



## **Counsellor / Therapist**

Recovered Living NZ, Sefton, Canterbury

Psychology, Counselling & Social Work (Healthcare & Medical)

Part/Full time (0.8FTE – 1 FTE)

\$36 – \$38 per hour

Counsellor / Therapist (eating disorder recovery)

Recovered Living NZ is a country leading national initiative offering an exciting opportunity for health and social services professionals. Bring your expertise, knowledge and skills to make a difference to the way NZ approaches recovery from eating disorders. We provide world-class treatment in a home-style environment using the latest evidence-based practice, drawing on highly successful residential eating disorder treatment programmes from the US.

We are seeking colleagues who are engaging, motivated and creative, and who can connect with a wide range of clients. You will have strong boundaries balanced with empathy, and a healthy relationship with food and body image. We are open to applications for full-time and part-time work.

## **ABOUT THE ROLE**

You will be working directly with clients in both individual and group settings, providing therapy primarily for eating disorder recovery, however depression, anxiety, OCD and PTSD are common co-occurring diagnoses. You should be comfortable working with clients with challenging backgrounds, including significant trauma.

0.8 FTE (4 days per week) would be considered for the role

## **RESPONSIBILITIES WILL INCLUDE**

Facilitation of individual and family/whanau therapy sessions

Facilitation of group therapy with clients and their family/whanau

Provision of meal support and other therapeutic exposures

Commitment to maintaining a positive staff culture

Providing mentoring and training to support workers



## **WE ARE LOOKING FOR COLLEAGUES WHO HAVE**

Membership / registration with a relevant professional body

Commitment to working to uphold the Treaty of Waitangi and understand the importance of partnership and cultural safety

Excellent communication and interpersonal skills

Initiative, empathy, and good boundaries

A positive relationship with food and body image

Demonstrative experience of positive teamwork experience

Ideally, previous experience working with eating disorders

Experience working with trauma, addictions, anxiety, depression and OCD

Experience of effective interventions using at least one of CBT, DBT, ERP

## **BENEFITS**

Participation in a programme that is moving the dial in NZ eating disorder treatment

Membership in a team dedicated to effective practice excellence

Experience working in a highly successful eating disorder treatment programme

Training, supervision and professional development

## **ABOUT OUR CULTURE**

RLNZ is a community of people who care about our clients and about each other. We believe connection, integrity & authenticity are critical for a strong staff culture.

## **DIVERSITY AND INCLUSION**

RLNZ values equality and diversity in the work community. We welcome applicants from diverse backgrounds, such as people of different ages, genders, gender identifications and members of various cultural or minority groups. Current knowledge working with the LGBTQIA+ community is preferred. Any applicant who identifies as being fully recovered from an eating disorder, must have been so for a minimum of two years.

# Recovered Living

Where Recovered is a Reality

NB: all successful applicants are required to pass a pre-employment drug test and a criminal record check prior to starting work with us. We are a smoke and vape free workplace.

Relocation expenses within the NZ or from Australia may be taken into account for suitable candidates.

Applicants, please send your cover letter and resume to Chelsea Dickson (operations@rlnz.org).

Applicants we wish to connect with further will be contacted within 5 days of the closing date of this advertisement

For information about our programme please visit:

[www.recoveredlivingnz.com](http://www.recoveredlivingnz.com)

<https://www.youtube.com/watch?v=9HIuRLN4jVk&t=2s>