

# THE MOTHERHOOD CENTER *of New York*

**Job Title:** Outpatient (OP) Therapist  
(\$70,000-\$130,000+) commensurate with experience

**NOTE:** *This role can be virtual or hybrid*

**The Motherhood Center (TMC)** is a perinatal mood and anxiety disorders center committed to providing support for new and expectant mothers, birthing persons, 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**

TMC is growing and we are looking to hire a part-time (minimum of 24 hours per week) or full-time (30-40 hours per week) therapist for our Outpatient Service. As a therapist at TMC you will:

- Provide individual therapy to patients admitted to our Outpatient Service. Treatment includes Interpersonal Psychotherapy, Psychodynamic Therapy, Cognitive Behavioral Therapy, Dyadic Therapy, Dialectical Behavior Therapy, Mindfulness Based Stress Reduction, and family/couples therapy.
- Facilitate group therapy in Day Hospital and/or support groups as needed.
- Conduct new patient evaluations and provide ongoing individual, couples, and dyadic therapies.
- Perform other clinical responsibilities as needed

## **Responsibilities**

In addition to the above, therapists at TMC are expected to:

- Demonstrate strong clinical judgment and decision-making skills reflecting ability to treat patients with perinatal mood and anxiety disorders.
- Participate in weekly clinical rounds, supervision, and didactics as well as collaborate with a multidisciplinary team to assess patient care, treatment planning and therapy dynamics.
- Conduct intake assessments for new patients, manage disposition planning, and hold patients until final assignment is made.
- Assess and accurately document each patient's safety/risk concerns and keep team members up to date on treatment plans and any significant changes to a patient's mental status.
- Identify need for development of and revision to current standards of care reflective of changes in contemporary clinical practice.
- Complete all documentation and paperwork in a timely fashion and in accordance with TMC standards and policies.
- Uphold the highest level of professionalism including attitude, timeliness, HIPAA compliance and confidentiality, treatment frame, boundaries, and adherence to TMC policies.
- Embody cultural standards of TMC including respect, kindness, collaboration, accountability, and collegiality.

## Expectations

- Dedicated to working with and treating women experiencing PMADs.
- Work well with inter-disciplinary team of professionals including consultation and collaboration about patient care and complex cases.
- Strong work ethic and positive attitude regarding all aspects of patient care and interaction with TMC teammates.
- Able to give and receive constructive feedback.
- Open, curious, responsive, and proactive with challenging professional encounters.

## Qualifications

- Must be an independently licensed mental health practitioner (ex. LCSW, Ph.D., PsyD, MFT) with a current license to practice independently in the State of New York and have or be willing to obtain NJ license.
- CT license a plus
- Must have your own malpractice insurance.
- Must have a minimum of 1-2 years of work experience post-licensure.

*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.*

If you are interested in applying for this position, please send a resume to:  
[careers@themothhoodcenter.com](mailto:careers@themothhoodcenter.com).