POSITION SUMMARY:

The Ontario Structured Psychotherapy (OSP) Program is an innovative, stepped care program that offers publicly funded, measurement-based CBT for depression, anxiety, and anxiety-related problems (including PTSD, and OCD). It is the first provincial program of its kind in Canada (and one of the first large-scale programs of its kind in the world). It is modelled after the highly successful IAPT program in the UK.

Ontario Structured Psychotherapy West Region (OSP West) is jointly operated by St. Joseph’s Healthcare Hamilton and St. Joseph’s Health Care London. The applicant will be employed by St. Joseph’s Healthcare Hamilton and will be expected to support the successful delivery of the OSP program across the entire Ontario West Region. The Psychologist will work within OSP West providing regular clinical consultation and training to therapists in OSP West who are engaged in the provision of cognitive behavioural therapy (CBT) and cognitive processing therapy (CPT) for individuals experiencing depression, anxiety, and anxiety-related conditions. The Psychologist will participate in the provincial Community of Practice for OSP Clinical Consultants. The Psychologist will also deliver individual and group CBT and CPT to clients in OSP West with higher levels of complexity as well as conduct structured diagnostic assessments for clients with higher levels of complexity to determine suitability for OSP West or to provide service navigation. The Psychologist will also contribute to research activities within the regional and provincial OSP Program. This position is a hybrid role that provides an opportunity to work both virtually and on-site. On-site requirements will be determined based on the needs of the service and location of the applicant’s residence.

SJHH and OSP West are committed to hiring individuals who represent the diversity of the population we serve. We strongly encourage applications from qualified candidates from all cultures, Indigenous, Black and racialized communities, people with lived experience of mental health and/or addictions challenges, people with diverse sexual and gender identities, people living with disabilities, and neurodivergent people. SJHH and the OSP-West program strive for a diverse, inclusive, accessible, and equitable workplace where all employees and volunteers feel valued and respected. As such, it is critical that applicants possess a strong understanding of client-centered, anti-racist, anti-oppressive practice.

WHY ST. JOSEPH’S HEALTHCARE HAMILTON?

- Second largest mental health facility within Ontario and a national leader in the provision of psychiatric care, education, research, and innovative programs
- Affiliated with the Faculty of Health Sciences at McMaster University and Mohawk College
- Commitment to the provision of evidence-based, patient and family-centered mental health services
- Leader in cutting-edge, innovative research across a number of areas, including the assessment and treatment of mood and anxiety and related disorders
- Innovative, collaborative, and supportive work environment.
- Involvement in a well-established community of mental health professionals (psychologists, psychiatrists, psychotherapists, social workers) and other health professionals with extensive experience in evidence-based assessments and treatments.
- Opportunities to participate in research
• Opportunities to attend and present at national and international conferences
• Work culture that promotes work-life balance and life-long learning
• Excellent benefits package and pension plan (HOOPP)

QUALIFICATIONS:
• PhD in Psychology and registration with College of Psychologists of Ontario.
• Certification in CBT by CACBT (or eligible for certification).
• Minimum 5 years’ experience delivering evidence-based CBT with documentation of formal training and supervision. Additional training in Cognitive Processing Therapy (CPT) preferred.
• Demonstrated experience providing clinical supervision/consultation.
• Demonstrated knowledge of:
  o CBT and its application in depression and anxiety disorders, including OCD.
  o CPT and its application in PTSD.
  o Science and practice of psychotherapy, specifically CBT and CPT.
  o Etiology and treatment of depressive and anxiety disorders, including OCD and PTSD.
  o Ethical guidelines for effective clinical supervision/consultation.
  o Diagnostic categories and criteria as listed in the DSM-5.

Other Skills/Competencies:
• Passionate about contributing to positive social change and commitment to anti-oppression and anti-racism.
• Experiencing providing virtual/telephone CBT.
• Experience providing structured diagnostic assessments (e.g., MINI, SCID, DART) for complex presentations.
• Experience conducting research and strong research skills.
• Experience in program development and program evaluation.
• Demonstrated knowledge of emergency patient care procedures and relevant sections of legislation (i.e. Mental Health Act, Personal Health Information Protection Act etc.) and professional standards to ensure compliance.
• Demonstrated knowledge of computer software e.g., Microsoft Office Suite, electronic health records.
• Strong interpersonal and verbal/written communication skills.
• Analytical thinking skills to understand and train others in assessment and treatment protocols.
• Time management and organizational skills.
• Good work performance/attendance is essential.
• Fluency in French and/or proficiency in a second language is considered an asset.

RESPONSIBILITIES:
• Provide training and consultation to OSP West therapists conducting triage assessments.
• Provide individual/group clinical consultation in CBT and CPT to OSP West therapists, at the frequency recommended by OSP.
• Ensure OSP therapists are following the most recent provincial guidelines with respect to intake, triage, stepped care, and CBT and CPT treatment, and support cultural adaptations of treatment as needed.
• Actively incorporate anti-racist, anti-oppressive practices and principles all levels of service.
• Develop materials for OSP CBT protocol adoption by OSP West therapists.
• Support the translation of the provincial clinical expectations into achievable outcomes.
• Complete the OSP Clinical Consultation for CBT training.
• Remain up-to-date on OSP CBT protocols, training and consultation requirements.
• Participate in provincial Community of Practice for OSP Consultants.
• Maintain a faculty appointment in the Department of Psychiatry and Behavioural Neurosciences at McMaster University.
• Establish and maintain an independent program of academic productivity related to OSP.
• Lead quality improvement initiatives.
• Supervise and train learners to provide assessment and treatment services.
• Provide group and individual CBT and CPT for clients with higher levels of complexity.
• Adapt individually-administered OSP treatment protocols to group settings.
• Complete structured diagnostic assessments for clients with higher levels of complexity.
• Assist with projects related to the regional development of the OSP-West program, as required.

HOW TO APPLY:

Interested applicants can apply directly by accessing the following link:
https://tre.tbe.taleo.net/tre01/ats/careers/v2/viewRequisition?org=STJOSHAM&cws=47&rid=20209

Any questions regarding this position, can be directed to the OSP Manager, Cynthia DeWild (cdewild@stjoes.ca).