

Job description: Yoga Therapist
Insight Counseling & Wellness, LLC
Madison, WI
Start date: January or February 2022

Employment type:

Full-time, exempt 40 hours per week, negotiable. We are also open to a part-time arrangement as we value work-life balance and flexibility.

Salary range: Dependent on education and experience

Benefits: Paid time off, health insurance, retirement account with employer contribution, all dependent on part-time or full-time.

Required Education: Minimum of a bachelor's degree in a mental health or related field; master's preferred. Certification as a yoga teacher at the 500-hour level; certification as a yoga therapist through IAYT preferred

Position Description:

The yoga therapist provides individual skill development and enhancement to individuals and groups as part of Dane County's Comprehensive Community Services program. This person also offers 3-4 in-person, virtual or hybrid yoga classes per week, with an emphasis on trauma-informed yoga for managing mental health.

Essential qualifications:

- * Bachelor's degree in a behavioral health field, with a master's preferred
- * Extensive training in trauma-informed yoga
- * Ability to work in collaboration with a variety of behavioral health disciplines including case managers, psychotherapists, and other body-centered therapists including yoga therapists and dance therapists
- * Knowledge of and demonstrated skill in providing culturally sensitive, trauma-informed services to child, adolescent and adult consumers with a wide range of mental health diagnoses
- * Ability to lead classes and groups 2-3 evenings per week, ending no later than 7:30 p.m.
- * Strong organizational skills
- * Excellent verbal and written communication skills
- * Ability to be flexible and creative
- * Ability to utilize Telehealth platforms for individual and group sessions
- * Ability to implement multi-session workshops targeted at developing skills to manage anxiety, depression, chronic pain, addiction and other trauma-related challenges
- * Ability to conceptualize cases and provide treatment under the supervision of a certified yoga therapist and licensed clinician
- * Ability to complete comprehensive, detailed clinical notes in a timely fashion

Preferred

- * Experience working with children, families and adults with serious mental health and/or substance use concerns in a community setting
- * Credentialed in good standing with Dane County's Comprehensive Community Services
- * Knowledge of aerial yoga is a plus (or at least a willingness to learn!)

Why Insight?

- * We have administrative support staff who handle screening of potential clients
- * We offer regular supervision and collaboration with experienced clinicians
- * We value personal growth and offer a stipend for continuing education
- * We offer health insurance, a matching retirement fund, generous paid time off and competitive salaries
- * We are all remote at the moment, but we will have two beautiful locations coming soon! One on Winnebago Street near our current clinic, and one in Downtown Verona.

Insight Counseling & Wellness, LLC, is an equal opportunity employer

To be considered for this position, please send a resume and cover letter to Jeanne Kolker at jeanne@insightmadison.com