



*Sharp Minds Psychology*

### **Group Facilitator for Therapy Groups**

Are you a skilled and compassionate individual with a passion for helping people find support, understanding, and growth? We are seeking a dedicated professional to join our team as a Group Facilitator, specialising in groups focused on anxiety, depression, ADHD, and motherhood, to name a few. In this role, you will have the opportunity to create a safe and nurturing environment for individuals to connect, share experiences, and develop valuable coping skills.

At our Practice, we believe in the importance of inclusion, valuing and celebrating the diversity of all individuals, including those who identify as Neurodiverse, Transgender, and a part of the LGBTQIA+ community. If you're part of the queer community or identify as an ally, we want you!

**Position:** Group Facilitator for Therapy Groups (Contract work)

#### **Responsibilities:**

- Facilitate groups for individuals experiencing a range of different issues such as anxiety, depression, ADHD, relocating interstate and entering motherhood.
- Create a supportive and inclusive atmosphere where participants can openly discuss their thoughts, emotions, and concerns.
- Develop and implement group activities, exercises, and discussion topics to promote healing, personal growth, and skill-building.
- Provide psychoeducation on topics relevant to the group's focus, such as stress management techniques, self-care practices, and effective parenting strategies.
- Foster a sense of community and encourage group members to offer mutual support and empathy.
- Collaborate with other mental health professionals to ensure coordinated care and share resources and information.
- Monitor and assess group dynamics, individual progress, and treatment outcomes to make necessary adjustments to the group format and content.

#### **Requirements:**

- Hold a diploma of psychology or a related field or bachelor's degree in psychology, counselling, social work, or a related field.
- WWCC.
- Police check.
- Knowledge of evidence-based treatment modalities and interventions relevant to the group's focus.

- Strong interpersonal and communication skills to foster a safe and supportive group environment.
- Ability to manage group dynamics, handle challenging situations, and provide appropriate guidance and support.
- Empathy, compassion, and a non-judgmental attitude toward group members' experiences and struggles.
- Familiarity with the unique challenges faced by individuals dealing with a range of issues.

**Benefits:**

- Flexible scheduling options to accommodate group sessions at various times and days.
- Collaborative and supportive work environment with a team of dedicated mental health professionals.
- The satisfaction of making a positive impact on individuals' lives by providing a space for growth, healing, and connection.
- Access to a diverse client population and the opportunity to expand your expertise in group therapy.

If you are passionate about facilitating groups and empowering individuals to navigate their mental health challenges, we invite you to join our team. Together, let's create a nurturing and transformative space for individuals to find support, understanding, and healing.

**How to Apply:** To apply for the position of Group Facilitator for Therapy Groups, please submit your resume, a cover letter outlining your relevant experience, and any applicable licenses or certifications. Additionally, include a brief statement on your approach to group facilitation and the specific areas you feel most passionate about.

We appreciate all applications; however, only candidates selected for an interview will be contacted via email, so check your spam!