



PSYCHOTHERAPIST

The Southdown Institute is a recognized industry leader in the provision of integrated mental health services. We are dedicated to clinical and organizational excellence in providing preventative and restorative care, using the best of psychological science and practice integrated with the wisdom of the Catholic spiritual tradition. Our highly experienced multidisciplinary team is dedicated to helping our clients find healing and well-being.

Southdown is located in Holland Landing (York Region), and is accessible from the GTA or Simcoe County. Our award-winning fully accessible facility is located in a setting of natural beauty on 37 private acres. Southdown provides a welcoming and supportive environment conducive to healing and well-being of body, mind, and spirit.

Position Summary:

We are seeking to fill a full-time, permanent position of Psychotherapist, which includes a comprehensive benefits package and pension plan.

Southdown offers comprehensive clinical and candidate assessments, a 14-week Residential Program with Continuing Care, outpatient psychological services, consultation and education. The resident population typically consists of persons experiencing such issues as mood disorders, depression, anxiety, interpersonal conflicts, as well as a range of addictions (chemical and process).

The successful candidate will provide individual and group therapy, drawing on recognized psychotherapy models including cognitive behavioural therapy (CBT), interpersonal psychotherapy, mindfulness-based therapy, trauma informed therapy, brief psychodynamic therapy, dialectical behavioural therapy (DBT) and acceptance and commitment therapy. Diagnostic assessments are conducted using standardized psychological measures and findings incorporated from the multi-disciplinary team of clinicians. The holistic treatment model at Southdown requires close interaction with the other members of the clinical team who provide addiction counselling, spiritual direction, nursing, psychiatry, dietary and fitness instruction.

Qualifications:

The successful candidate must have a Master's degree in Social Work, Psychology, Occupational Therapy, or related discipline, and a minimum of three years psychotherapy experience providing individual and group psychotherapy with adults. Current registration with a relevant regulatory body under the Regulated Health Professions Act (e.g., Ontario College of Social Workers and Social Service Workers, College of Registered Psychotherapists of Ontario, College of Occupational Therapists of Ontario) is a necessary requirement. The successful candidate must demonstrate the ability to produce detailed, high-quality, assessment and treatment reports and clinical documentation, and must be able to work independently and use critical thinking skills. Individuals with experience in individual and group therapy, (CBT, DBT, short-term dynamic therapy), comprehensive psychological assessments, and the treatment of mood disorders and



personality disorders will be given special consideration. Computer literacy is essential for purposes of electronic charting, particularly the ability to use Microsoft Office. Bilingualism (English/French) is an asset.

Application Process:

To apply for this position, please email or mail your resume and any supporting materials to:

Email: cdodgson@southdown.on.ca

Mail: Christine Dodgson
Human Resources
The Southdown Institute
18798 Old Yonge Street
Holland Landing, ON L9N 0L1

We thank all applicants for their interest, however, only those applicants selected for interviews will be contacted.

Southdown values the health and safety of its employees and is committed to the prevention of COVID-19. Southdown has implemented a mandatory vaccination policy that requires all staff to be fully vaccinated against COVID-19. Applicants being considered for employment will be required to provide proof of vaccination documentation confidentially to Human Resources upon hire. Any medical or human rights exemption requests will be reviewed and validated prior to an offer of employment.

We are committed to equity, value diversity, and welcome applicants from diverse backgrounds and faiths.

