

Psychologist, Hobart

Position Description

Role: 1 to 5 days (as agreed)

Contract: Option for Employment or Independent Contract model

Remuneration: From \$85-\$120k + superannuation, commensurate with experience.

Location: Hobart, Tasmania

Currently held by: New position

The Mind Room is a mental health, wellbeing and performance psychology practice based in Collingwood, founded by Jo Mitchell and Michael Inglis in 2012.

Our big belief is that if people know more about how their minds work, they would live more meaningful, connected and satisfying lives. We share psychological knowledge and tools to empower individuals, organisations and communities to not just survive, but thrive.

For individuals we offer therapy, coaching, workshops and events. For organisations we offer an Employee Assistance Program, training and consulting services. We work with values-aligned businesses, particularly from health, sports, creative and for-purpose industries. We value integrity, connection, curiosity, action and joy.

This role is based 1-day per week with a key client organisation - Cricket Tasmania - in Bellerive - and working as part of the Wellbeing and Performance psychology team for the womens and mens cricket team (alongside sport psychologist, medical and player development staff).

There is the opportunity to work an additional 1 to 4 days per week in private practice (telehealth or face-to-face) seeing individual clients for therapy or coaching (a mix of sport and general public). This role is part of The Mind Room's inaugural Hobart team (of 3 so far) and will be virtually connected with our Melbourne based team. Other opportunities will arise as we establish and grow.

Key Responsibilities

Responsible for (but not limited to):

Supporting our client - Cricket Tasmania - to build an integrated health, wellbeing and performance psychology service for the women's and men's cricket teams.

- Primary responsibility for the mental health and wellbeing program and services.
- Secondary support for the performance psychology program (currently led by a Sport psychologist).
- Embedded at Cricket Tasmania to support implementation of their mental health and wellbeing agenda.
- Monitoring and acting on Player mental health screening.
- Player consultations, triage and treatment support as required
- Mental health and wellbeing education.
- Collaboration with Cricket Tasmania Player Development Managers, Medical and Allied health staff, Coaches and Support staff.

Learning, Growing and contributing:

- Meeting registration requirements (e.g accessing regular external supervision and ongoing engagement in professional development activities)
- Participating in our in-house Peer Supervision sessions (attending or facilitating)
- Utilizing The Mind Room's Professional Development budget allocation to enhance learning, development and credentials.
- Proactively creating, developing and maintaining internal relationships
- Demonstrating The Mind Room values.

If you choose to work more than 1-day per week, duties can extend to include:

Individual client services:

- Assessing, treating and referring clients experiencing psychological disorders as well as wellbeing and coaching/performance work, as training/experience allows
- Undertaking the agreed average number of client sessions per week
- Client Administration and Caseload management
- With support from FOH team, ensure daily client administration is done accurately and in a timely manner
- Caseload management via regular communication with referring GPs and other health care professionals, monitoring client retention, discharging/archiving clients as appropriate, and notifying TMR's intake team of availability for new client bookings.

Facilitation and Training Delivery:

- Facilitate workshops and programs for community, business or sporting groups as agreed from time to time.
- Learn modular workshop content (topics as agreed) and undertake assessment of content, style and tone.
- Work with our Business Producer to understand audience needs (including a pre-briefing call with the clients key contact)
- Facilitate/deliver custom programs for sporting or business groups as agreed from time to time.
- Partake in internal planning to understand project needs and determine role and responsibilities
 - Maintain relationships with external clients (as required)
 - Deliver services to client as per services agreement
 - Complete reporting (as required)

Content Development:

- Develop, contribute to and review content for our audiences consistent with our tone and branding guidelines as agreed. For example, our website blog, social media content, media interviews, training materials etc.

Key Internal Relationships

Reports to:

- Clinical Manager, The Mind Room

Works with:

- Sport Psychologist (on site at Cricket Tasmania)
- Cricket Tasmania Wellbeing & Performance Team
- The Mind Room Front of House and Intake team (for individual client work)
- Director, Wellbeing (Clinical Psychologist, on site in Hobart)
- Director, Performance (Sport Psychologist)

Required Skills and Attributes

- **Psychological skills:** A competent and capable psychologist who can triage, treat and refer for mental health issues.
- **Interpersonal skills:** Demonstrates excellent interpersonal skills. Is able to build and manage professional relationships, balancing professional competence with a warm and engaging manner.
- **Team Player:** Desire to work as part of a team, and is also able to work autonomously. An understanding of how to effectively manage team relationships, respect the role of all team members, and help make all our lives a little easier and more joyful.

- **Strategic thinker:** Able to see the big picture. Can do the work and also knows when to delegate. Will ask questions, test assumptions and bring others along on the journey.
- **Communication skills:** Demonstrates excellent communication skills. Is able to present well in writing and verbally.
- **Facilitation skills:** Ability to hold a room, facilitate a group conversation or present psycho-education content in a clear and engaging manner.
- **Organised:** strong organisational skills, attention to detail and ability to manage time effectively.
- **Motivation:** A genuine interest and motivation to learn, grow and use mental health, wellbeing and performance psychology as a means of improving the lives of others.
- **Integrity:** High level of integrity. Able to effectively manage confidential information and behave in an ethical and professional manner.

Required Qualifications and Experience

- AHPRA Registered Psychologist
- Knowledge of elite sport industry, environment, systems and athlete issues.
- Proven experience providing individual psychology services to adults.
- Experience in cognitive behavioural and acceptance-based frameworks (e.g. ACT, CBT, DBT).
- Knowledge of mental health issues, systems and industry (e.g., Medicare, private health, ethical and legal issues).
- Knowledge of wellbeing science theory, research and applications
- Experience facilitating psycho-education workshops or presentations
- Stakeholder engagement experience – capacity to represent the business to other organisations.

Highly Desirable

- Experience developing and implementing an integrated mental health service and programs for high performance sporting environments.
- Experience delivering mental health, wellbeing or performance psychology services in high performance sporting environments.
- Sport Psychologist (with strong mental health experience)
- Clinical / General Psychologist (with strong sport industry experience)

How to apply

Please submit your CV and cover letter to Murphy Woods murphy@themindroom.com.au

For a confidential conversation please call Murphy on 0430172612