

Reproductive Psychiatrist and/or Nurse Practitioner

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 Psychiatrist or Nurse Practitioner will provide in-person and virtual patient care in the Perinatal Partial Hospitalization Program (PHP) and/ or Outpatient Program (OP) consisting of admissions/ initial evaluations, consultations, psychotherapy, and medication management for women with psychiatric disorders who are pregnant, postpartum, trying to conceive, struggling with fertility issues, or experiencing grief and loss.

The Psychiatrist or Nurse Practitioner provides 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, delivering psychotherapy, and managing medications. 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.

Responsibilities:

- Apply advanced clinical judgment in the assessment, stabilization, and treatment of patients with perinatal mood and anxiety disorders, including crisis intervention as needed.
- Deliver comprehensive clinical care across the OP and/or PHP, including evaluations, psychotherapy, medication management, psychoeducation, and family-based interventions.
- Partner with multidisciplinary teams to ensure coordinated, high-quality, and patient-centered care.
- Contribute to the development and implementation of clinical standards aligned with regulatory and best practice guidelines.
- Track and assess patient outcomes to inform clinical decision-making and program effectiveness.
- Maintain thorough, accurate, and compliant documentation while ensuring the highest standards of confidentiality and data security.
- Lead or co-lead therapeutic groups within the PHP, based on training and program needs.
- Uphold professionalism and organizational standards, and complete additional responsibilities as directed by leadership.

Qualifications:

- MD, DO, or PMHNP credentials required.
- For MD or DO: Board Eligible/Board Certified (BE/BC) in Adult Psychiatry, with licensure in New York and/or New Jersey (Connecticut licensure preferred).
- For PMHNP: Active RN and NP/APRN licensure in NY and/or NJ, with PMHNP-BC certification; must meet state-specific requirements for prescriptive authority.
- 2–5 years of clinical and prescribing experience in perinatal psychiatric disorders, maternal-child health, or women’s health.
- 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:

- \$150,000-\$260,000+ 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.