



**Job Description Position Title: Maternal Mental Health Therapist**  
**Agency Program: Mental Health Services**  
**Reports to: Chief Program Officer ---CEO**  
**FLSA Category: Exempt**

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Triangle Family Services (TFS) is a dynamic nonprofit human services agency with an 87-year history of serving families in crisis in Wake County and surrounding counties. Our life-changing programmatic work includes trauma-focused mental health services, domestic violence interventions, supervised visitation, housing stabilization services, homeless engagement, and financial counseling. (tfsnc.org) We are seeking a Maternal Mental Health Therapist expert to join the TFS team as we work to build Maternal Mental Health Services. This individual will be directly involved in the hands-on process to build and implement maternal mental health services. Serving as an advisor and expert this role will work closely with senior leadership and other key members of the team. In addition, this role will assess, treat and manage clients throughout the pre- and post-natal period based on client needs and agency protocol. This will include individual and group therapy as needed. The ideal candidate will thrive in a fast-paced, team-oriented work environment with the ability to operate independently and as a team member to achieve results.

**Statement of Duties:**

The role of perinatal/maternal mental health therapist is perfect for the experienced clinician who focuses on the needs of women struggling with infertility, IVF treatment, grief and loss, or postpartum, or the common struggles, stressors and concerns of motherhood. The therapist will be expected to perform individual, couple, or family therapy and support groups, including conducting diagnostic assessments to formulate DSM 5 diagnoses and complete treatment plans to support therapeutic interventions. The candidate must have experience working with individuals in 1:1 traditional sessions and have utilized clinical interventions and diagnostic skills in their current or previous work experience. Preference given to those with PMH-C certification.

- Work with the team to build and implement maternal mental health services.
- Serve as the maternal mental health expert.
- Provide compassionate and culturally sensitive mental health services to mothers/birthing people and families during the perinatal period.
- Collaborate with our team of experienced clinicians in both office and virtual clinic settings.
- Conduct assessments, develop treatment plans, and provide therapeutic interventions.
- Conduct support groups, group therapy and educational groups.
- Offer education and support to mothers and families regarding perinatal mental health.
- Education & Experience Requirements:
- Current State of North Carolina license as a PhD, PsyD, LCSW, LMFT, LCPC, LPC, LSW, or AMFT (PMH-C preferred)

- PMH-C certification
- Willing to work weekends and evenings as needed
- Experience building and managing a program/service is a plus
- Minimum 1-year experience counseling
- Proficient computer skills—we use EpiTmax
- Organized, professional, conscientious, timely and responsible.

**Schedule:**

- Day shift (may include evenings)
- Monday to Friday
- Weekends/Evenings as needed

**Work setting:**

- In-person
- Office
- Outpatient
- Telehealth

This is a full-time 40 hours per week position with flexibility as agreed upon within agency guidelines. Salary will be commensurate with experience and includes a full benefit package.

TFS provides equal employment opportunities to all applicants and prohibits discrimination and harassment of any type without regard to race, color, religion, age, sex, national origin, disability status, genetics, protected veteran status, sexual orientation, gender identity or expression, or any other characteristic protected by federal, state, or local laws. Furthermore, TFS identifies diversity as one of our core workplace values.

TFS is a family-friendly workplace that offers flexible scheduling options and hybrid work arrangements during COVID-19. This position will function in a fast-paced environment that requires both independence and collaboration; TFS identifies teamwork as one of our core workplace values. Most TFS employees wear multiple hats and regularly encounter opportunities to expand their skills, knowledge, and reach. We take our commitment to our clients and our donors very seriously: we work hard. We also, however, find joy, hope and fun in our daily work activities and collegial interactions.

TFS has made the decision to require all employees to be fully vaccinated against COVID-19, where allowed by state or local law and where vaccine supply is readily available. The only exceptions to this requirement are employees who are approved for accommodation for religious, medical, or disability-related reasons.

Please submit a cover letter and resume to [resume@tfsnc.org](mailto:resume@tfsnc.org) with the position title (**Maternal Mental Health Therapist**).