



# Clinical Psychology Registrar Role at Monash University Healthy Sleep Clinic

## MONASH UNIVERSITY HEALTHY SLEEP CLINIC

Monash University Healthy Sleep Clinic (<https://www.monash.edu/turner-institute/turner-clinics/healthy-sleep-clinic>) provides evidence-based treatments for sleep disorders to the broader community, while also serving as a platform to foster research excellence, professional training, and education. The team includes multi-disciplinary specialists, such as sleep and respiratory physicians, clinical psychologists, and sleep and circadian physiologists. We share a passion for helping people with sleep disorders regain healthy sleep.

## THE CLINICAL PSYCHOLOGY REGISTRAR ROLE

- Part-time psychological practice, fraction negotiable, ranges 0.1-0.4 FTE. Minimum commitment of 12 months for up to 24 months after an initial 3-month probation period. Contract will be reviewed every 12 months.
- Specialized training in evidence-based non-pharmacological treatments of sleep disorders, including Cognitive Behavioural Therapy for Insomnia (CBT-I), circadian rhythm (body clock) re-alignment, behavioural management of other sleep disorders, and the management of sleep problems in the context of comorbid physical and mental health conditions.
- Supervision with a Board approved supervisor (specialist focus: behavioural sleep medicine) in line with AHPRA registrar training requirements (<https://www.psychologyboard.gov.au/endorsement/registrar-program.aspx>).
- Tertiary outpatient setting, warm and supportive work environment with a dynamic multi-disciplinary team who are passionate about bringing evidence-based sleep treatments to the community.
- In addition to clinical training, the candidate could participate in (1) the clinic's research activities to develop their own research interest/project in sleep and circadian health, (2) training and professional development activities organized by the Sleep and Circadian Rhythm Program at Turner Institute for Brain and Mental Health.
- Modern clinic rooms with built-in telehealth technology, reception support, on-site parking.
- Steady referrals and widely established referrer network.
- Competitive remuneration and session rates.

## REQUIREMENTS

- General registration as a psychologist with AHPRA.
- Eligible for the clinical psychology registrar program.
- Current indemnity insurance (certificate of currency required prior to commencing).
- Registered with Medicare to provide psychological services.
- Current Working with Children Check.
- Sound professional ethics and judgment in clinical practice.
- Solid training and clinical experience in evidence-based psychological interventions such as Cognitive Behavioural Therapy.

- Solid training and clinical experience in risk assessment and management.
- Prior knowledge and training in sleep and circadian medicine is desirable but not required.
- Highly responsible and reliable, excellent written and verbal communication skills, caring and respectful attitudes towards patients, excellent interpersonal skills, and the ability to work effectively within a multi-disciplinary team.
- The registrar is expected to play a key role in delivering behavioural sleep medicine interventions, which includes clinical liaison across a range of settings, and active participation in team meetings, case discussions, and peer supervision.

### APPLICATION:

- Please include in your application: (1) a 1-page Cover Letter, (2) CV with 2 references.
- Short-listed candidates will be invited to an interview, and references will be sought.
- Please send the application and inquiries to: Dr Bei Bei (bei.bei@monash.edu).
- Current round of application closes: **5pm Friday July 30<sup>th</sup>, 2021** for August commencement.
- If you are considering to apply outside this round, please email to inquire regarding position availability.