

### **Postdoctoral Fellowship in Perinatal Psychology: 2024-2025**

Length of program & time commitment: Full time position is 12 months, (37.5 hours per week); part-time position is up to two years contingent on schedule mutually agreed upon. Start date of postdoctoral training year is contingent on when the applicant completes their internship placement and has obtained a NYS limited permit.

#### **Description of Setting:**

The Motherhood Center (TMC) specializes in serving women with perinatal mood and anxiety disorders who come from different socioeconomic and ethnic backgrounds. TMC houses both a Partial Hospitalization Program and Outpatient Department, singular in the NYC metropolitan area. The Motherhood Center is pleased to extend its commitment to excellence in academic training to postdoctoral applicants interested in learning how to treat women in the perinatal period across the continuum of care in both an acute, short-term partial hospital setting as well as in ongoing long-term outpatient psychotherapy. The Motherhood Center treats psychiatric issues related to the adjustment to and complications of motherhood including but not limited to: depression, anxiety, identity shifts, trauma, pre-existing psychiatric diagnoses, infertility, reproductive psychiatry, and perinatal loss. Our acute and intensive Partial Hospital Program treatment model offers short-term care for the stabilization of acute symptoms related to perinatal mood and anxiety disorders. The Partial Hospitalization Program offers services daily from 10am-3pm, with five group therapy sessions each day, as well as individual therapy, family therapy and medication management. The average length of stay is from four to eight weeks. Each patient is assigned a treatment team consisting of an individual therapist and psychiatrist. A fully staffed nursery is available onsite for women to bring their babies to facilitate attachment and bonding during partial hospitalization program hours. The Outpatient Program provides evaluation, consultation, individual, dyadic, family and group psychotherapy for women with perinatal mental health issues.

#### **Job Description of Standard Postdoctoral Fellowship Roles:**

- Conduct psychiatric intakes with diagnosis, treatment planning and coordination of care with outside providers.
- Conduct individual psychotherapy for outpatient and/or partial hospitalization program, with a specific focus on optimizing treatment for perinatal patients through an integrative

approach. Individual psychotherapy may be informed by psychodynamic, cognitive behavioral, dialectical behavioral and/or dyadic orientations.

- Conduct group psychotherapy sessions. The PHP includes groups with a variety of focuses, including interpersonal process groups, DBT/CBT skills groups, and Dyadic therapy. Five groups run daily for partial hospitalization program patients. Fellows will have the opportunity to either co-lead or independently facilitate one group therapy session each day.
- Conduct family sessions as needed focused on relationship dynamics that contribute to or maintain the patient's experience of PMADs. Supervision in family and couples therapy is available with an expert in the field to hone various therapeutic interventions addressing the management of current stressors, communication patterns, adjustment to new roles, and addressing adaptive and maladaptive intergenerational patterns in the family.
- Attend and participate in multiple weekly rounds with an interdisciplinary team of psychologists, psychiatrists, and social workers. This role requires collaboration with all members of The Motherhood Center staff and interaction with both Partial Hospitalization Program patients and Outpatient Program patients. Weekly group supervision on dyadic techniques and group dynamics in addition to individual supervision will be provided for OP/PHP cases.

**Caseloads:** Patients present to TMC for treatment with PMADs, attachment/bonding issues, traumatic birth experiences, adjustment to motherhood or perinatal loss. All fellows will conduct psychiatric intakes, lead therapy groups and will have opportunities to participate in dyadic and family/couple's treatment within both the OP/PHP programs. The full-time fellow has opportunities to work primarily in OP with 18-22 patients or OP/PHP with a caseload of 7-10 OP patients while also carrying a caseload of 3-4 PHP patients. The part-time fellow will carry a caseload of approximately 12-15 individual psychotherapy cases. Support groups, aftercare groups and opportunities to develop new groups are available.

#### **Additional Components Include:**

- **Seminars & conferences:** The fellowship position will include access to weekly didactics and case conferences to help deepen the clinicians' knowledge in the topics pertinent to the perinatal population. Example topics include reproductive psychiatry, postpartum psychosis, best practices in treatment of PMADs, infertility, birth trauma, the clinician's pregnancy, psychedelic treatment, sex and intimacy and perinatal loss.
- **Supervision:** One to three hours of individual supervision for psychotherapy cases will be provided, dependent on caseload. All supervisors possess expertise in the field of perinatal psychology. Supervisions are held 1:1 and in group supervision format. Theoretical and practical interventions include short-term psychodynamic psychotherapy, dyadic therapy, CBT/DBT, Axis II disorders and motherhood, couples/family therapy, case formulation and professional development.
- **Research opportunities:** The postdoctoral fellow will have an opportunity to pursue research goals related to perinatal psychiatry or material related to ongoing research at The Motherhood Center. Possible opportunities include presentations at conferences, including posters and case presentations, as well as collaborating with The Motherhood

Center team on ongoing research projects building the research base on the treatment of perinatal mood and anxiety disorders.

- **Competitive Benefits:** In addition to a competitive salary, The Motherhood Center offers all full-time fellows twelve (12) paid vacation days, ten (10) additional paid holidays and five (5) paid sick days per year of fellowship. All full-time fellows are eligible to enroll in health, dental and vision benefits, which are partially subsidized by the company. Fellows are eligible to contribute to a 401K plan after they have been with the company for three months. There are also options to contribute to an FSA and/or commuter benefits.
- **Diversity, Equity & Inclusion:** The Motherhood Center is an equal opportunity employer and is committed to a community of diversity and inclusion amongst its staff, trainees, and clients. Our mission seeks to increase diversity across race, ethnicity and national origins, gender and gender identity, sexual orientation, disability, and socioeconomic background. Monthly Didactics, as well as small group supervision and 1:1 consultation, are dedicated to educating our entire staff and addressing clinical issues related to diversity and inclusion with an expert whose research centers on making sure that we have equity in mental health service delivery.

**If you are interested in applying for this position, please e-mail the application to: [training@themothoodcenter.com](mailto:training@themothoodcenter.com).**

**Include cover letter, personal statement, CV, a sample de-identified case summary with formulation & three letters of recommendation (two clinical and one academic) to the attention of Dr. Nicole Van Nortwick. Deadline 12/18/2023. We do review applicants on a rolling basis throughout the year.**

\*Please email all materials together, not in separate messages.

\*\*Please note that all applicants must have completed their internship and successfully defended their dissertation prior to beginning the Fellowship position.

\*\*\*Start dates are contingent upon receipt of limited permit and proof of liability insurance.

Typical start dates are scheduled between July and September.

Unfortunately, we cannot interview every applicant. The Motherhood Center is currently operating in a hybrid model due to COVID-19 precautions. Interviews may be conducted in-person or virtually.