

Art Therapist – Group Leader (Per Diem Position)

Setting: Day Program (Perinatal PHP)

Locations: New York City and Northern New Jersey (In person)

[The Motherhood Center](#) (TMC) is a perinatal mood and anxiety disorders treatment center committed to providing support for new and expectant mothers and families. TMC offers one of the nation's only non-hospital based perinatal partial hospitalization programs. 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 25 years of experience in perinatal mental health.

Job Summary:

We are seeking a skilled and compassionate Art Therapist to join our Day Program team on a per diem basis. The Art Therapist will use art-based therapeutic interventions to support women/birthing parents experiencing perinatal mood and anxiety disorders (PMADs).

This role will involve designing and facilitating group art therapy sessions that provide patients with opportunities for creative expression, emotional processing, stress reduction, development of coping skills, and interpersonal connection. Some patients may have their babies with them during programming, and the Art Therapist should be comfortable incorporating themes related to pregnancy, motherhood/parenting, identity, attachment, and the parent-infant relationship when clinically appropriate.

The Art Therapist will work collaboratively as part of TMC's multidisciplinary treatment team and contribute observations relevant to patients' overall treatment and care.

Responsibilities:

- Conduct group art therapy sessions for patients participating in TMC's Day Program
- Develop and facilitate structured art therapy interventions for patients experiencing perinatal mood and anxiety disorders.
- Utilize a variety of art materials, creative processes, and therapeutic techniques to promote emotional expression, stress reduction, self-awareness, communication, and healthy coping skills.
- Incorporate themes related to pregnancy, motherhood/parenting, identity, relationships, adjustment, and the perinatal experience into group work when appropriate.
- Acknowledge and appropriately incorporate babies who may be present during group sessions.
- Assess the emotional and mental health needs of patients within the group and adapt therapeutic interventions based on patient presentation, acuity, and group dynamics.
- Create a supportive, inclusive, trauma-informed, and nonjudgmental therapeutic environment.

- Recognize changes in patient presentation or potential safety concerns and communicate clinically relevant observations to the appropriate members of the treatment team.
- Collaborate with psychiatrists, psychologists, social workers, nurses, and other members of the multidisciplinary team to support comprehensive patient care.
- Maintain accurate and timely patient records and progress notes in accordance with TMC standards.
- Prepare and maintain art therapy materials and communicate supply needs to Day Program Management.
- Stay informed about current research, clinical practices, and developments within art therapy and behavioral health.
- Uphold professionalism, confidentiality, and adherence to TMC policies and standards of care.

Qualifications:

- Master's degree in art therapy from an accredited institution/program.
- New York State LCAT licensure.
- Art Therapy credentialing (ATR, ATR-P, ATR-BC).
- Experience facilitating therapeutic groups.
- Experience working within a mental health setting strongly preferred.
- Experience within a Partial Hospitalization Program, Intensive Outpatient Program, inpatient psychiatric setting, or other higher-acuity behavioral health environment preferred.
- Experience working with perinatal populations and/or individuals experiencing perinatal mood and anxiety disorders is a plus.
- Knowledge of trauma-informed care and group therapeutic principles.
- Strong interpersonal and communication skills.
- Flexibility, creativity, and the ability to adapt interventions based on patient and group needs.
- Ability to work effectively both independently and as part of a multidisciplinary team.
- Compassion, empathy, and a nonjudgmental attitude.
- Ability to work in person at TMC's New York City and/or Northern New Jersey locations.

Compensation:

- \$100- \$150+ per hour, commensurate with discipline, training, and experience.

How to apply:

- If you are interested in applying for this position, please send a cover letter and resume to careers@themothhoodcenter.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

THE
MOTHERHOOD
CENTER

posting date:10/8/26

across race, ethnicity and national origins, gender and gender identity, sexual orientation, disability, and socioeconomic background.