

## **Position Summary**

### **Primary Therapist, ResetLife**

The Primary Therapist, ResetLife, will be a key member of a multi-disciplinary team whose role will be to implement the ResetLife program for individuals in recovery from 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 psychoeducation in the delivery of this integrated, curriculum-based ResetLife Program. These interventions will be used in both individual and group treatment sessions.

The success of the program is contingent upon adherence to both the structural and clinical fidelity of the treatment. This will include: utilisation of the manualised treatment materials; consistent scheduling and facilitation of all individual and group sessions; collection of weekly random drug/alcohol screens; monitoring of group size; utilisation of peers as co-leaders (when appropriate); and ensuring clients remain engaged through active follow-up.

## **Key Responsibilities**

The primary therapist will be part of the ResetLife treatment team and 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 ResetLife
- 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 personally 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 ResetLife service (with emphasis on ensuring program fidelity)
- Identify and up-skill peer mentors completing the ResetLife program

## **Essential Requirements**

### Minimum Qualifications

- 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

Relevant tertiary qualifications desired but not essential.

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 position is offered as a full time position until end of June 2023 and ongoing is subject to continued federal funding.

Competitive Salary Sacrifice options apply

## **To Apply**

Applications should include:

1. Cover letter addressing the Essential Requirements (above). NB. No application will be considered without a response to the Essential Requirements.
2. Up to date resume/CV
3. Details of 2 professional referees

**\*Applications that do not address the Essential Requirements will not be considered**

Applications should be mailed as follows:

TO: [Gayle@firststep.org.au](mailto: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.