

Perinatal Psychologist/Therapist

Location: New York State (Remote with minimal in-person)

Position Type: Full-Time

Position Overview

Project TEACH is New York State's (NYS) perinatal psychiatry access program for medical and mental health professionals. Based at seven academic sites across the state, our team provides education, consultation and referral support to any professional that serves pregnant and postpartum patients. We are seeking a compassionate and experienced Perinatal Psychologist/Therapist to join our team and provide comprehensive mental health support for perinatal patients across New York State. This position offers a unique opportunity to impact the mental well-being of perinatal individuals. The perinatal therapist will guide NYS clinicians and allied health professionals in supporting their patients by providing assessment and treatment recommendations, utilizing motivational interviewing strategies, answering non-pharmacological questions and providing educational opportunities focused on best practices for perinatal patients.

The role will be split between two main functions: 1) providing consultation services to clinicians and 2) developing and delivering educational training programs to mental health and allied professionals. Open to NYS-licensed professionals, this position is primarily work from home, but will require periodic travel to in-person meetings and training events throughout New York.

Key Responsibilities

Clinical Consultation

- Provide up to 1000 phone consultations annually to NYS clinicians on perinatal mental health concerns.
- Offer guidance on treatment recommendations, assessments, and non-pharmacological interventions.
- Use motivational interviewing techniques to support clinicians in their work with perinatal patients, helping them address mental health challenges related to pregnancy, childbirth, and the postpartum period.
- Respond to clinician inquiries and provide up-to-date information on best practices for supporting perinatal patients.
- Attend team meetings to share feedback, collaborate with other professionals, and keep current on ongoing initiatives and strategies for supporting perinatal mental health.

Professional Education Development

- Develop and deliver a comprehensive perinatal mental health training program that will include live, virtual and in-person events for NYS medical and mental health professionals and allied health professionals, focusing on perinatal mental health assessment and treatment planning and therapeutic best practices. Including:
- Create and facilitate 1-hour training programs related to perinatal mental health, offered virtually or in-person, on a range of topics.

- Become a ROSE (Reach Out, Stay Strong Essentials for Mothers of Newborns) Program trainer and develop an annual training program for clinicians in New York State.
- Develop and deliver an intensive 4-6 hour training program (both live virtual and live in-person) for non-prescribing mental health professionals, focusing on strategies and best practices for providing perinatal mental health services.
- Collaborate with our team to develop and enhance therapy resources available on the TEACH website.

Educational Requirements

- Doctoral degree (Ph.D. or Psy.D.) in Psychology preferred. Candidates with a Master's Level Clinical Therapy degree will be considered.
- Active clinical licensure in the State of New York.
- Completion of advanced training or certification in perinatal mental health is strongly preferred (e.g., Postpartum Support International's Perinatal Mental Health Certification).

Experience Requirements

- Minimum of 3 years of experience providing professional education programs. Proven ability to design and deliver mental health educational programs for clinicians, with experience in both virtual and in-person formats.
- Minimum of 3 years of patient-facing and/or collaborative care clinical experience in perinatal mental health.
- Experience providing consultation or supervision to medical and/or mental health clinicians, including offering treatment recommendations, guidance and referral support.
- Demonstrated expertise in providing patient assessments, motivational interviewing techniques and non-pharmacological treatment strategies for perinatal mental health concerns.

Skills & Competencies

- Provides a demonstrated understanding of the unique psychological needs of perinatal patients.
- High degree of empathy and cultural competence in working with diverse populations.
- Strong communication skills, including the ability to provide clear, evidence-based recommendations and training to a wide variety of clinicians.
- Ability to work independently and as part of a collaborative team.
- Understanding of the public and private health systems in New York State.
- Comfortable with telephone consultations and computer based documentation
- Comfortable working with a wide range of mental health and medical professionals.
- Strong organizational skills and attention to detail.

Why Work with Us

- Impactful role in advancing perinatal mental health support for clinicians and patients across NYS.
- Opportunity to work with a dedicated team of professionals focused on improving the mental health of perinatal individuals.
- Flexible work environment: Primarily work from home, depending on your physical location an in-person option may be possible.
- Travel reimbursement to in-person events.
- Competitive salary.
- Competitive benefits will be provided based on the applicant's location and hiring site. Note: While Project TEACH's administrative operations are based in Buffalo, NY, we contract with six hub sites that are located across the state.

Application Instructions

Please submit your cv/resume, cover letter, and a list of three professional references via email at JoinProjectTEACH@gmail.com.