

Human Resources

Position Description



Position Title:	High Intensity Counsellor
Accountable To:	Allied Services Manager
Location:	Allied Health National Contact Centre (Marion)
Hours:	76 hours per fortnight, or part-time hours - subject to Organisational requirements

Position Overview

The High Intensity Counsellor will deliver BlueSky Mind Studio's High Intensity Cognitive Behaviour Therapy (HICBT) services to Participants from various contracts and referring agencies. The High Intensity Counsellor will see Participants in a one-on-one format via telehealth, providing an initial assessment and, if deemed appropriate, will design and implement a treatment plan with the Participant. The High Intensity Counsellor is expected to be skilled with a broad range of high quality, evidence-based, Participant-centred behavioural health approaches in order to move Participants along the continuum of wellbeing, including economic independence, education and employment.

Personal Attributes

You are a mature minded individual with highly developed interpersonal and organisational skills. You are able to build strong relationships with Participants and work collaboratively with their families, support networks, advocates, and communities as required. Your motivational interviewing skills are second nature and you can easily adapt to changing circumstances. You are able to recognise when you need to perform self-care and are comfortable seeking support where required. You are comfortable working autonomously and within a team environment. You are a lifelong learner, skilled at implementing a broad range of CBT strategies and willing to learn more and change approaches based on the most recent evidence.

Responsibilities

The High Intensity Counsellor is responsible for:

- Providing quality high intensity CBT services to Participants in accordance with all relevant ethical, statutory, legal, and contractual obligations
- Liaising with and developing ongoing partnerships with Participants, and working collaboratively with their families, support networks, advocates, communities and other service providers as required to promote positive outcomes
- Providing strategies and treatment approaches to support Participants in overcoming barriers to employment
- Implementing and adhering to clinical policies, procedures, and strategies for the BlueSky Mind Studio's CBT program
- Providing feedback to help identify potential areas of growth in the program and supporting continuous improvement within the BlueSky Mind Studio and the CBT service
- Maintaining appropriate and timely records of all Participant contact
- Record Billable Hours as appropriate
- Communicating and collaborating professionally with peers, stakeholders and Participants
- Maintaining knowledge, skills and evidence-based practice through participation in professional development activities, e.g., supervision, private reading, workshops, skills training, etc.
- Participating in research activities as required
- Participating in team meetings

Quality Standards, Regulations and Responsibilities

The High Intensity Counsellor is responsible for ensuring that the following regulations, standards and codes are complied with:

- The Australian Counselling Association (ACA) Code of Ethics
- The Australian Health Practitioner Regulation Agency Code of Ethics
- The Organisation's Policies and Procedures
- National Standards for Disability Services (NSDS)
- National Disability Insurance Scheme (NDIS)

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- Government authority Contractual requirements
- Government authority Code of Practice and relevant Service Guarantees
- Government authority Complaints Procedures
- The Government authority Agreement and Guidelines
- ISO 9001
- ISO 27001
- Performance and Quality Framework (QAF)
- Work Health and Safety Act 2012
- Appropriate authority regulations
- Relevant legal, professional and ethical obligations

Qualifications

- **Essential:** Master of Cognitive Behavioural Therapy (or equivalent)
- Maintain professional membership in the Australian Counselling Association (ACA) and/or the Psychotherapist and Counselling Federation of Australia (PACFA)

Key Skills/Attributes

- Demonstrated ability to build strong relationships with Participants and work collaboratively with their families, support networks, advocates, and communities
- Highly developed time management and organisational skills
- Strong understanding of cognitive behaviour therapy
- Highly developed communication skills with internal and external stakeholders
- Strong motivational interviewing skills
- An unwavering commitment to both evidence based and ethical practice
- An impeccable reputation for honesty, trustworthiness, and fiduciary integrity
- Excellent computer skills – Microsoft suite, Internet & email.

Desirable Skills/Attributes

- Experience in a similar role

Additional Requirements

- National Police Clearance prior to commencing employment
- NDIS Worker Screening prior to commencing employment
- Working with Children Check
- Involvement and participation in BlueSky Mind Studio meetings and functions as required
- Completed COVID vaccination schedule

Selection Criteria

- Proven ability to work as part of a dynamic team as well as operating autonomously.
- Advanced communication, interpersonal and negotiation skills.
- A commitment to compliance with Organisational policies and procedures.
- A commitment to continuous improvement in line with the principle of scientific practice
- A responsible attitude to matters of confidentiality.