



## **Counseling Psychology Research and Program Development**

### **Our Mission**

Hope Grows is a Pittsburgh based nonprofit that provides an environment that **empowers caregivers to seek wellness of mind, body, and spirit** through counseling, education, supportive services, and therapeutic respite opportunities. We work with our corporate healthcare partners in the area to provide quality support through unique coping and self-care programs.

Our approach incorporates a mindful, holistic, and positive approach using nature and gardening in our therapeutic model of mental health therapy and support groups, as well as therapeutic respite and short break programming. Our work includes grant-funded projects and a wellness retreat style bed and breakfast coming soon.

### **Position Summary**

The graduate student or recent graduate will be responsible for assisting and helping to develop, train, and implement family and professional caregiver programming. The components of the project's goals are grant funded, therefore stipends are guaranteed with successful completion of segmented sections of the project. The research component of this project will examine Mindful awareness and emotional coping while the caregiver is engaging in a model of self-care. Interested individuals are encouraged to submit letter of interest and resume to Lisa Story at [lisa@hopegrows.net](mailto:lisa@hopegrows.net).

Since Hope Grows administrative office is located in the suburbs of Pittsburgh, Moon Township, we are flexible with the amount of hours actually required *on site*. A percentage of the work can be conducted online and correspondence can be kept updated with phone meetings as needed.

### **Proposed Schedule: Flexible with Start Date ASAP**

#### **Essential Duties and Responsibilities**

- Development of the Volunteer Training Program
- Volunteer Training
- Development of the Educational Series
- Implementation of the Educational Series
- Opportunity to become part of the research team