



DIMENSIONS

ALGONQUIN HIGHLANDS

Job Description: RETREAT - PSYCHOTHERAPIST

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 10-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 Psychotherapists to join our Clinical Team to support our Veterans-only 10-day retreat program. This role is an in-person role supporting the Clinical Director and one other psychotherapist in delivering a 10-day retreat program supporting Veterans to improve their physical, emotional and mental health. This role is particularly suited for therapists who have experience working with Veterans and/or who work with clients with PTSD, anxiety and depression. Our program is delivered onsite at our Lodge located on Maple Lake, Algonquin Highlands (approximately 3 hours from Toronto).

The Role

The psychotherapists work both independently and as part of an Interdisciplinary Team supporting the Clinical Director and other psychotherapist(s) in delivering a 10-day retreat program. Our 10-day retreat program features mind-body practices to overcome trauma and the symptoms of PTSD, anxiety disorders, depression, and substance abuse through somatic psychotherapy, yoga, massage therapy, nourishing food and breathwork. The delivery of care by Dimensions' trauma-sensitive interdisciplinary team, is led by Donald Currie, Registered Psychotherapist (RP). The on-site retreat team of 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 guests in order to create a safe container.
- Perform group and individual somatic psychotherapy sessions during retreat and providing additional support to retreat participants as needed on site. Must be trained in trauma focused therapies.
- Review ongoing assessments and provide support when guests experience challenges or difficult experiences.
- Use psychotherapeutic and other interventions to explore attitudes, behaviours and emotions.
- Provide support and guidance during ceremonial experiences.
- Help guests make meaning of their ceremonial experience.



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- Attend team meetings and case consultations to discuss client treatment and collaborate with Dimensions Clinical Team and Interdisciplinary Team.
- Follow Dimension's policies providing detailed notes and reports of sessions and treatments.
- Receive informed consent for all treatment and explain the use of safe, bounded therapeutic touch.
- Be proactive in managing conflict should it arise between guests.
- Follow regulatory requirements put forth by the regulatory college (e.g., CRPO).
- Maintain records of treatment.

Qualifications

- At least 5-7 years experience of working with clients with PTSD, anxiety, and depression.
- Master of Social Work, Degree in Psychotherapy or equivalent certification(s) is required.
- Must have training in somatic based therapies, including Internal Family Systems, Deep Brain Reorienting (DBR), and/or sensorimotor psychotherapy or somatic experiencing.
- Must be experienced and proficient in group therapy approaches.
- Able to communicate and work effectively in an interdisciplinary team environment and demonstrate a willingness to accept clinical direction.
- Demonstrated ability to produce detailed treatment reports and clinical documentation.
- Proficiency with Jane for client scheduling 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