



Position Announcement: Perinatal Mental Health Therapist

About the Organization

[Perinatal Support Washington](#) (PS-WA) is a statewide non-profit focused on perinatal mental health. We support the emotional wellbeing of people preconception through postpartum (up to 2 years) who are at risk or currently experiencing mental health needs. We believe all parents should receive appropriate, timely, and culturally relevant care during the perinatal period.

Our direct service programs are designed to provide specialized perinatal mental health services so that no parent goes without the mental health support they deserve. We offer short term and long term peer support, clinical therapy, support groups, and more. PS-WA is committed to making our care system stronger; we have a robust training and consultation program for professionals to fill the gaps in care for parents and help re-envision what the perinatal mental health field could be.

Perinatal Support Washington is a parent-friendly, mental health friendly workplace. We offer great benefits and flexible work schedules.

About the Clinical Program at PS-WA

Perinatal Support Washington launched a new clinical program in Fall 2020, where we provide highly specialized services. We provide services free of charge, offer sliding scale, as well as take Medicaid and private insurance plans. The clinical therapy program serves approximately 45% BIPOC clients. Our clinical program has an anti-racist/anti-oppressive grounding and is actively working to reduce barriers for clients and create a diverse clinical team.

The clinical therapy team is a nonprofit group practice model that offers the opportunity for therapists to focus on therapy and not worry about administrative burdens. We work hard to create a different model of care, in which families with the least access to care have access to specialized services. As this is a new program, we are still learning and innovating. We are working to reduce waitlists and pilot new programs so that clients can access the care they need. We take care of client recruitment, intake coordination, billing, website, etc., as well as provide highly specialized supervision and ongoing training. We are working hard to create a community of perinatal mental health professionals and have weekly clinical consultations as well as in person community building opportunities.

About the Role: Perinatal Mental Health Therapist

We are actively recruiting for 2 therapists, at least one of whom is a bi-lingual/ bi-cultural Spanish-speaking therapist. Our goal is to build a team that is representative of the communities that are supported and who share lived experience.

We support people with a wide range of lived experiences in the perinatal period. Some clients may be seen for brief solution-focused therapy and some may want longer-term therapy. A strong applicant will have training in and experience in supporting perinatal individuals and at least some of the following modalities - CBT, DBT, IPT - and an evidenced-based trauma treatment (such as CPT, PE, or EMDR), as well as a wide range of clinical skills to treat common experiences of anxiety, depression, grief and loss, acute and/or chronic trauma.

We ask that therapists joining our team plan to stay for at least 2 years.

Essential Functions

- Conduct clinical assessments
- Maintain a caseload of at least 15-20 *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
- 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

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.
- 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
- Work well in a group and independently
- Have a workspace appropriate for telehealth: confidential space, stable internet, and phone. PS-WA provides a HIPAA compliant phone program, computer, hotspot, and software.
- If applying for the Spanish-speaking Therapist position, be bi-lingual/bicultural

Compensation

This is a 25-29 hour part time, hourly position, \$35-40 per hour.

This position may grow to full time within the next year.

PS-WA offers part time employees paid time off based on prorated hours (40 hours per week = 160 hours per year) and up to 15 paid holidays per year based on work schedule.

Flexible schedule.

Weekly supervision with a PMH Specialist provided.

Continuing Education: Staff are invited and encouraged to attend PS-WA trainings throughout the year. Training provides CEUs.

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

Start Date: September 2022

Working Environment

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 clinical office. Team meetings, training, and supervision will be held virtually, with in person team building offered throughout the year.

Services are provided via telehealth at this time. We are open to therapists interested in transitioning to in person in fall 2022/winter 2023 and we are also open to therapists who would like to be telehealth only.

Application Instructions

Please send a resume and cover letter to Mia.edidin@perinatal-support.org with "PMH Therapist" in the subject line. The positions will be open until filled.

Applications will be accepted immediately and phone screening will begin the week of August 16th.

*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.*