

Counsellor (Eating Disorders) - Recovered Living NZ

Sefton, Canterbury

Psychology, Counselling & Social Work (Healthcare & Medical)

Full-time or Part-time (3-5 days)

\$40 - \$42 per hour

About Recovered Living NZ

Recovered Living NZ (RLNZ) is a national leader in eating disorder recovery, delivering world-class, evidence-based treatment in a supportive, home-style environment. We are seeking a compassionate and skilled Counsellor/Therapist to join our multidisciplinary team and support individuals and families on their recovery journey. Bring your counselling knowledge and skills to make a difference to the way NZ approaches recovery from eating disorders.

About the Role

As a Counsellor with RLNZ, you will deliver high-quality, evidence-based therapy to clients experiencing eating disorders, often with co-occurring conditions such as trauma, anxiety, OCD, PTSD, and depression. This is a dynamic and rewarding role where you will:

- Work closely with our multidisciplinary team to ensure integrated care
- Provide individual, family/whanau, and group therapy
- Provide meal support and other therapeutic exposures
- Mentor and support Recovery Coaches (Support Workers)
- Promote a positive, recovery-oriented environment for clients and staff

What We're Looking For

- A recognised qualification in counselling, psychology, or a related field
- Membership or registration with a relevant professional body
- Demonstrated experience in providing therapy to clients with a range of presentations
- Knowledge and skills in evidence-based modalities (e.g. CBT, DBT, ERP, SFT)
- Excellent interpersonal, communication, and clinical decision-making skills
- A strong understanding of trauma-informed practice and cultural safety
- A healthy relationship with food and body image
- Commitment to upholding the principles of Te Tiriti o Waitangi
- While prior experience working with clients experiencing eating disorders is advantageous, comprehensive training and supervision will be provided

Work Hours & Flexibility

We welcome applicants interested in full-time or part-time roles. As we operate 7 days a week, work hours are typically shift-based.

While it is preferred that the successful candidate works one weekend day and one evening shift (12:00pm 8:30pm) per week, we are open to discussing alternative scheduling options with the right applicant.

The only set day we need you to be available is Wednesday, 9:00am 5:30pm, as that's when our Multi-Disciplinary Team meetings take place.

Relocation expenses within the NZ or from Australia may be taken into account for suitable candidates.

Why Join Us

- Join a collaborative team making a meaningful impact on eating disorder treatment in Aotearoa
- Supportive, inclusive work culture built on connection, integrity, and authenticity
- Ongoing training, supervision, and professional development opportunities
- Wellbeing initiatives, including EAP access

Diversity & Inclusion

RLNZ is committed to creating a diverse and equitable workplace. We welcome applicants from diverse backgrounds, such as people of different ages, genders, gender identifications and members of various cultural or minority groups. Current knowledge working with the LGBTQIA+ community is preferred. Any applicant who identifies as being fully recovered from an eating disorder must have been so for a minimum of two years.

Additional Information

Please note: All appointments are subject to a pre-employment drug test and criminal record check. RLNZ is a smoke-and vape-free workplace.

How to Apply

Applicants, please send your cover letter and resume through the Apply Now button on [SEEK](#).

Any queries please contact Chelsea Dickson operations@rlnz.org

Shortlisted applicants we wish to connect with further will be contacted within 5 days of the closing date of this advertisement.

Closing date: 4th July 2025

Watch: Recovered Living Home (YouTube): <https://youtu.be/9HIuRLN4jVk?si=kSVBxC2NkF3cBvsv>

Visit us: <https://recoveredlivingnz.com>

Apply Now on SEEK: <https://www.seek.co.nz/job/84684087?ref=direct-share-hirer-jobs-list>