



Opal: Food+Body Wisdom, an eating disorder treatment facility in the University District of Seattle, Washington, offers intensive day treatment as well as outpatient services. We look to hire skilled individuals who want to join our team to provide innovative treatment and work alongside a passionate and caring staff.

Job Title: IOP Lead Therapist

Responsibilities:

Primary Therapist--

- Co-lead all the Process groups in the IOP program with IOP milieu staff
- Attend IOP team meetings as relevant
- Document all clinically relevant interactions with clients using electronic health record system
- Opportunity for 1:1 individual therapy for patients at all levels of care (relevant to a full-time position)

Supervisor—

- Help support IOP milieu staff and Primary therapists before, during and after programming
- Help ensure alignment with Opal's mission/vision/purpose and provide direction to staff towards its fulfillment, including Opal's non-diet, race equity, weight-inclusive care approach

Lead—

- Communicate with clients regarding orientation/welcome packets, passes, lunch menu plan, etc.
- Collaboration of care and communication with other staff members re: clients, program questions, etc.
- Ensure clients have documents related to group therapy content before group begins
- Tech support as needed
- Liaison between IOP team members and leadership
- Communicate client requests / questions to leadership
- Update and maintain the IOP Census / Attendance Sheet
- Stay abreast of PHP daily notes and staying up to date on clients who will eventually step down
- Manage Zoom features (breakout rooms, co-hosts, admitting clients, etc.)
- Attend weekly staff consult meeting and relaying info back to other IOP team members
- Other duties as assigned by supervisor

Education/Credential Requirements:

- Must be a licensed therapist in the state of Washington as a LMHC, LMFT, LICSW, LASW or a Licensed Psychologist
- Current credentialing with insurance panels is highly desired

Skill Requirements + Opal Value Alignment:

- Approachable and compassionate, with an emotional awareness of client's needs and one's relationship with the client.

- A high degree of confidentiality and personal boundary setting; coupled well with value of modeling for clients and staff.
- Adaptable, and flexible.
- High value of collaboration with multi-disciplinary treatment teams and colleagues.
- Experience working with clients with eating disorders and other mental health concerns.
- Live, behave and talk in a way that reflects a non-diet, anti racist, weight-inclusive relationship with food and body.
- Strong leadership qualities that translate in both collegial and client relationships.

Hours: 20-40 hours. Part-time or Full-time opportunity. Monday – Friday.

Compensation:

- Salary will commensurate with experience.
- Benefits: Medical/Dental/Vision insurance, PTO, paid holidays, retirement account with employer matching, paid continuing education

Opal's Aspiration: To contribute to a world where all are able to live fully with freedom

Opal's Vision: To inspire cultural change regarding food, body, movement and mental health

Opal's Mission: To free people from diet culture by offering eating disorder treatment for food, body and exercise concerns

Staff Values: Centering Community; Liberating from Oppression; Divesting from Perfectionism; Learning+Unlearning; Embodying Strength+Vulnerability