



**The Motherhood Center (TMC)** is a perinatal mood and anxiety disorders center committed to providing support for new and expectant mothers and families across the Tri-State Area. TMC offers the nation's only non-hospital affiliated partial hospitalization program (PHP). 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.

### **Perinatal Nursery Intern**

The Perinatal Nursery Intern will gain experience caring for infants whose mothers are receiving perinatal mood and anxiety disorder (PMAD) treatment services at the day treatment program. PMADs include depression, anxiety, PTSD, OCD and psychosis. She/he/they will learn about clinical PMAD intervention between mother and baby, how to engage and respond to mothers with these disorders and receive hands-on experience learning about child and infant care and development. The intern will gain valuable and professional experience working in a mental health clinic specializing in PMADs.

The Perinatal Nursery Intern is invited to participate in our weekly didactic meetings (educational seminars with talks from clinical experts), monthly provider seminars, other events held at The Motherhood Center. This internship is great for college students hoping to pursue health fields (esp. mental health), doulas in training, psychology students, nurses in training and MSW students looking to gain experience in maternal mental health and dyadic intervention.

This internship will run for approximately three to five months with a commitment of at least one full day between 9:45 AM to 2:40 PM. This internship is unpaid.

### **Specifications:**

The Perinatal Nursery Intern must be an individual currently in school or in a training program, with preferred experience providing infant care. They must already have or obtain a CPR license including child and infant CPR. Strong interpersonal skills are required. Must be proficient in the English language with bilingual communication skills helpful, but not a requirement.

**Responsibilities:**

- Demonstrate competency, individually and part of the multidisciplinary team, in supervising infants in the nursery of the day treatment program;
- Demonstrate competency in providing care to infants in the day treatment program including bottle feeding, putting down for naps and diaper changing of infants;
- Track and maintain supplies for the nursery, including toys, infant care and educational materials;
- Performs other job-related duties as required or requested;
- Maintain confidentiality of all patient information;
- Able to communicate with mothers in program in an empathetic and professional manner;
- Must be timely and responsible.

**Qualifications:**

- Currently in school or a training program;
- Preferred experience caring for infants;
- CPR license required including child and infant CPR, or ability to obtain one;
- Strong organizational skills;
- Detail oriented;
- Strong oral communication skills;
- Ability to be flexible;
- Ability to work as part of a team;
- Ability to multi-task.

Upon completion of the Perinatal Nursery Internship, qualified interns will receive a letter of recommendation highlighting their contribution and commitment to their experience here at The Motherhood Center.

*The Motherhood Center is an equal opportunity employer and is deeply committed to maintaining a diverse and inclusive community amongst its staff, trainees, interns and clients. We seek to increase diversity across race, ethnicity and national origins, gender and gender identity, sexual orientation, disability, and socioeconomic background. We host monthly didactics that are dedicated to educating our entire staff and addressing clinical issues related to diversity and inclusion.*

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