

junior therapist | sumunum arts & wellbeing

sumunum – who are we, and what do we do?

sumunum (pronounced 'samanam' meaning encounter, welcoming, congruence, whole and equal in sanskrit) is a social enterprise based in chennai, aimed at improving mental health & wellbeing through arts-based interventions (www.sumunum.com). we are a team of mental health professionals (psychologists, development professionals, counsellors) and arts professionals (performance artists, writers, arts facilitators), with collectively over 35 years of experience working in mental health and applied arts. our key areas of work include:

- **mental health & wellbeing: prevention, promotion & illness management**
 - **therapeutic conversations:** counselling services offered for individuals, couples, and families by trained mental health professionals. services are offered to paying and pro-bono clients.
 - **youth mental health:** open mynd – a comprehensive positive mental health literacy programme in educational institutions, along with teacher training and parent engagement sessions. education partners include: *jeppiaar schools, chennai; vidhya nicketan schools, coimbatore; national institute of fashion technology (nift), chennai.*
 - **workplace wellbeing:** bespoke experiential programmes for organisations to improve employee wellbeing, including – stress management, diversity & inclusion practices, communication & leadership training. clients include: *titan industries, hindu group of publications, titan engineering and automation limited (teal).*
 - **art for social change:** tailor-making arts interventions for organisations in the education, health, and development sector as per unique requirements. projects include awareness creation, community engagement, training, resource creation, and leadership development. partners include: *tata trusts, centre for mental health law and policy (cmhlp), peoples action for national integration (pani), madras dyslexia association, undp, pravah youth collective, international initiative for impact evaluation (3ie, washington dc).*
- **research & resource creation**
 - **why art matters for mental health:** a scoping review conducted through a grant received from the wellcome trust, uk to study how art can help prevent and treat youth anxiety and depression. [sumunum's paper for wellcome](#) | [wt - compilation](#)
 - **capacity building:** an intensive 200 hour training programme for non-specialists to offer mental health support
 - **mental health resources:** digital illustrated resource booklets on anxiety, stress, breathing, sleep difficulties, mindfulness, and disordered eating.
 - **documentation & evaluation:** continuous documentation & evaluation of sumunum's programmes to ensure the creation of practice-based evidence and share practices with other organisations

therapist – job description:

therapists at sumunum will undertake therapeutic work and oversee clinical supervision for our community engagement projects. this will include individual, couples, family and group therapy sessions with young people, and adults across both clinical and non-clinical populations.

individuals accessing sumunum's therapeutic services range from those who experience distress (*challenges in daily life / work-life balances / relationship struggles / stress / sleep issues*) to those with common mental disorders (*depression / anxiety / neurotic disorders / eating disorders*) / to those with severe mental disorders (*schizophrenia / bipolar disorder with psychosis / schizoaffective disorders*).

therapists will be responsible for delivering comprehensive care (*including case management*), offering training and psychoeducation workshops for young people, attending reflective practice groups, offering clinical supervision to interns, creating capacity building modules, and being engaged in any other mental health work that may be required by the organisation.

responsibilities include:

~ clinical services and supervision:

- offering evidence based, client centric psychological therapies, and providing specialist psychosocial assessments using the relevant intake and referral forms, self-report measures, rating scales and clinical assessment tools as appropriate.
- conducting appropriate risk assessments, risk management plans, and initiating appropriate action where necessary.
- observing all due clinical protocols and processes (*documentation / clinical evaluation protocols / annual therapeutic reviews / attendance etc.*)
- adhering to an agreed activity contract regarding the number of clinical sessions to be carried out per week.
- planning and prioritising workload effectively and autonomously for self.
- attending fortnightly clinical supervision and reflection sessions to aid in skill development.
- articulating our work and sharing learning and best practices to external agencies where necessary.
- undertaking any additional duties as may be agreed with the reporting officers.

~ group therapeutics

- facilitating weekly group sessions and therapeutic skills groups (*including arts circles*)
- contributing to creation of manualised session plans for therapeutic groups.
- complying with all monitoring and evaluation requirements (*documentation, filing, evaluations etc.*)

~ capacity building & youth mental health

- contributing to creation of training manuals for a range of mental health services and psychosocial awareness materials, for a range of audiences.
- being a facilitator for open mYnd – sumunum's flagship youth mental health programme.
- delivering and coordinating delivery of training curricula and psychosocial awareness modules in a range of venues.
- contributing to the development and articulation of best practice in mental health

services across the continuum of care.

- attending peer reflection circles to develop the skills of a reflexive and reflective practitioner.

~ *administration and management*

- maintaining all clinical referrals and records in a timely and appropriate fashion (*all session notes / client reviews / home visit documents etc.*)
- work as a team to offer support to reporting officers to ensure all donors / funders / investors / management needs are met in a timely fashion.
- contribute to documenting all relevant process indicators for use in monitoring and evaluation and for further expansion.
- ensure all daily session details are sent to finance team for ease of payment workflow & managing session calendars well in advance.
- offer support to communications team to ensure all appropriate information is provided for dissemination.
- attending all professional meetings as appropriate.
- taking a positive, constructive attitude towards change and organisational challenges.
- ability to work flexibly to meet the needs of the service.
- ensure all organisational policies are adhered to.
- take responsibility for managing and contributing towards cleanliness and maintenance of organisational property and spaces.
- represent the organisation as required at different forums.

we are looking for:

~ master's level training in counselling psychology/ clinical psychology.

~ Individuals straight out of college or a MAXIMUM of ONE YEAR'S implementation work experience at a mental health setting (hospital / clinic / ngo / government placement etc.)

~ high level knowledge of the theory and practice of atleast one evidence based psychological therapy.

~ Interest to work with a range of client groups across the life course – including those with clinical severity.

~ ability to develop strong therapeutic relationships

~ experience understanding issues surrounding clinical risk

~ understanding of the psychosocial factors and social determinants of healthcare – taking a population based, public health approach.

~ an ability to empathise and offer client-centric, recovery-oriented care for individuals from a range of communities and backgrounds.

~ ability to multi-task, work under pressure, work with deadlines, and be willing to engage on a range of tasks and projects

~ ability to work as a team, and develop strong relationships

~ excellent it and written communication skills

~ excellent organisational, time management, and prioritisation skills

- ~ multi lingual -- individuals who speak FLUENT english and hindi
- ~ being curious, energetic, enthusiastic, and motivated!

additionally, it's a bonus if you have an interest in the arts, have been or are an artist

why should you join us?

through this role as a therapist at sumunum, you will have the opportunity to:

- ~ contribute to a comprehensive, evidence-based and case-management informed mental healthcare system that offers care at different levels.
- ~ create a tangible and long-lasting impact in the care space and rapidly increase its reach.
- ~ gain practical skills of engaging with a diverse range of individuals across the spectrum of prevention and treatment oriented services.
- ~ be a part of a unique team that merges and harnesses the potential of the arts for social change.
- ~ access to one-on-one mentorship and feedback from leaders in the field, who have over 30+ years of cumulative experience.
- ~ work in a dynamic environment with a passionate and engaged team.

remuneration – 3.6 - 4.2 lakhs per annum. final amounts will be finalized based on experience and mutual energies.

if you are interested, please apply here - [application pack](#)

