

## **Lifestyle Educator II, Biofeedback therapist – San Diego, CA Kaiser Permanente**

### **Description:**

Facilitates monitors and evaluates specific lifestyle and behavior changes that contribute to the improvement of health by providing group and individual counseling and instruction to health plan members and others.

### **Essential Responsibilities:**

Educate patients on basic physiology and stress response

Educate patients on the connection between brain, mind, and body.

Collaborate with wellness team

Provide individual short and long term counseling to promote or maintain behavior change

Facilitates behavior/education change groups and/or individual consulting established within theory-based practice.

Serves as a patient advocate in the coordination and delivery of services both within the organization and the community.

Tracks, evaluates and documents patient progress towards identified goals.

Provides in-services and training to staff members, as assigned.

Provides input into the development and modification for program curriculum, support materials and activities.

### **Basic Qualifications:**

Required: Masters Degree, Board certified in Biofeedback

Preferred: Minimum two (2) years experience in Health Education or Counseling.

**NOTE:** Must be able to work flexible hours, evening hours as required.

**PAY RATE:** Scale

### **Additional Requirements:**

- Ability to assist in the design, implementation and evaluation of appropriate educational strategies related to patient diagnosis and treatment.
- Knowledge of educational psychology, behavior change and adult learning theory, educational methodologies, and organizational behavior.
- Experience facilitating groups.
- Ability to establish rapport with patients and affect continued positive change relating to improved health and lifestyle.
- Demonstrated ability to apply effective communication skills both in individual and group environments.
- This includes demonstration of exceptional written and verbal skills.
- Must be able to work in Labor/Management Partnership environment.
- Will be conducting Biofeedback sessions 1:1 with patients experiencing stress, pain, etc.

**Primary Location:** California, San Diego, Garfield Specialty Care **Scheduled Weekly**

**Hours:** 1Shift: Day **Workdays:** Mon, Tue, Wed, Thu, Fri **Working Hours Start:** 08:00 AM **Working**

**Hours End:** 05:00 PM **Job Schedule:** Per Diem. Part time (minimum of 8-16 hours per week) **Job**

**Type:** Standard **Employee Status:** Regular **Employee Group/Union Affiliation:** NUE-SCAL-

02|NUE|Non Union Employee **Job Level:** Individual Contributor **Department:** Garfield Specialty Center

- Preventive Medicine-Clinic – 0806 **Travel:** Yes, 75 % of the Time (Kaiser Permanente offices in Otay, Vista, and Clairemont Mesa)

<https://www.kaiserpermanentejobs.org/job/san-diego/lifestyle-educator-ii-biofeedback-therapist/641/22798609760>