

POSITION DESCRIPTION

Position: Psychotherapist
Reports to: Medical Director



Purpose of the position

The Psychotherapist is responsible for the assessment and treatment of a caseload of patients as part of the therapeutic community at Ashburn Clinic. They provide psychotherapeutic input within the therapeutic programme and general clinical support to other staff and the wider Ashburn community.

The Psychotherapist will take an active role in the ongoing development of Ashburn Clinic by ensuring that the philosophy, mission and values of the Clinic are demonstrated in everyday work practices.

The Psychotherapist will contribute to their own professional development and the professional status of the Clinic through ongoing CME activities, research and by maintaining the highest ethical standards.

Context for the position

Ashburn Clinic is a not-for-profit therapeutic community in Dunedin, offering a professional and supportive environment for assessment, treatment and recovery from mental illness and addictions. Established in 1882 as an alternative to state hospital care, Ashburn Clinic is owned by the Ashburn Hall Charitable Trust and governed by a Board of Trustees. The Clinic provides public and private inpatient psychiatric services for people from all over NZ, aged 17 years and above.

The Ashburn therapeutic community evolved through its association with UK therapeutic communities which developed a group approach to treating the effects of trauma, where staff and patients work alongside each other in an atmosphere of open communication. The Ashburn residential programme provides treatment for a variety of health problems, including personality disorders, trauma-related conditions, eating disorders, mood and anxiety disorders and addictions.

Ashburn Clinic employs psychiatrists, psychotherapists, nursing and occupational therapy staff as well as general practitioners, a dietitian and a social worker. The Management Team consists of the Medical Director, Director of Nursing and Allied Health, Quality Director and the Business Director who leads a team of non-clinical staff responsible for finances, administration, catering, cleaning, quality, buildings and grounds.

As part of its core purpose and Charitable Trust status, Ashburn Clinic provides educational opportunities to internal and external staff. It is a teaching hospital with the capacity to provide placements for students of various disciplines, training for psychiatrists and psychotherapists, as well as educational seminars.

Key accountabilities of the role

- *Psychotherapy treatment:* the Psychotherapist will take psychotherapeutic responsibility for an allocated caseload of patients, including assessment, and treatment. They will perform the role of Psychotherapist to inpatients within their Unit and to Outpatients.

- *Therapeutic development*: the Psychotherapist will actively promote the therapeutic community philosophy and the values of Ashburn Clinic.
- *Clinical practice*: the Psychotherapist will be expected to contribute to their own professional development and the professional status of the Clinic through ongoing CME activities, research and by maintaining the highest ethical standards.
- *Health & Safety*: take reasonable care of your own health and safety and reasonable care that others are not harmed by something they do or don't do. Follow any reasonable instructions given to you by your Employer, and co-operate with any reasonable health and safety policy or procedure.

Key relationships

- Members of the Management Team.
- Charge and Associate Charge Nurses.
- Other clinical staff.
- The Ashburn Community.
- Key stakeholders and professional associations.

General information

Delegations

The Psychotherapist does not have financial authority to expend capital or operational funds.

This Position Description is not an employment agreement or contract and can be changed at any time due to the changing strategic, clinical or business needs of Ashburn Clinic.

I acknowledge that I have received a copy of my Position Description and that it has been discussed with me.

Psychotherapist signature

Date

Medical Director signature

Date

Key accountabilities

Psychotherapy practice:

The Psychotherapist will take psychotherapeutic responsibility for an allocated caseload of patients, including assessment, diagnosis and treatment. They will perform the role of Psychotherapist within the group-based therapeutic programme.

- To provide treatment for an allocated caseload of inpatients, day patients and outpatients. This will include psychotherapy responsibility for specified patients treated by psychiatric staff.
 - To provide psychotherapy consultation to the wider clinical team and attend therapeutic groups, community activities, clinical meetings, staff meetings as necessary. In addition, to attend and take an active part in administrative, quality improvement and other meetings as necessary.
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Therapeutic community development:

The Psychotherapist will actively promote the therapeutic community philosophy and the values of Ashburn Clinic; internally within the Clinic and externally to patients, families, other health professionals and the public.

- Participate in promoting and implementing the Therapeutic Community philosophy and mission and values of Ashburn Clinic.
 - Contribute to professional clinical relationships with external agencies such as Southern District Health Board and government departments.
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Clinical development:

The Psychotherapist is expected to contribute to their own professional development and the professional status of the Clinic through ongoing continuing medical education activities, research and by maintaining the highest ethical standards.

- Maintain standards consistent with ethical and legal requirements of a psychotherapy practitioner in accordance with the Treaty of Waitangi, New Zealand mental health legislation and relevant codes of patients' rights.
 - Continue medical education activities and other training and research activities as required to maintain specialist's role and registration.
 - Take an active role in the development of Ashburn Clinic. Provide supervision of other staff as assigned by the Medical Director and play an active part in the Clinic's Quality Improvement Programme.
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Health and Safety:

Ensure health and safety policy and procedures are adhered to.

- Takes reasonable care of own health and safety, and reasonable care that others are not harmed by this employee's actions.
 - Follows any reasonable instructions given by the Employer, and co-operates with any reasonable health and safety policy or procedure.
 - Reports in a timely manner any hazard, incident or health and safety concern that is apparent.
 - Supports maintaining safe systems and healthy practices in the workplace through active participation and consultation.
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Role requirements

Psychotherapeutic practice

- Must have specialist qualifications in psychotherapy and be registered as a specialist psychotherapist in New Zealand – or be able to be so registered.
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Therapeutic community development

- Experience in a therapeutic community or in group therapy would be desirable but an interest in therapeutic community work and psychodynamic psychotherapy is essential.
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Clinical development

- Must be able to work in a multi-disciplinary team within a flattened hierarchy.
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