



THE *optimal health* LAB

Ph: 9431 5955

optimalhealthlab.com.au



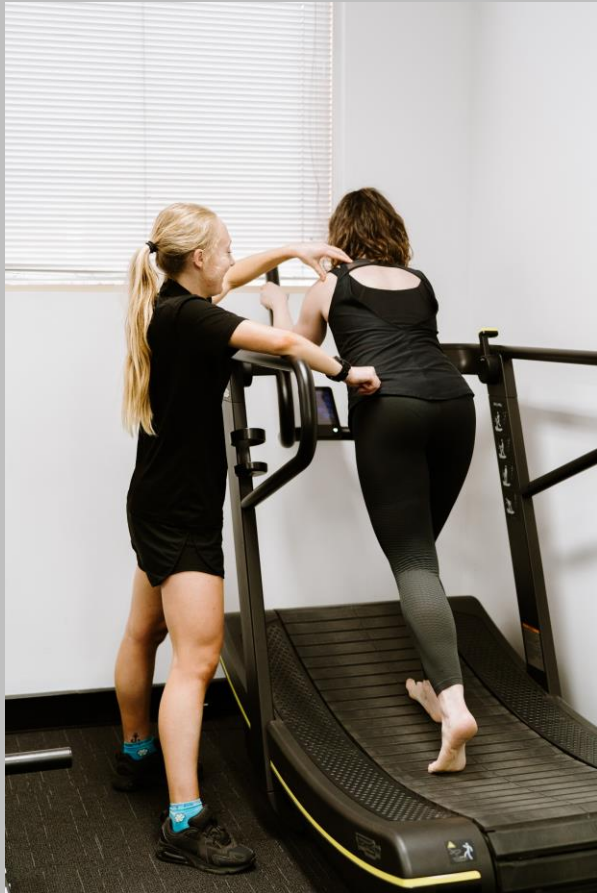
TAKING
YOUR HEALTH
TO A WHOLE
NEW LEVEL

TAKING
YOUR HEALTH
TO A WHOLE
NEW LEVEL

The Optimal Health Lab - Psychologist Role Prospectus for 2023



We hope this document allows any applicant to be ‘best informed’ about our advertised role, therefore the contents of this Psychologist Prospectus include...



- A summary of the Psychologist we are hoping to find
- Why are we looking for a Psychologist
- The actual role
- Explanation of how we prevent clinical burn out
- Meet our current OHL team
- Understanding the perks of working at OHL
- OHL story, mission statement and values
- How to apply and join our OHL team

Clinical Team member attributes we look for...

As a new member we hope you 'can' as well as ideally 'want' to...

- Integrate into the OHL multidisciplinary team and see value in multidisciplinary referral, communication and style of care,
- Be able to conduct psychological assessment & treatment plans based up contemporary evidence-based research balanced with your clinical knowledge,
- Ready to continue learning though internal PD programs and external courses,
- Motivated and ready to build a caseload of ideal clients by leveraging existing OHL database, existing referral networks, as well as extending on your own clinical reputation in this area.
- Be able to work within our OHL processes to help with time management and admin effectiveness.
- Engage collaboratively in learning opportunities as a part of a multidisciplinary team, whether this be presenting or taking part.
- Able to maintain a high standard of professional behaviours and clinical ethics.

Plus, be excited, passionate and ready to provide an optimal experience!



The Why = Why is OHL looking to recruit in 2023?

When the Optimal Health Lab launched in Eltham in 2017, we proudly started with a psychology service as a key pillar of our multidisciplinary care team. This original Psychologist built up a great part-time caseload and stayed with our team until early 2020, until he moved away for further PhD study opportunities.

As we all remember, 2020-2022 was a chaotic time (the pandemic years) and this impeded our search for new team members. However, now the world has begun to settle we have refocused our search for an OHL Psychologist in 2023.

We believe a passionate Psychologist working alongside experts in Physiotherapy, Dietetics, Podiatry, Myotherapy & Massage (all under one roof) increases the chances for optimal health outcomes for every client in the OHL community. Sound like an interesting role for you?



The actual role – lets get more specific!

- ❑ Role: Psychologist (Full APHRA registration – General or Clinical).
- ❑ Requirements: AHPRA General or clinical registration. Ideally with previous experience working in a rehabilitation or multidisciplinary healthcare setting.
- ❑ Hours/Days: Ideally 2 days (Negotiable) in person @OHL with a mixture of morning afternoon/early evening availability. Flexibility of rostering with opportunities for growth!
The Optimal Health Lab operates Monday to Friday, so no weekend consulting!
- ❑ Current clientele already visiting the Optimal Health Lab: All ages, with a mix of musculoskeletal, sporting, pain, chronic disease, injury prevention and growing pre-op and post-op community. We are looking to expand upon the care of these clients under the OHL roof & further build a specific Psychology caseload. It is likely internal referrals to Psychology would be a combination of depression, anxiety, stress, chronic disease management and mood disorders, but we are also excited to build a caseload best fitting your knowledge and/or passion. We proudly have strong links with local medical colleagues to help build a caseload from both internal and external referrals.
- ❑ Role Structure: Negotiable for right candidate (Sub-contractor, Employee, Room rent)

So far so good - Would you like to come to work with us? READ ON!



How does OHL care for the energy of our clinical team members?

We aim to actively prevent clinical burn-out and make 'clinical longevity' part of our clinic philosophy. No 'churn and burn' antics here – we are looking to support career clinicians enjoy their work world!

50minute sessions with 10minute notes time.

OHL is team full a continual learners, that are striving to provide optimal client outcomes.

Supportive admin support for letters, follow up and client communications

Clinic leadership team interested in supporting your goals both personally and professionally

The current OHL team – who you'd work with!



OHL Ownership and Leadership

Andrew Campbell
Lauren McLinden
Darcy Sharples



OHL Clinical Team

Darcy Sharples (Physio)
Josh Kiley (Physio)
Lauren McLinden (Physio)
Josh Priest (Physio)
Tanisha Apte (Physio)
Rebecca Barry (Physio)
Melanie Cricco (Podiatrist)
Michael Jephcott
(Myotherapy)
Emily Clarke (Dietitian)



OHL Admin Team

Lindy Hartley
Robyn Cronin
Emily Palermo
Jenni Sexton



Perks for your 'career' at OHL

Multi-disciplinary team
(x6 Physio, Podiatrist,
Dietitian, Myotherapist +
Remedial Massage)

Internal PD program: Clinical
discussion with team,
Group PD & External visitors.

Supported Professional
development
opportunities

No Weekend Consulting!!

Strong links with network of
orthopaedic surgeons,
sports doctors and GP
clinics

Links with local sporting
clubs & community groups.

Multiple career
pathways that can head
in clinical and other
directions

Purpose built facility with
spacious treatment rooms
and rehab gym space we
call the 'Strength Lab'

Current clinic hour:
Monday: 7:30am – 8:30pm
Tuesday: 8am – 8pm
Wednesday 8am – 8:30pm
Thursday 8am – 8pm
Friday 7am – 5pm

You'll never be here solo!
You will always be
supported by our Admin
stars and one of the clinical
team is never far away.

Secure cloud based operating
practice management software
with online booking & intake
capabilities +++

Full administration support.
They are always there to
provide support to you and
provide a great client
experience beyond the
treatment room

Our starting story...

The Optimal Health Lab is a contemporary health destination founded by Lauren McLinden (nee Campbell) in Eltham, Victoria, in 2017. The clinic specialises in delivering personalised, comprehensive healthcare under one roof to help you achieve your optimal performance and take your health to the next level. With a focus on scientific sports and rehabilitative medicine, the multidisciplinary team of experts work with injured patients who want to be optimised, as well as other patients who want to function healthier and move better. The Optimal Health Lab approaches every client differently, listens deeply to their needs and goals, and creates a personalised experience for them.

Since opening our doors, OHL has cared for over 4000 clients and it has become a place of embedded in our local community, a place for friendship and known for outstanding healthcare – and, proudly, it continues to be led by founding siblings Lauren McLinden and Andrew Campbell (pictured here).





Mission Statement at the Optimal Health Lab

‘The destination for optimal
health and performance’



Consistency



Excellence



Community

Values at
the Optimal
Health Lab

Application process for our 2023 Psychology role

- 1) Please send your resume (no longer than 2 pages) and a 1-page cover letter to andrew@optimalhealthlab.com.au ASAP.
- 2) This email is to be titled '[Your name] wants to join the OHL community'
- 3) Also, we want to hear some key thoughts you would share with a 65-year-old lady who has just had a total hip replacement. Prior to her surgery (and involvement with our clinic), she had become depressed and reclusive due to her pain and disillusioned with her future capabilities. Now she's had her surgery she feels her mental health is still limiting her ability to 'get back to her world' and agrees psychology input could be helpful for her health.
- 4) We will be in touch within 7 days of your application to seek more information or move into the interview phase.
- 5) In the meantime, if you have any further questions about OHL and/or this role, please get in touch with our team and we'll help you best 'best informed' about the role.

Thanks for reading – Lauren and Andrew