



## Student Counsellor – Counselling Program (1 position)

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### Program Summary

FST Counselling Service provides trauma informed and trauma specific mental health counselling to a diverse range of people facing a variety of issues. The student counsellor will provide brief strengths based anti-oppressive psychotherapy to clients. Along with brief psychotherapy to a small case load of clients accessing the Counselling Service, the student counsellor will also work with the Counselling team in our walk-in counselling program. The student counsellor will be part of an outstanding team using a range of therapeutic modalities, participating in clinical consultations.

### Position Summary

To provide counselling and psychotherapy support services to adults and couples, using culturally competent, trauma informed and evidence-based interventions, including single session and short-term therapies to clients from diverse ethno-cultural communities, diverse sexual orientation, and gender identities, and to clients who are marginalized by a range of systemic issues.

Benefits to the student include:

- Opportunity to gain clinical experience, skills and knowledge in counselling through collaboration with a clinical team
- Opportunity to develop knowledge of community resources and clinical resource materials
- Gain clinical experience with diverse clients and issues
- References may be provided upon successful completion of the student commitment

**Level of Risk: High (opportunity to be alone with or exert influence over vulnerable people)**

### Core Responsibilities

- Conduct initial and post-therapy assessments (initial interviews to identify client's symptomatic presentation and baseline, therapeutic goals, setting clinical boundaries, timeframe and to identify therapeutic outcomes)



- Complete clinical documentation including assessment summaries, session notes, closing summaries and communication records, in a timely manner, using a computer database program
- Work collaboratively with other members of the clinical team, including staff, other students and volunteers through informal case consultation, and attending clinical team meetings.
- Meet regularly (weekly) with clinical supervisor to review clinical work and pursue learning goals.
- Participate in student training and clinical skill-building activities to determine readiness for and to enhance counselling practice. Activities include shadowing, role-playing exercises, presentations, meet-ups, and to complete relevant reading or view training videos to determine readiness for independent counselling practice.

## Qualifications

### **Students must possess:**

- Advanced graduate level enrolled in one of the following: MSW, MA Counselling Psychology, M.Ed. Counselling Psychology, M.Psy., or Bridging Program for Internationally trained social workers or mental health professionals.
- Demonstrated commitment to practicing within an anti-racist and anti-oppression, trauma-informed framework.
- Ability to work with marginalized persons from a client-directed, empowering, and strengths-based approach
- Ability to maintain boundaries with clients and provide time-limited counselling services.
- Excellent oral communication skills in English and/or French and good writing abilities. Speaking other languages is an asset
- Demonstrated clinical training, in integrating at least two clinical modalities into practice (e.g., Psychodynamic, CBT, DBT, Solution Focused Therapy, Narrative Therapy, EMDR)
- Current knowledge of best practices in mental health (e.g., crisis de-escalation, suicide prevention, harm reduction, child abuse, and gender-based violence).
- Demonstrated commitment to, and understanding of the principles of social justice, cultural competency and equity and inclusion.



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- Ability to empathize and maintain mindful awareness of one's own internal experience while conducting therapy as well as demonstrated creativity, flexibility, and excellence in therapeutic engagement

**FST conducts Criminal Record and Vulnerable Sector Checks for successful applicants for this position.**

## Time Commitment

- 2-3 days/week, (450-500 hours)
- March 2024 (start date)

## Location

- 355 Church St, Toronto, Canada M5B 0B2

## Additional Information:

- This is an unpaid practicum opportunity
- Students of all identities, including cis, trans, two-spirit, and individuals whose identity does not conform to binary gender categories (e.g. genderqueer, genderfluid, agender, pangender, etc.) are welcome to apply

**FST is committed to a policy of equity and inclusion. In accordance with the Ontario Human Rights Code, Accessibility for Ontarians with Disabilities Act, 2005 and FST's Access and Equity policy, accommodation will be provided in all parts of the recruitment process. Applicants need to make their needs known in advance.**

**We thank all applicants and will contact the individuals selected for an interview.**