



**Canadian Mental
Health Association**
Muskoka - Parry Sound

**Addictions and
Mental Health Services**

INTERNAL/EXTERNAL POSTING: April 16, 2021 – April 28, 2021

**COGNITIVE BEHAVIOUR THERAPY (CBT) THERAPIST
Ontario Structured Psychotherapy**

Job Status: 1.0 FTE Permanent

Hours of Work: 35 hours per week with occasional evening and weekend work

Base office: Bracebridge or Parry Sound

Purpose of the Position:

The Canadian Mental Health Association Muskoka-Parry Sound, is currently seeking one (1) CBT therapist for the Ontario Structured Psychotherapy – North Simcoe Muskoka Program. The purpose of this position is to provide cognitive behavioural therapy services to adults (18+) who are experiencing depression and/or anxiety (including obsessive-compulsive concerns and post-traumatic stress) through structured protocols. Within the Ontario Structured Psychotherapy Program, this position will provide high intensity psychotherapy services.

Education and Qualifications:

- Registered in the province of Ontario as a member in good standing with the appropriate College and eligible to provide psychotherapy as either a Registered Nurse, Social Worker, Occupational Therapist OR Registered Psychotherapist
- Master's degree is preferred
- Minimum 3 years of experience in the delivery of evidence-based CBT is preferred; documented evidence of CBT training with adequate supervision is preferred
- Demonstrated experience and knowledge of etiology and treatment of depressive and anxiety disorders as well as CBT and its application in mood and anxiety disorders
- Demonstrated experience and knowledge of the science and practices of psychotherapy including a full range of psychotherapeutic and assessment techniques
- Demonstrated experience and knowledge of diagnostic categories and criteria as listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V)
- Results oriented work ethic to work independently and undertake tasks needed to accomplish work objectives and deliver quality, consistent and timely results
- Strong assessment skills to deliver and interpret symptom and outcome measures
- Demonstrated analytical, interpersonal, time management and organizational skills
- Proven written and verbal communication skills
- Proven ability to adapt readily to change
- Models and promotes core ethical practice, organization's values, and reflects an optimistic and positive attitude
- Proficiency in French/English language skills considered an asset
- Clear Criminal Record Check, including Vulnerable Sector Screen

- A valid Ontario G or G2 driver's license and a safe and reliable means of transportation. Travel throughout the district of Muskoka will be required.
- Experience and skills working with Indigenous people in First Nations community is an asset.

Major Responsibilities:

- Conduct assessments (PHQ-9, GAD-7) to inform individualized treatment plans
- Provide individual evidence-based CBT treatment through structured protocols
- Facilitate group Cognitive Behavioural Therapy (CBT) utilizing evidence-based approaches
- Participate in clinical consultation, meetings and training arranged through Waypoint Centre for Mental Health Care
- Maintain accurate and timely documentation and reports
- Collaborate with team members in provision of care and overall delivery of the OSP program
- Contribute to program development and program evaluation

Salary scale: \$33.18 to \$40.91 per hour commensurate with qualifications and experience
Comprehensive Health Benefit Package and registration in HOOPP pension plan

Canadian Mental Health Association, Muskoka-Parry Sound is a scent-free organization

You are invited to submit your application **quoting competition #24-21 by 4:30 p.m. on April 28, 2021** to:

The Hiring Committee
Canadian Mental Health Association, Muskoka-Parry Sound Branch
173-202 Manitoba Street
Bracebridge, Ontario P1L 1S3

Telephone: (705) 645-2262 Fax: (705) 645-7473 Email: jobs@cmhamps.ca

Canadian Mental Health Association, Muskoka – Parry Sound (CMHAMPS) is an equal opportunity employer and we value the importance of diversity, dignity and worth of every individual in the workplace.

Qualified consumers/survivors and/or family members are encouraged to apply.

We retain all applications submitted for one (1) year after the closing date of this posting for consideration in any future postings.

As part of our commitment to Accessibility, if you wish this information in a different format, please contact our office at 705-645-2262 or email feedback@cmhamps.ca. If you are contacted regarding a job opportunity, please let us know prior to the interview if you require accommodation.

We thank all applicants but only those selected for an interview will be contacted.