

Perinatal Therapist

Setting: Day Program (Perinatal PHP) and Outpatient Program (OP).

Locations: New York City and northern New Jersey (Hybrid).

[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:

The Perinatal Therapist provides both in-person and virtual care within the Perinatal Partial Hospitalization Program (PHP) and/or Outpatient Program (OP). Responsibilities include conducting admissions and initial evaluations, providing consultations, and delivering individual, couples, family, dyadic, and group psychotherapy. Care is provided to women experiencing psychiatric conditions during pregnancy and postpartum, as well as those navigating attachment challenges, fertility concerns, or grief and loss.

The Perinatal Therapist demonstrates excellence in clinical care, with specialized experience in perinatal mood and anxiety disorders (PMADs). This role serves as a key collaborator and clinical resource within the organization, working closely with multidisciplinary teams across clinical, nursery, and administrative functions to deliver high-quality patient care. The Perinatal Therapist is expected to model strong clinical judgment, leadership, and teaching skills in support of best practices and exceptional patient outcomes.

Responsibilities:

- Provide individual psychotherapy to PHP and/or Outpatient patients using evidence-based modalities (e.g., CBT, IPT, Dyadic Therapy).
- Facilitate group therapy within the PHP, including psychoeducational, skills-based, and process-oriented groups.
- Conduct comprehensive intake assessments and diagnostic evaluations and develop individualized treatment plans.
- Assist in discharge planning for PHP patients, ensuring appropriate step-down care and continuity of treatment (if working primarily in PHP).
- Assess and document patient risk, clinical presentation, and treatment progress in a timely and compliant manner.
- Collaborate with multidisciplinary team members and participate in clinical rounds, supervision, and case discussions as indicated.

- Monitor patient outcomes, adjust treatment plans as needed, and communicate updates to the care team.
- Maintain accurate, timely, and compliant documentation in accordance with TMC standards, regulatory requirements, and best practices.
- Uphold professionalism, confidentiality, and adherence to TMC policies and standards of care.

Qualifications:

- LCSW, LMFT, LMHC, PhD, PsyD, or equivalent licensure required, with active licensure in New York and/or New Jersey (Connecticut licensure preferred).
- 2–5 years of clinical experience required; experience working with perinatal mood and anxiety disorders (PMADs) preferred.
- Familiarity with evidence-based modalities such as IPT, DBT, CBT, Dyadic Therapy, and other best practices for the PMAD population.
- Proficiency with EMR systems and Microsoft Office.
- Strong leadership skills and ability to work effectively within a multidisciplinary team.
- Highly organized and detail-oriented, with the ability to manage multiple priorities.
- Excellent verbal, written, and presentation skills.
- Flexible, collaborative, and adaptable in a dynamic clinical environment.

Compensation:

- \$70,000- \$135,000+ 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@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.