

# THE MOTHERHOOD CENTER *of New York*

## **Job Title: Part-Time or Full-Time Outpatient (OP) Therapist**

***NOTE: This role may be virtual or hybrid – to be determined based on COVID and TMC's needs.***

**The Motherhood Center (TMC) is a perinatal mood and anxiety disorders center committed to providing support for new and expectant mothers and families in the metropolitan New York City area. TMC offers the only non-hospital affiliated partial hospitalization program (PHP) in the Tri- State Area. In addition, the center offers outpatient psychotherapy (OP), support groups and education for both patients and providers. The center was co-founded by Catherine Birndorf, M.D, a Cornell-trained reproductive psychiatrist with more than 20 years of expertise in perinatal mental health.**

### **Job Summary**

TMC is growing and we are looking to hire a part-time (minimum of 20 hours per week) or full-time (30-40 hours per week) therapist for our OP practice. As a therapist at TMC you will:

- Provide individual therapy to patients admitted to our outpatient center. Treatment includes: Interpersonal Psychotherapy, Cognitive Behavioral Therapy, Dyadic Treatment Therapy, Dialectical Behavior Therapy, Mindfulness Based Stress Reduction, and family/couples therapy.
- Facilitate group therapy and/or support groups as needed.
- Conduct new patient evaluations and provide ongoing individual, couples, and dyadic therapies.
- Supervise junior clinicians and postdocs on clinical cases or groups as needed.

### **Responsibilities**

In addition to the above, therapists at TMC are expected to:

- Demonstrate strong clinical judgment and decision-making skills reflecting ability to treat patients with perinatal mood and anxiety disorders.
- Participate in weekly clinical rounds, supervision, and didactics as well as collaborate with a multidisciplinary team to assess patient care, treatment planning and therapy dynamics.
- Conduct intake assessments for new patients, manage disposition planning for patients being discharged, and hold patients until final assignment is made.
- Assess and accurately document each patient's safety/risk concerns and keep team members up to date on treatment plans and any significant changes to a patient's mental status.
- Identify need for development of and revision to current standards of care reflective of changes in contemporary clinical practice.
- Complete all documentation and paperwork in a timely fashion and in accordance with TMC standards and policies.
- Uphold the highest level of professionalism including attitude, timeliness, HIPAA compliance and confidentiality, treatment frame, boundaries, and adherence to TMC policies.
- Embody cultural standards of TMC including respect, kindness, collaboration, accountability, and collegiality.

### **Expectations**

- Dedicated to working with and treating women experiencing PMADs.
- Works well with inter-disciplinary team of professionals with whom to consult and collaborate about patient care and complex cases.
- Strong work ethic and positive attitude regarding all aspects of patient care and interaction with TMC teammates.
- Able to give and receive constructive feedback.
- Open, curious, responsive, and proactive with challenging professional encounters.

### **Qualifications**

- Must be a mental health practitioner (ex. LCSW, Ph.D.) with a current license to practice in the State of New York.
- Must have your own malpractice insurance.
- Must have a minimum of 1-2 years of work experience post-licensure.

**If you are interested in applying for this position, please send a resume and cover letter to: [info@themothoodcenter.com](mailto:info@themothoodcenter.com)**

