

# THE MOTHERHOOD CENTER *of New York*

**Job Title:** Day Program Therapist Full Time mostly in person  
**Reports To:** PHP Director  
**Salary:** (\$70,000- \$130,000+) commensurate with experience

**The Motherhood Center (TMC)** is a perinatal mood and anxiety disorders center committed to providing support for new and expectant mothers and families. TMC offers the nation's only non-hospital affiliated perinatal partial hospitalization program. In addition, the Center offers outpatient therapy, support groups and education for both patients and providers. The Motherhood Center was co-founded by Catherine Birndorf, M.D, a Cornell-trained reproductive psychiatrist with more than 20 years of experience in perinatal mental health.

## **Job Summary**

The Day Program Therapist will work with the PHP Director and PHP Clinical Team to providing therapy and ongoing care to patients of The Motherhood Center. This will be comprised of three major roles:

- Providing individual therapy to patients admitted to the Day Program. Treatment expectations include strength-focused family interventions, including psychoeducation, individual psychotherapy including utilization of effective modalities for the perinatal mood and anxiety disorder (PMAD) population (Interpersonal Psychotherapy, Cognitive Behavioral Therapy, Dyadic Treatment Therapy, Dialectical Behavior Therapy, Mindfulness Based Stress Reduction) and discharge planning.
- Running group therapies in the Day Program consisting of but not limited to: CBT, DBT, & IPT Groups, Parenting Skills Groups, Mindfulness Practice, Themed Group Therapy.
- Conducting outpatient evaluations and ongoing individual therapy as needed.

The Day Program Therapist demonstrates excellence in clinical practice preferably with experience working with PMADs. She/he serves as a professional role model, and resource in the development of clinical practice, collaboration and consultation among members of the psychiatric, clinical, nursery, and administrative teams. She/he will exercise strong clinical leadership skills and demonstrate effective clinical teaching skills used to promote both care standards and practice standards, and will be adept working with individuals and in group processes.

## **Specifications**

Master's Degree in Social Work or PhD/PsyD and current NY license to practice in the State of New York required. Three years of clinical experience required and preferred, but not required experience working in the specialty of PMAD's. Strong interest in postpartum psychiatric disorders, maternal-child health and issues of women's health care. Excellent human relations and communication skills, including proficiency in computer use and using Electronic Medical Records, required.

## Responsibilities

- Demonstrate strong clinical judgment and decision-making skills reflecting ability to manage patients with perinatal mood and anxiety disorders.
- Provide individual and group therapy to Day Program patients.
- Provide individual therapy to outpatient clients.
- Participate in weekly rounds with additional clinical and psychiatric staff to assess client treatment plans and status.
- Demonstrate knowledge of theoretical concepts to be operationalized in specialty areas as models/frameworks for patient care.
- Demonstrate knowledge of impact of PMAD on attachment/bonding and appropriate intervention strategies.
- Conduct intake assessments for new patients in the Day Program.
- Conduct evaluations for new outpatients.
- Conduct discharge planning for patients exiting the Day Program.
- Assess and accurately document each patient's:
  - Safety/risk concerns
  - Physical findings
  - Psychological data
  - Significant person/family support
  - Cognitive abilities
  - Major stressors
- Ability to conduct psychosocial evaluations and accurately diagnose Day Program patients.
- Identify need for development of and revision to current standards of care reflective of changes in contemporary clinical practice.
- Administer patient treatment plan according to established policies and procedures, effectively utilizing proper techniques and adapting as necessary to fit unique needs of patients.
- Collaborate with team members in development and implementation of treatment plan for patients.
- Effectively monitor and evaluate patient outcomes.
- Maintain confidentiality of all patient information.
- Treat records, correspondence and related items with utmost security.

## Qualifications

- LCSW or PhD/ PsyD licensed to practice in the state of New York; additional CT/NJ licensure a plus
- Three years of clinical experience required and preferred, but not required experience working in the specialty of PMAD's
- Familiarity with IPT, DBT, CBT, Dyadic Therapy and other best practices for the PMAD population;
- Strong computer skills, including Microsoft Office
- Strong organizational skills, must be detail oriented
- Excellent oral and written communication as well as presentation skills
- Ability to be flexible
- Sense of humor and nonjudgmental attitude
- Ability to work as part of a team
- Ability to multi-task

**If you are interested in applying for this position, please send a resume and cover letter to:**  
[info@themothorhoodcenter.com](mailto:info@themothorhoodcenter.com)

*The Motherhood Center is an equal opportunity employer and is deeply committed to maintaining a diverse and inclusive community amongst its staff, trainees and clients. We seek to increase diversity across race, ethnicity and national origins, gender and gender identity, sexual orientation, disability, and socioeconomic background.*