Mental Health Counselor

Organization Overview:

Sakhi for South Asian Women (Sakhi) exists to represent the South Asian diaspora in a survivor-led movement for gender-justice and to honor the collective and inherent power of all survivors of violence. Sakhi is committed to serving survivors through a combination of efforts including—but not limited to—direct services, advocacy and organizing, technical assistance, and community outreach.

Sakhi serves survivors from the South Asian diaspora who trace their backgrounds to Afghanistan, Bangladesh, India, Nepal, Pakistan, Sri Lanka, the West Indies, and Africa. Members of our community come from diverse backgrounds including age range, religion, ethnic origin, economic and educational background, language spoken, and immigration status. We work to represent, inform, actively engage, and mobilize the South Asian community in an intersectional, intergenerational survivor-led movement for gender justice.

At Sakhi we offer a unique work environment that is collaborative, fun, and committed to social justice. Members of the LGBTQIA+ community, persons of color and bilingual/bicultural applicants are strongly encouraged to apply. At Sakhi, we have a clear vision: to be the place where a diverse mix of talented people want to come, to stay and do their best work. Sakhi is an Equal Opportunity/Affirmative Action Employer.

We consider ourselves a supportive place to work that centers work-life balance. All full-time team members have full health benefits, unlimited PTO, a 4 day work week (36 hours minimum), and access to weekly clinical supervision.

This is a full-time role that requires flexibility with schedule. Some evenings and weekends will be required.

About the role:

We are looking for a full-time, licensed Mental Health Counselor to work within Sakhi’s new program: The Ramesh and Kalpana Bhatia Family Foundation South Asian Safe Families Initiative. The short-term goal of the program will be to strengthen the bonds between primary caregivers and children with the long-term aim of reducing future generational cycles of violence.

The Counselor will work with South Asian survivors of gender-based violence. The ideal candidate will:

- Identify and share new effective approaches to disrupting intergenerational cycles of violence in South Asian immigrant families around the United States and the world;
- Collaborate with a partner child psychologist to develop psychoeducation programs for Sakhi parents, modify evidence-based models for a South Asian cultural context, modify materials (e.g. manuals), and implement survivor-centered evaluation practices of our short and long-term goals;
● Provide culturally-appropriate, trauma-informed, holistic counseling services to survivors of gender-based violence;
● Encourage limited English proficient survivors to discuss emotions and experiences in a language most comfortable for them;
● Provide psychoeducation to survivors on the impact of trauma and common reactions to abuse and violence;
● Help survivors understand power and control dynamics and cycles of violence within their relationships, and create safety plans as needed for emotional and physical health;
● Develop therapeutic processes with survivors to help define goals, gain insight, and plans for life after therapy;
● Help survivors learn tools to manage the intensity of their trauma reactions;
● Monitor clients' use of medications;
● Examine issues including substance abuse, aging, bullying, anger management, careers, depression, relationships, LGBTQ issues, self-image, stress and suicide;
● Modify treatment activities and approaches as needed in order to comply with changes in clients' status;
● Act as survivor advocate in order to coordinate required services or to resolve emergency problems in crisis situations;
● Gather information about community mental health needs and resources that could be used in conjunction with therapy;
● Refer survivors to community resources or specialists as necessary;
● Train and supervise MSW interns and volunteers to provide support services;
● Collaborate with other Sakhi staff for referrals and to streamline survivor services and programs;
● Evaluate the effectiveness of counseling programs and survivors' progress in resolving identified problems and moving towards defined objectives;
● Plan, organize and lead structured programs and support groups of counseling, recreation and social activities for survivors;
● Learn about new developments in their field by reading professional literature, attending courses and seminars, and establishing and maintaining contact with other social service agencies;
● Maintain confidentiality of survivor experiences and records at all times.

Grant Management and Development

● Maintain records of all survivor related work/activities through efficient data collection and notetaking;
● Produce accurate reports and draft narratives for grant reporting;
● Ensure routine and comprehensive program evaluation;
● Work closely with the Development Team to create work plans, attend site visits, and offer pertinent information as needed.

Outreach, Training, and Advocacy

● Break the stigma around mental health while raising awareness of domestic and sexual violence in the local South Asian community;
● Advocate for equal access for survivors of gender-based violence to various public services agencies including health, governmental, and judicial;
● Develop ongoing referral relationships within the health, legal, social service systems, and partner organizations;
● Represent Sakhi on relevant task forces, coalitions, and committees to voice trends of gender violence and
mental health in South Asian communities.

Required Qualifications

- Master’s in psychology, social work, counseling, or related field;
- 3-5 years of experience in direct social service with knowledge of trauma, sexual violence, domestic violence, and gender issues;
- Fluency in one or more South Asian language, especially Bengali, Hindi, and Urdu;
- Excellent interpersonal, organizational, and volunteer management skills;
- Ability to engage with diverse communities and audiences;
- Strong administrative, writing, and organization skills;
- Excellent communication skills and leadership qualities preferred;
- Experience working with multiple staff, volunteers, and program responsibilities;
- Ability to work flexible hours including some evenings and weekends;
- Ability to work independently but also as a member of a team

This is a full-time role (36 hours a week). Sakhi’s office hours are Monday - Friday, 10am-6pm. Staff members have the flexibility to organize their 36 hours over a four day work week. Some evenings and weekends will be required. Sakhi offers a generous benefits package, including unlimited PTO, paid parental leave, health and dental insurance. Additionally, all full-time staff have access to clinical supervision.

Application Information

Applications accepted on a rolling basis. Ideal candidates will be available to start as soon as possible. To apply, email your cover letter and resume to hr@sakhi.org with the subject “Mental Health Counselor.”