

Job Description: Perinatal Therapist

We are seeking a compassionate and dedicated Perinatal Therapist to join our team. As a Perinatal Therapist, you will provide therapeutic support to pregnant women and doulas, helping them navigate the emotional and psychological challenges associated with pregnancy, childbirth, and postpartum experiences. Your role will be crucial in promoting the mental well-being of both the mother and the doula, fostering a positive and supportive environment during this transformative period.

Responsibilities:

- 1. Provide Individual and Group Therapy:** Conduct individual therapy sessions with pregnant women and doulas, offering a safe and non-judgmental space for them to explore their emotions, fears, and concerns. Facilitate group therapy sessions to encourage peer support and foster a sense of community.
- 2. Assess and Diagnose:** Conduct thorough assessments to identify mental health concerns, such as anxiety, depression, or trauma-related disorders. Collaborate with clients to develop personalized treatment plans that address their unique needs.
- 3. Offer Emotional Support:** Provide empathetic and compassionate support to pregnant women and doulas, helping them navigate the emotional rollercoaster of pregnancy, childbirth, and postpartum experiences. Offer guidance and coping strategies to manage stress, anxiety, and mood fluctuations.
- 4. Educate and Inform:** Educate clients about perinatal mental health, including common psychological challenges during pregnancy and postpartum periods. Provide information on self-care practices, stress management techniques, and resources available to support their mental well-being.
- 5. Collaborate with Healthcare Professionals:** Work closely with obstetricians, midwives, and other healthcare professionals to ensure comprehensive care for pregnant women and doulas. Collaborate on treatment plans, share progress updates, and provide referrals when necessary.
- 6. Maintain Documentation:** Keep accurate and up-to-date records of client sessions, assessments, treatment plans, and progress notes. Adhere to ethical guidelines and maintain client confidentiality.

Requirements:

- Master's degree or higher in counseling, psychology, social work, or a related field.

- Valid license or certification as a therapist (e.g., Licensed Professional Counselor, Licensed Clinical Social Worker).
- Specialization or training in perinatal mental health is preferred.
- Experience working with pregnant women, doulas, or in the field of reproductive health is highly desirable.
- Strong knowledge of perinatal psychology, maternal mental health, and trauma-informed care.
- Excellent communication and active listening skills.
- Empathy, compassion, and a non-judgmental attitude.
- Ability to work independently and as part of a multidisciplinary team.
- Strong organizational and time management skills.
- Proficient in maintaining accurate and confidential documentation.

WORKING CONDITIONS:

- Must be able to lift and carry 30 pounds and be capable of standing for one hour or more as physically required by the demanding travel and training schedule.

Job Type: Full-time

Pay: \$80,000 per year

Benefits:

- 403(b) matching
- Dental Insurance
- Health insurance
- Flexible schedule
- Paid time off
- Sick leave

Schedule:

- Monday to Friday
- Weekend availability
- Evening events availability

COVID-19 considerations:

To keep all staff safe the office is limiting in-office work to 1-2 days a week or as needed.

Join our team as a Perinatal Therapist and make a positive impact on the mental well-being of pregnant women and doulas during this transformative period. Your dedication and expertise will help create a supportive environment that empowers individuals to navigate the challenges of pregnancy and postpartum with resilience and strength.



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Please email us your resume at jobs@globalperinatal.org and we will follow up shortly. Thank you for your interest in joining the GPS family!