

SEVEN OAKS GENERAL HOSPITAL

POSITION DESCRIPTION

TITLE: Cognitive Behaviour Therapist – Clinic-WI **For Human Resources Use Only:**

JOB CODE: 30001817

UNION: MAHCP

SERVICE: Wellness Institute – Rehabilitation Service

IMMEDIATE SUPERVISOR'S TITLE: Director of Clinical Services, Wellness Institute

POSITION SUMMARY: The Cognitive Behavior Therapist is responsible for providing quality therapy services for both individuals and groups, within an interdisciplinary fee for service clinic setting; assures high quality service to a wide variety of private paying clients as well as insurers; communicates effectively with clients, other staff and professionals as required. Also provides patient education and consultation for the chronic disease and prevention programs at The Wellness Institute.

Represents the vision and philosophy of the Wellness Institute by demonstrating a strong customer service philosophy, a positive attitude, a positive image of good health and fitness, inclusive language, sensitivity to the needs of a diverse clientele and an ongoing commitment to improving professional competency and the quality of services provided.

SUPERVISION RECEIVED: Director of Clinical Services, Wellness Institute

WORKING ENVIRONMENT AND CONDITIONS: Fast paced, deadline and goal oriented multi professional team with excellence in communication and customer service. Day and evening shifts.

EDUCATION:

Master of Social Work degree (MSW) or Occupational Therapy degree (MOT or BMR-OT).

SPECIAL TRAINING:

Post graduate supervised training in counselling methods such as Cognitive Behaviour Therapy and/or Motivational Interviewing.

QUALIFICATIONS:

- Current license with Manitoba College of Social Workers or the College of Occupational Therapists of Manitoba.
- Member of the relevant discipline's Association (CASW or CAOT).

- Cognitive Behaviour Therapy (CBT) training and/or Motivational Interviewing (MI) training (with supervised clinical experience).
- Cardiopulmonary Resuscitation (CPR) Training requirements for this position shall be in accordance with the WRHA policy.

EXPERIENCE:

- Minimum 2 years of counseling experience.
- Experience with both individual and group therapy.
- Familiarity practicing in a fee for service environment preferred.

OTHER FACTORS:

- Must be able to work well independently, demonstrating organization, adaptability, excellent time management and sound professional clinical judgement.
- Strong communication skills and rapport building for individual client interaction.
- Strong communication skills for group presentations and online expert presence.
- Effective written communication skills – writes with clarity, conciseness and completes reports in a timely manner according to regulatory and facility requirements.
- Easy, approachable, positive, personal manner with strong communication and collaborative interpersonal skills for effective client/colleague contact whether in person, by phone or electronic technology.
- Action oriented; shows initiative and creativity within area of responsibility.
- Able and willing to participate in an interdisciplinary team-based work environment. Willing to participate in team meetings and other department meetings as required.
- Interest in professional social work/occupational therapy issues. Committed to ongoing professional development and continuing competency, including the integration of evidence based, best practice guidelines.
- Mindfulness and relaxation training are assets.
- Certified Tobacco Educator Certificate (CTE) is an asset.
- Computer literacy and experience with use of electronic media, EMR, computer programs and database software.
- Good mental and physical health to fulfil job requirements.
- Demonstrated ability to attract a clientele for fee for service counselling.

CONTACTS & RELATIONSHIPS: Relates to clients, works closely with the staff of the Wellness Institute Rehabilitation Clinic, external funders, case managers and other health professionals.

EQUIPMENT USED: Office/computer equipment.

DUTIES AND RESPONSIBILITIES:

- Provides professional, skilled psychosocial assessment and interventions to individuals, families and groups; providing a range of psychosocial interventions that are aimed at assisting clients, families and groups cope with and adapt to health-related issues.
- Provides therapy services to fee for service clients in individual and group settings
- Plans and implements a treatment program according to assessment findings, the needs and goals of the client, current research and best practice guidelines. Ensures that the plan

is specific and measurable and is supported by relevant theory and one in which can be reasonably implemented by the client in a timely manner.

- Implements new and innovative, research-based interventions.
- Evaluates and modifies treatment program as required.
- Builds a strong reputation as a service provider.
- Discontinues treatment according to accepted practice.
- Guides and monitors return to work programs for Work Injury Clients.
- Provides patient education in individual and group settings for Chronic Disease Programs.
- Liaises with all appropriate parties including the client, client's families, other health care providers, insuring agencies, lawyers etc. as required.
- Maintains clear accurate patient records based on professional practice guidelines and clinic policy and completes reports in a timely manner.
- Recognizes and supports opportunities to embed technology and new practices into the Clinic.
- Adheres to all policies of the Clinic, the Wellness Institute and SOGH.
- Complies with PHIA and maintains confidentiality in accordance with all privacy legislation.
- Participates in the collection and maintenance of accurate client statistical data based on program criteria and submits accurate billing in a timely manner.
- Contributes to social media campaigns and posts to build the Wellness Clinic expert brand. Attends and speaks at conferences to build the Wellness Clinic referrals and leverage the overall Wellness Institute brand.
- Takes initiative to continuously improve knowledge and skill through professional development and continuing competency initiatives.
- Delivers services according to evidence-based, best practice standards and professional ethical codes of conduct and with accepted scope of social work/occupational therapy practice.
- Performs other duties within the scope of this professional assignment as required and within different programs within the Wellness Institute including but not limited to the clinic programs, membership services and chronic disease management and prevention programs.
- May provide other educational programs and seminars.

INCUMBENTS SIGNATURE:

DATE

APPROVAL:

DEPARTMENT HEAD

DATE