



**POSITION TITLE: Individual & Family Therapist**

This position will provide DBT-specific therapy as well as ongoing counselling and single-session counselling in our Walk-in programs.

**LOCATION: 40 Orchard View Blvd.**

**POSITION TYPE: Full-time regular (37.5 hours/week)**

**POSTING CLOSING DATE: Friday, March 13, 2020**

The Skylark counselling team is looking for a dynamic individual to offer a range of individual, family and group counselling services to youth between 12 and 21 years of age and their families. Skylark provides an Intensive Child and Family Service, supporting young people from birth to 18; various mental-health walk-in programs, serving children, youth and young adults from birth to age 26, and a DBT Program, serving youth age 15-18. Therapists address a range of mental health issues, including emotional, behavioral and/or psychiatric symptoms that may be impacting one's functioning at home, school, socially or in the community. Intervention strategies are determined following a thorough intake and assessment.

**Experience with/lived experience of oppression, racism, homophobia, transphobia and/or ableism and/or personal connection to queer or trans communities of color, including newcomer and disability communities will be an asset for applicants.**

**KEY RESPONSIBILITIES:**

- Formulate assessment and treatment plans and provide therapeutic counselling using a range of Evidence-Based and/or Evidence-informed Practices and provision of psycho-education as needed
- Provide Individual DBT for youth age 15-18, as well as DBT skills group training for these youth and their caregivers
- Liaise with other professionals and work from a multi-disciplinary framework including, psychologists, psychiatrists and other mental health professionals
- Provide consultations to school personnel and give presentations in the community as required
- Provide case management for clients with multiple needs, i.e. refer clients to other Skylark programs when appropriate and liaise with workers from those programs to best support clients and meet their needs; refer to external service providers as needed
- Provide immediate, single-session counselling using a Brief-Solution Focused and/or Narrative Therapy approach for youth and their families

- Builds and maintains effective interactions with colleagues at Skylark Children, Youth & Families, focused on individual, team and agency success
- Observes the confidential nature of the agency's services
- Organizes own work to meet scheduled deadlines and program demands, including clinical reports
- Ensures the client record is maintained as per agency standards
- Aligns own work and behaviour with agency mission, vision and values and in adherence to agency policies and procedures
- Participation in quality assurance, evaluation and research activities, as required

### **QUALIFICATIONS:**

- Masters of social work or Masters of Counselling Psychology (or equivalent)
- At least 2 years of professional experience or equivalent combination of education and experience
- Thorough knowledge of the principle techniques and methods of individual/family therapy and treatment techniques with ability to apply them as needed
- Formal training in Dialectical Behavioural Therapy, as well as experience delivering this modality
- Experience working with youth struggling with depression, anxiety, strained social relationships eating disorders, self-injurious behavior, trauma, psychiatric diagnoses, difficult family dynamics, learning disabilities etc.

### **SKILLS, KNOWLEDGE & COMPETENCIES:**

- Sound knowledge of evidenced informed treatment modalities including but not limited to, Narrative Therapy, Cognitive Behaviour Therapy, Motivational Interviewing, Solution Focused Brief Therapy, Trauma-informed therapy, Attachment-based therapy, with particular knowledge, training and proficiency with Dialectical Behaviour Therapy
- Sound knowledge and understanding of child and adolescent development
- Knowledge of community and agency programs including transitional age youth and adult services
- Demonstrated sound judgement related to the development of collaborative approaches working with youth and their families; including high risk circumstances and safety planning
- Ability to demonstrate and work through a lens of sensitivity to diversity related to race, religion, culture, cognitive functioning, poverty, sexual orientation and gender identity, etc.
- Sound knowledge of anti-oppressive practices and ability to implement them in work with children, youth and families
- Exceptional interpersonal skills; ability to work in a multi-disciplinary environment, exercising professional judgement in conflictual and stressful situations
- Suicide risk assessment and intervention skills
- Proven group facilitation skills, preferably utilizing Evidence Based Practices
- Sound writing skills with a strong record in completing documentation properly and in a timely manner
- Ability to identify clinical learning needs and seek consultation and support through supervision

### **ADDITIONAL REQUIREMENTS:**

- Willing to work a flexible schedule, including two evenings/week, to accommodate the needs of the youth and families we serve
- Ability to travel to other community-based settings as needed

**POLICE CLEARANCE:**

- Satisfactory clearance under the Vulnerable Sector Screening program

**TO APPLY:**

**Interested applicants are invited to submit both their cover letter and resume in only PDF or Microsoft word format to Arlene Sager, at [hiring@skylarkyouth.org](mailto: hiring@skylarkyouth.org) on or before March 13, 2020**

Please refrain from pasting the cover letter to the body of the email.

**Please quote: Individual & Family Therapist-DBT,** in the subject line.

**Skylark is strongly committed to a workforce that reflects the diversity of the populations we serve. We encourage applications from all qualified individuals including applicants from all cultures, racialized communities, abilities, diverse sexual and gender identities and others who may contribute to the further diversification of ideas. We are committed to a selection process and work environment that is inclusive and barrier free.**

We ask applicants to make any accommodation requests for the interview or selection process known in advance by contacting the Human Resources Department at (416) 482-0081 ext.278. Human Resources will work together with the hiring committee to arrange reasonable and appropriate accommodation for the selection process which will enable you to be assessed in a fair and equitable manner.