

ERP Therapist Job Description

OCD North is a specialized mental health clinic located in downtown Barrie and expanding virtually across Canada. We are Exposure and Response Prevention (ERP) specialists serving individuals and families affected by Obsessive-Compulsive Disorder (OCD). Our organization believes in OCD treatment, education, and advocacy to better serve the OCD community.

Why ERP Clinicians are Vital

Obsessive-Compulsive Disorder is a chronic condition that worsens without treatment. Functional impairment resulting from OCD is common and impacts the micro, mezzo, and macro systems in an affected person's life. It is a common and pervasive mental health condition affecting, on average, 350,000 people in Ontario alone. Yet, despite the prevalence of OCD and the efficacy of Exposure and Response Prevention, there is a shortage of social workers trained in ERP protocol.

ERP is the gold-standard, evidence-based best treatment for OCD. Our mission as ERP therapists is to facilitate recovery using best-in-class treatment. The successful candidate will participate in training designed to build competence and confidence using Exposure and Response Prevention while ensuring continuity of care.

Our Model

We support clinicians new to the Clinic with a training environment that is supportive, structured, and continuous; supervision that focuses on client progress and the trainee's level. We value connection, collaboration, innovation, and hard work. Due to the limited knowledge dissemination and exposure specific training in the social work community, we have developed a training and mentorship program that facilitates rapid trainee development with minimal interruption to client care.

Role Overview

As an ERP therapist, you are part of an expert team. You will understand how ERP can be used in heterogeneous OCD presentations and use the protocol flexibility based on the client's recovery process. You uphold OCD North's values with every client interaction.

The above mentioned is only possible when the team is cohesive and synchronized. Our mission is to provide evidence-based best-practice while supporting our team to ensure you can do your job effectively. This position will start part-time, leading to full-time as competency using ERP in the OCD community grows. There is a potential for full-time employment quickly.

The daily responsibilities of an ERP therapist include:

- Plan and conduct exposures; resisting the temptation to reassure and "rescue" clients while modeling emotional regulation and distress tolerance;

- Demonstrating empathy, strong clinical knowledge, and the ability to respond to difficult client situations effectively;

- Fully attending to clients in-session; using strong social work skills to communicate verbally and non-verbally;
- Provide psychoeducation to individuals and families regarding OCD and Exposure and Response Prevention;
- Communicate with administration regarding billing, payment plans, and client coordination;
- Follow ERP protocol consistent with client presentation;
- Develop treatment plans in collaboration with client systems;
- Provide treatment recommendations to client systems grounded in evidence-based practice;
- Tolerating discomfort and anxiety that arises from asking clients to face their fears through exposure;
- Confidently projecting yourself to clients and family systems;
- Determining eligibility for service through assessment sessions;
- Working with families, children, and adults individually and in a group setting;
- Consulting with team members in other cases;
- Additional duties, as required.

Qualifications

- Masters level university degree in Social Work or related mental health field (MSW, psychologist);
- Have demonstrated experience working in a mental health setting for a minimum of 3 years;
- Knowledge and experience using Cognitive Behavioural Therapy (CBT);
- Obtain training and certification in Exposure and Response Prevention;
- Participate in weekly consultation meetings;
- Ability to complete thorough assessments online and in-person;
- Strong problem solving, decision making, and organizational skills;
- Strong written and verbal communication skills;
- Attention to detail and ability to work in a fast-paced environment;

- Ability to work evenings and weekends;
- Professional liability insurance and registration in good standing with an Ontario regulated health care body.

This role is an independent contractor position. We offer competitive salaries that increase regularly based on performance and years of service. **We will train the right candidate.**

Additional Qualifications: (Not required but desirable)

- Expertise using Exposure and Response Prevention;
- The ability to communicate in a second language;
- Some experience in the private sector;
- Have knowledge or interest in marketing, social media, and content creation;

Location

The successful candidate will have a private home office in Vaughan or Toronto, Ontario.

Application Instructions

Please submit a resume and cover letter expressing your interest in this role while showcasing your personality and skills. The application deadline for this position is **8 am on Friday, January 22nd, 2020**. Please note that we will not consider applications that don't include cover letters. Applications can be emailed to mbragg@ocdnorth.com with the subject line: ERP Therapist Position and your name.

OCD North is committed to employment equity and diversity in the workplace. We are also committed to ensuring that each individual will have genuine, open, and unhindered employment opportunities within our company.

We appreciate your time and effort in submitting your application, but we will only respond to those applicants if we see a potential fit. Thank you for your interest.