



Position Announcement: Perinatal Mental Health Therapist

About the Organization

[Perinatal Support Washington](#) (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. Our vision: All parents receive appropriate, timely, and culturally relevant care during the perinatal period.

Our core programs include a Warm Line that serves families experiencing perinatal mental health complications, free and low-cost new parent support groups, clinical therapy, culturally-matched peer support, training and consultation for health care providers, and education and advocacy to improve systems of care.

About the Clinical Program at PS-WA

Perinatal Support Washington launched a new clinical program in Fall 2020, where we provide highly specialized care to people in the reproductive period. A perinatal mental health therapist is unique in that we serve people with a wide range of mental health experiences at a time in their life when they may not have a lot of time to devote to therapy. Some clients may be seen for brief solution-focused therapy and some may want longer-term therapy. A successful applicant will have training in at least some of the following modalities - CBT, DBT, IPT - and an evidenced-based trauma treatment (such as CPT, PE, or EMDR) and have a wide range of clinical skills to treat common experiences of anxiety, depression, grief and loss, acute and/or chronic trauma. Our clinical program has a strong social justice focus, and we incorporate an anti-oppressive approach to therapy.

Services are provided via telehealth at this time following public health guidelines; however, when in person service resumes, this position will be assigned to a **Pierce County** location at least 2 days per week.

At this time PS-WA does not currently have an administrative office. Client appointments are conducted online, in clients' homes, embedded at local partner organization locations, or when available at our North Seattle office. Team meetings, training, and supervision will be held in our North Seattle office (or virtual).

Essential Functions

- Conduct clinical assessments.
- Maintain a caseload of at least 15 clinical hours per week.
- Provide crisis intervention services to clients and/or family members. (no on call work required)
- Meet clinical documentation requirements in electronic health record system.

- Collaborate with community and/or clinic providers as needed.
- Participate in weekly supervision.
- Participate in and attend clinical meetings such as group consultation and therapist meetings.
- Other duties as requested by the Clinical Supervisor.

Personal Competencies

- Excellent interpersonal skills
- Ability to engage clients easily
- Excellent written and oral communication skills
- Excellent active listening skills
- Excellent empathic skills
- Knowledge of perinatal mental health and the healing process
- Ability to work with independence
- Understanding of cultural differences and barriers that clients may encounter
- Ability to organize and prioritize competing work demands
- Ability to multitask

Qualifications

- Licensed mental health provider (LICSW, LMHC, LMFT). Associate level providers considered for the right candidate, must be close to licensure.
- Minimum of 2 years experience in the perinatal mental health field.
- Training in at least some of the following modalities - CBT, DBT, IPT - and an evidenced-based trauma treatment such as CPT, PE, or EMDR.
- Ability to maintain a clinical caseload of at least 15 clinical hours a week plus meetings and admin time.
- Strong clinical skills.
- Experience working with LGBTQIA+ community.
- Experience and commitment to social justice and working with diverse, underserved communities.
- Works well in a group and independently.
- Have a workspace appropriate for telehealth: confidential space, a computer, stable internet, and phone. PS-WA provides HIPAA compliant phone, video, and documentation software.

Desired Qualifications

- Bi-lingual in Spanish or other languages.

Compensation

This is an hourly position, \$40 per hour.

Weekly supervision with a PMH Specialist provided.

Staff are invited and encouraged to attend PS-WA trainings throughout the year such as:

- 1 or 2 Day Perinatal Mental Health Trainings
- Group Peer Support Facilitator training (Fall 2021)
- Any speciality trainings hosted by Perinatal Support WA

Application Instructions

To apply, please send a resume and cover letter to Mia.Edidin@perinatalsupport.org with “PMH Therapist” in the subject line. The position will be open until filled.

Applications will be accepted immediately and interviews will begin starting April 5th..

*Perinatal Support Washington is an Equal Opportunity Employer. People of color, of any sexual orientation or gender identity, from under-represented communities, and people with diverse life experiences are **encouraged** to apply.*