



MARRIAGE and FAMILY THERAPIST

Role and Responsibilities

ROLE: Our team of volunteer Marriage and Family Therapists provide one-on-one support and case management for our students. Counselors conduct 50-minute therapy sessions with clients, write up evaluations, and maintain records for each individual. The Marriage and Family Therapist is responsible for assessing and evaluating the psychosocial needs of the patient to determine treatment goals and interventions.

PURPOSE: At Kitchens for Good, we are committed to seeing our students succeed in all aspects of their lives. For this reason, we adopt a holistic approach to our Project Launch Program that encompasses both culinary and life skills training. Volunteer MFTs provide an incredibly influential service by supporting students with individual therapy sessions.

SHIFTS: Volunteers will coordinate with Career Coach and Volunteer Coordinator to set up weekly shift schedules.

LOCATION: Kitchens for Good, 404 Euclid Avenue, San Diego CA 92114

RESPONSIBILITIES:

- Work with clients to identify, examine, and treat emotional and mental health issues. Help clients reflect on problems in their lives and provide support in making positive changes; refer clients to community resources or specialists as necessary.
- Develop and implement treatment plans based on clinical experience and knowledge. Accommodate client needs within treatment plans and intervene in crisis situations.
- Maintain client-related paperwork and progress notes. Ensure confidentiality of records relating to clients' treatment
- Ensure therapy is appropriate to client's needs
- Maintain a log of consulting hours

TIME & COMMITMENT

5 -10 hours a week

3-month commitment



QUALIFICATIONS:

- Student in Masters of Social Work degree program or possesses appropriate experience
- Strong communication, analytical, and problem solving skills
- Knowledge of psychosocial aspects of illness including family systems theory, crisis theory, trauma, addiction, and effective treatment modalities. Possesses knowledge about DSM V diagnoses
- Demonstrates desire to engage in continuous learning about various ethnic, spiritual, and culturally diverse backgrounds

SUPPORT: Volunteer Marriage and Family Therapist will participate in an orientation guided by the Volunteer Coordinator. Additional support from the Supervisory Marriage and Family Therapist and Career Coach will be offered. Ongoing "check in" sessions, status updates, and evaluations will be facilitated by the Volunteer Coordinator and Supervisory MFT.

GET INVOLVED: Want to provide counseling services to our students? Please email katrina@kitchensforgood.org or call (619) 450-4040 to express your interest in this role. Please include your resume in this initial email. Our Volunteer Engagement Team will respond to you within 3 business days regarding your next steps.