

## Position Description

<b>Position title:</b>	<b>Mental Health Clinician / Therapist – Subcontractor</b>
<b>Qualifications:</b>	Tertiary qualifications in Social Worker (AMHSW), Occupational Therapist (MHOT), Psychology
<b>Type:</b>	Contractor
<b>Desired qualifications:</b>	Training in trauma therapy EMDR Level 1 & 2
<b>Locations</b>	Brunswick, Melbourne and Daylesford

### Our Story

Centre Self Collective was founded by two Accredited Mental Health Social Workers, Amy Howell and Tamera Broughton, with a passion to change the conversation about mental health. In 2021, we launched our private practice to offer therapy, couples therapy, group therapy, workshops, and supervision. Our wellbeing hub provides resources, evidence-based tools, and wellness kits to help people thrive. We focus on person-centred care and trauma informed approaches for individuals experiencing attachment and relational trauma, stress, anxiety, and relationship issues.

### Vision

To create a safe community where people feel comfortable speaking about mental health and seeking support. We aim to influence the healthcare sector through leadership and advocacy, becoming a trusted service known for making people feel safe and providing therapy, workshops, education, and tools.

### Mission

To encourage and empower EVERYONE to prioritise their mental, emotional, and social health.

## Values

Health and wellbeing, connection, community, integrity, and growth mindset.

## Role Overview

We are seeking a passionate and dedicated Mental Health Clinician/Therapist to join our team as a subcontractor. The purpose of this role is to provide high-quality and flexible therapeutic interventions to assist individuals with mental health issues. This includes conducting mental health assessments and developing treatment plans in collaboration with clients, their families, and other professionals to improve mental health outcomes.

## Key Responsibility Areas

### 1. Service Delivery of therapy

- Provide assessments, counselling, and therapeutic interventions to adolescents, adults, couples, families, or groups.
- Ensure quality client documentation and data collection.
- Engage and ensure cultural safety for clients from diverse backgrounds.
- Adapt to the needs of each client using evidence-based practices.

### Key Tasks:

- Conduct biopsychosocial assessments.
- Develop and implement treatment plans.
- Maintain clinical files and records.
- Uphold confidentiality, competency, and integrity.
- Discuss progress with clients and their families.
- Refer clients to relevant and / or supportive services.
- Comply with funding body requirements.
- Communicate with outside bodies with informed client consent.
- Consider research evidence, client preferences, and clinical expertise in treatment decisions.
- Practice according to clinical guidelines and maintain professional boundaries.

## 2. Collaboration

- Develop and maintain positive relationships with clients, families, carers, and other service providers.

### Key Tasks:

- Collaborate with clients, families, carers, and local service providers.
- Support families and carers with information, referrals, and education.
- Consult with GPs, health practitioners, schools, and community services.
- Write mental health review letters, assessments and support letters necessary for the care team.
- Build relationships with key stakeholders for integrated service delivery.
- Respond to internal and external emails.

## 3. Risk Management

- Ensure the safety and wellbeing of clients through high-quality clinical practices and risk management.

### Key Tasks:

- Identify, assess, and manage clinical risks.
- Develop safety and risk management plans.
- Comply with occupational health and safety regulations.
- Follow emergency management plans.
- Report adverse events and unsafe behaviors.

## 4. Professionalism and Accountability

- Ensure all actions and practices align with Centre Self Collective values, maintaining professional and ethical standards.

### Key Tasks:

- Committed to professional presentation - eg: always friendly, courteous, and positively represents the business always
- Take responsibility for learning and professional development.
- Complete tasks within designated timeframes.
- Demonstrate self-care and ethical reasoning.

- Act within personal competence and seek assistance when needed.
- Participate in mandatory training annually.

## 5. Work Health & Safety (WH&S)

- Promote a safe working environment, ensuring compliance with health and safety regulations.

### Responsibilities:

- Promote and practice safe work habits, resolve potential hazards and operate safely.
- Ensure your own safety and health, and that of others, in line with legislative duty of care.
- Comply with safety instructions and adhere to safe work procedures.
- Report any injury, hazard, near miss, or illness immediately to the Director and follow WH&S policy and incident reporting processes.

At our clinic, every practitioner is dedicated to fostering an environment that embraces diversity, equity, and forward-thinking principles. Our team is united by a shared commitment to inclusivity, ensuring that every client feels respected and valued, regardless of their background or identity. We champion progressive values, constantly evolving our practices to incorporate the latest advancements in mental health care and social justice. By maintaining these core beliefs, we create a welcoming and innovative space where all individuals can experience transformative growth and healing.

### What we can offer you:

- **Dynamic Team Environment:** Join a vibrant, supportive, and collaborative team that values each member's contributions.
- **Inclusive and Progressive Values:** Work in an environment dedicated to inclusivity and progressive values, ensuring respect and innovation for all clients.
- **Individual Supervision:** Monthly one-on-one supervision sessions to support your professional growth and clinical practice.
- **Monthly Peer Supervision:** Participate in peer supervision groups to share experiences, gain insights, and enhance your skills.



- **Internal Training Programs:** Access comprehensive internal training programs to continuously develop your clinical competencies.
- **External Training Opportunities:** Benefit from funded external training to broaden your knowledge and expertise.
- **EFT Clinical Skills Group:** Engage in specialised Emotional Focused Therapy (EFT) clinical skills groups to enhance your therapeutic toolkit.
- **Schema Therapy Clinical Skills Group:** Join our focused Schema Therapy skills group to deepen your understanding and application of this therapeutic approach.
- **Administrative Support:** Receive robust administrative assistance to streamline your workflow and allow you to focus on client care.
- **Adaptable Working Arrangements:** Enjoy flexible working arrangements tailored to meet your personal and professional needs.
- **Access to Resource Library:** Utilise our extensive resource library to support your ongoing learning and clinical practice.
- **Ad Hoc Debriefing Sessions:** Access ad hoc debriefing sessions to process challenging cases and maintain emotional wellbeing.
- **Flexible Working Hours:** Benefit from flexible working hours designed to support a healthy work-life balance and personal well-being.

### Selection Criteria

- **Educational Qualifications:** Possess tertiary qualifications in Social Work, Occupational Therapy, or Psychology, with appropriate professional registration.
- **Professional Experience:** A minimum of two years of hands-on experience in counselling, with a solid understanding of mental health issues.
- **Eligibility for Rebate:** Medicare registered
- **Therapeutic Proficiency:** Demonstrated expertise in various evidence-based psychological strategies, including but not limited to Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), mindfulness techniques, and motivational interviewing.
- **Organisational & Communication Skills:** Exceptional organisational abilities coupled with strong verbal and written communication skills.
- **Team & Independent Work:** Capable of working both autonomously and collaboratively within a multidisciplinary team.
- **Crisis Management:** Proven experience in maintaining composure and professionalism while managing and containing the stress and anxiety of clients.

- **Interpersonal Skills:** Highly developed verbal skills with the capability to engage and build rapport with a diverse range of individuals.
- **Innovative & Problem-Solving:** Display initiative, creativity, and adept problem-solving skills in clinical practice.
- **Commitment to Professional Development:** Dedicated to continuous professional growth and development.
- **Quality Documentation:** Ensure maintenance of high-quality client documentation and data collection.
- **Cultural Awareness:** Demonstrated knowledge and application of culturally safe practices to engage clients from diverse backgrounds, including Aboriginal and Torres Strait Islander peoples, Culturally and Linguistically Diverse (CALD) communities, and the LGBTQI community.
- **Self-care and boundaries:** Proactively integrates self-care practices and maintains a healthy work/life balance to ensure personal well-being and professional effectiveness.
- **Adaptability:** Ability to adapt therapeutic approaches flexibly to meet the unique needs of each client, grounded in evidence-based practice.

## Requirements

- Interview
- Driver's license (desirable)
- National Police Check
- Working with Children Check
- Right to work documentation
- References
- Suitable private space for telehealth sessions
- Current registration with professional body

Join us at Centre Self Collective, where we are committed to creating a supportive and inclusive environment for both our clients and our team. If you are passionate about making a difference in the mental health sector and looking for a rewarding opportunity, we would love to hear from you.

If you would like to apply for this role please send a copy of your resume and a cover letter outlining the selection criteria to [amy@centreself.com.au](mailto:amy@centreself.com.au).



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