

Music Therapist - Group Leader (Per Diem Position)

Setting: Day Program (Perinatal Partial Hospital Program).

Locations: 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 Music Therapist to join our team. As a Music Therapist, you will be responsible for using music-based interventions to help women/birthing parents who are experiencing perinatal mood and anxiety disorders. This role will involve designing group therapy sessions to help patients, some of whom will have their babies with them, utilize musical experience and interventions as an avenue for creative expression of emotion, stress reduction and improve communication.

- Conduct two group music therapy sessions per week for patients experiencing perinatal mood and anxiety disorders
- Assess the emotional and mental health needs of patients within the group to develop unique treatment approaches
- Include themes around mothering/parenting and acknowledge and engage the babies in the room
- Use a variety of music-based interventions, including listening, songwriting, improvisation, and lyric analysis, to help clients express their feelings, reduce stress, and improve coping skills
- Collaborate with other healthcare professionals, including psychiatrists, psychologists, and social workers, to provide comprehensive care for clients
- Maintain accurate and up-to-date client records and progress notes
- Stay informed about current research and best practices in music therapy

Qualifications:

- Bachelor's or Master's degree in Music Therapy from an accredited institution
- Board certification (MT-BC) from the Certification Board for Music Therapists
- Experience working within a mental health setting is preferred
- Strong interpersonal and communication skills
- Flexibility and creativity
- Ability to work effectively both independently and as part of a multidisciplinary team

- Compassion, empathy, and a nonjudgmental attitude
- Knowledge of a variety of musical styles and instruments

How to apply:

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