



JOB POSTING

Competition Number 2025-27

Union/Non-Union: OPSEU
Position: Psychotherapist
Status: One (1) Permanent Full-Time
Program: Ontario Structured Psychotherapy
Initially assigned to: 147 McIntyre Street

Purpose:

Under the general direction of the Clinical Supervisor and guidance from a Clinical Consultant with the Ontario Structured Psychotherapy Program (OSP), the Psychotherapist will provide structured individual and/or group based evidence-based, short-term, Cognitive Behavioural Therapy (CBT) and related approaches to adults who experience mild to moderate depression, anxiety, and anxiety-related conditions.

Education and training:

- Minimum of a four (4) year Bachelor's Degree in Social Work, Nursing, or other mental health related field, from an accredited University required, Master's Degree preferred.
- Current Certificate of Registration in good standing with a regulatory college.
- Non-Violent Crisis Intervention (NVCI) is required.
- Ministry of Labour "Worker Health and Safety Awareness in 4 Steps" training certificate is required.

Requirements:

- A negative Police Vulnerable Sector Check
- Correctional Services Canada (CSC) Clearance or willingness to obtain
- A valid class G driver's license and proof of insurance
- Daily access to a reliable vehicle
- Current First Aid and CPR required
- Current Non-Violent Crisis Intervention (NVCI) training or willingness to obtain
- Current Applied Suicide Intervention Skills Training (ASIST) or willingness to obtain
- Able to lift at a minimum 20 lbs. from squatting to standing position
- Bilingualism (English/French) is required

Experience:

- Minimum of one (1) year experience in triage, clinical assessment, and treatment delivery of evidence-based CBT and CPT.
- Experience with in-person and virtual care delivery is preferred.
- Demonstrated experience working in a community-based or outpatient setting.
- Demonstrated experience utilizing evidence-based CBT treatment models with clients experiencing symptoms of depression, anxiety, and anxiety related conditions.

**** Extensive, high quality CBT training will be provided to the successful candidate, resulting in a postgraduate certificate. The stated training program is accredited by the University of Toronto.**

Knowledge/Skills/Abilities:

- Demonstrated knowledge and practiced skills in providing culturally safe and responsive mental health services to clients of diverse ethno-racial and cultural backgrounds.
- Demonstrated knowledge of the science and practice of structured psychotherapy including a full range of psychotherapeutic and assessment techniques to assess, plan, coordinate and implement specific clinical protocols.
- Demonstrated knowledge of CBT, CPT and other evidence-based structured psychotherapies; experience working with people with depression and/or anxiety (e.g. obsessive-compulsive concerns and post-traumatic stress).
- Demonstrated ability to distinguish features of depression, anxiety, anxiety related conditions, and the etiology/treatment of these disorders.
- Demonstrated critical thinking and problem-solving skills.
- Demonstrated knowledge of relevant legislation (e.g. Mental Health Act, Personal Health Information Protection Act, Regulated Health Professions Act, Health Care Consent Act, professional standards to ensure compliance and consistency in provision of client care).
- Demonstrated excellent computer skills with proficiency in Microsoft Office software (e.g. Word, Excel, Power Point and Outlook), patient information systems, and other program specific tools.
- Demonstrated training, experience or utilization of lean methodology for process improvement.
- Demonstrated ability to independently identify issues, plan improvements, measure success and continue improvement.
- Demonstrated superior interpersonal and communication skills, both written and verbal.

- Demonstrated effective time management and organizational skills with the ability to organize and prioritize as required.
- Demonstrated discretion and maturity when handling confidential information.
- Demonstrated commitment to the safety of co-workers and service users.

Personal Suitability:

- Demonstrated ability to work collaboratively with local and regional providers.
- Demonstrated commitment to ongoing professional development.
- Demonstrated professionalism in dealing with confidential and sensitive issues.
- Demonstrated positive work record and good attendance record.
- Ability to meet the physical and sensory demands of the job.
- Ability to work flexible hours.
- Demonstrated ability to sensitively serve people from equity-seeking communities.

Disclaimer:

Because of the changing nature of work and the work to be done, there is no assurance that the job responsibilities will not change from time to time. As well, the incumbent may be required to perform other duties as assigned.

Shift: Primarily days (7 hours/day 8:00 am to 4:00 pm); one evening a week is required (11-7)

Selection Process: Candidates will be selected for the position based on their skill, ability, experience, and qualifications.

French Language Services Required: Bilingualism is required. If no bilingual candidates (both internal and external) meet the qualifications, unilingual candidates will be considered

Salary: \$36.94 - \$42.40/hour
\$67,230 - \$77,168 (*based on full-time hours)

Send resume and cover letter via email
Please note the job Competition Number (see above) in the subject line of the email:

careers@nbd.cmha.ca

CMHA-NBD promotes the principles of and adheres to the tenets of the Ontario Human Rights Code. We strongly encourage applicants with lived experiences, from Indigenous communities, people of all races, colors, ethnic origins, religions, disabilities, and sexual orientations to apply. We recognize that equitable access to employment is an agent in social change.