral), an understanding of the dynamics of human relations and the ability to communicate effectively with students and with others in the department and the university.
- Excellent organizational skills and the ability to work independently.
- Ability to work effectively under pressure and cope with demands on time and energy especially during peak periods of the academic year. High tolerance for stress, with good self-care skills.
- Demonstrated ability to work collaboratively with professionals from a range of varied disciplines in a team-oriented environment.
- Excellent organizational and time management skills.
- Familiarity and comfortable with the use of computers, electronic medical records, and technologies often used in health care.

DECISION MAKING:

- Expert evaluation of the severity of client concerns to determine the most appropriate intervention and therapeutic approach.
- Decisions regarding when it is appropriate and/or necessary to report up to the Director.
- Decisions regarding treatment planning and the most appropriate intervention for individual clients.
- Decisions regarding when and to whom to refer clients, both within and outside the university.
- Decisions with respect to the degree of risk that a client may pose to themselves or others and how to respond.
- Decisions regarding correspondence and recommendations to appropriate university bodies with respect to individual clients.
- Ability to distinguish between circumstances in which decisions can be made independently and those where consultation is needed.

APPLICANTS PLEASE FOLLOW THE LINK BELOW:

<http://clients.njoyn.com/CL4/xweb/xweb.asp?clid=74827&page=jobdetails&jobid=J0120-1020&BRID=EX153731&SBDID=1&LANG=1>