

Position Summary

Primary Therapist, Intensive Outpatient Program

The Primary Therapist, Intensive Outpatient Program (IOP), will be a key member of a multi-disciplinary team whose role will be to implement an intensive outpatient treatment service to individuals experiencing complex and problematic alcohol and other drugs use.

The primary therapist will utilise a range of treatment interventions including Assessment, Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), and psycho-education in the delivery of this integrated Intensive Outpatient Program. These interventions will be used in both individual and group treatment sessions.

Adherence to the structural and clinical fidelity has been shown to be an important determinant of success for this program. Actively adhering to the manualised treatment materials; consistent scheduling and facilitation of individual and group sessions; collection of weekly random drug/alcohol screens (note this is to inform treatment and is NOT a punitive measure); monitoring of group size; involvement of peers as co-leaders (when appropriate); and actively engaging clients throughout the process are all important elements of the Primary Therapist role.

Key Responsibilities

As an important part of the Reset Life team, the primary therapist will be assigned a caseload of clients. The focus of this role will be:

- To conduct Comprehensive AOD Assessments for all clients assigned to (their) caseload
- To make outgoing referrals for clients deemed unsuitable for the IOP service
- To actively engage with clients and family members so as to build cohesive/supportive relationships
- To facilitate Individual/conjoint family therapy sessions with all clients on caseload
- To facilitate group sessions including Early Recovery Skills (ERS), Relapse Prevention (RP), and Family Education (if required)
- To actively promote attendance by client family members at the family education sessions
- To collect weekly random urine drug screens and/or saliva tests and conduct breath tests with all group members. *Note that these are conducted only to track progress not as a punitive measure.
- To conduct active follow-up with clients who do not attend treatment to ensure ongoing program engagement
- To provide treatment that is welcoming, empathic and optimistic, where possible helping to reduce stigma and shame for participants and their families
- To act as a mentor for the development of the (peer) support coordinator
- To participate in weekly clinical supervision with the key supervisor
- To work collaboratively with the broader multidisciplinary team to ensure the efficient, effective and responsive operation of the IOP service (with emphasis on ensuring program fidelity)
- Identify and up-skill potential peer mentors completing the IOP program

Essential Requirements

Qualifications

Relevant health and/or welfare tertiary qualification such as Social Work, Psychology, Nursing or Allied Health Sciences

Certificate IV in AOD or have completed the required competencies

Skills and Experience

Minimum of 3 years' experience in the delivery of clinical interventions (CBT, Motivational Interviewing, Motivational Enhancement Therapy, etc) with people and families experiencing complex alcohol and other drugs use

Demonstrated advanced knowledge of the physiology of addiction

Advanced group facilitation skills

Proven ability to effectively work with people and families experiencing problematic alcohol and other drugs use in a respectful, compassionate and positive manner

Please note: It is mandatory for the successful applicant to hold a current Working with Children Check and be prepared to undergo a National Criminal History Check prior to commencement

Terms:

This role is offered on a full time contract basis (6 months) EFT 1.0 with opportunity for extension pending continuation of funding.

Competitive Salary Sacrifice options apply

To Apply

Applications should include:

1. Cover letter addressing the Key Selection Criteria
2. Up to date resume/CV
3. Details of 2 professional referees

*Applications that do not address the Key Selection Criteria will not be considered

Applications should be mailed as follows:

TO: Gayle@firststep.org.au REF:

RSL/Primary Therapist BY: ASAP

Note: First Step is an independent not-for-profit organisation that provides a safe and nurturing work environment for people of all backgrounds, genders, religions, sexualities, ethnicities or any other factor.