



DIMENSIONS

ALGONQUIN HIGHLANDS

Job Description: PREPARATION + INTEGRATION THERAPIST

Who We Are

Dimensions offers health and wellness experiences with a therapeutic focus on mental health issues affecting the central nervous system. Our retreats focus on restorative well-being and transformational growth by combining neuroscientific research and evidence-based therapeutic healing modalities with elevated accommodations in nature. We operate under the approval of Veterans Affairs Canada (VAC) as a VAC Interdisciplinary (IDC) inpatient program.

Our evidence-based approach to our Veterans-only programs includes a series of preparation meetings, a ten-day retreat and 45 weeks of virtual integration sessions. All are supported by the latest developments in neuroscience and neurobiology, oriented towards mitigating the symptoms of Post-Traumatic Stress Disorder (PTSD), Post-Traumatic Stress Injury (PTSI), anxiety disorders, and depression.

The Opportunity

We are currently seeking Preparation + Integration Therapists to join our Clinical team to support our Veteran's 10-day retreat program. The Preparation and Integration portion of the Clinical team is comprised of a virtual practice of therapists supporting Veterans in improving their physical, emotional and mental health. This role is particularly suited for therapists who are looking to expand their clinical experience/caseload and interested in working as a part of an interdisciplinary team. The position is remote, and therapists must be registered in Ontario only.

The Role

The holistic treatment model features a wellness plan individualized and optimized for Veterans across a timeline that includes an initial assessment, individual and group psychotherapy, and preparation prior to a 10-day retreat. Post-retreat aftercare spans 45 weeks. The delivery of care by Dimensions' trauma-sensitive interdisciplinary team, is led by Donald Currie, Registered Psychotherapist (RP). The on-site retreat team of more than 20 experienced and licensed psychotherapists and wellness practitioners upholds the role somatic therapy and modalities can play in helping people process trauma stored in the body and the nervous system.

Duties and Responsibilities

- Build a strong therapeutic alliance with our Veteran guests to create a safe container.
- Use psychotherapeutic interventions to prepare guests for their Retreat experience and integration post-retreat. This work includes exploring attitudes, behaviours, and emotions.
- Perform weekly group and individual psychotherapy sessions.
- Maintain records of treatment.
- Attend team meetings and case consultations to discuss client treatment.
- Review ongoing assessments and provide support when guests experience challenges or difficult experiences.
- Collaborate with Dimensions Clinical Team and Interdisciplinary Team.
- Be proactive in managing conflict should it arise between Veterans.
- Help Veterans make meaning of their retreat experience.
- Participate in ongoing training as required.
- Follow regulatory requirements put forth by the regulatory college (e.g., CRPO).



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Qualifications:

- At least 3 years of working with clients with PTSD, Anxiety, and Depression.
- Master of Social Work, Degree in Psychotherapy or equivalent certification(s).
- Proficiency with Jane for client scheduling would be an asset.
- Training on somatic based therapies, EMDR, Internal Family Systems, and deep brain reorienting (DBR) would be an asset.
- Previous experience working with groups would be an asset.
- Flexibility to work day, evening and weekend shifts is preferred.

How we hire

Please send a cover letter and resume to Recruiting@dimensionsretreats.com.

Dimensions is committed to fostering a climate of diversity, equity, inclusion and respect. We are committed to creating an inclusive environment where people from all backgrounds can thrive. We welcome all applicants, and encourage applications from racialized persons, Indigenous Peoples, women, persons with disabilities, LGBTQIA2S+ persons, and others who may contribute to furthering diversity within our organization.

We thank you to all who apply, however only qualified candidates will be contacted.

To enquire: Recruiting@dimensionsretreats.com