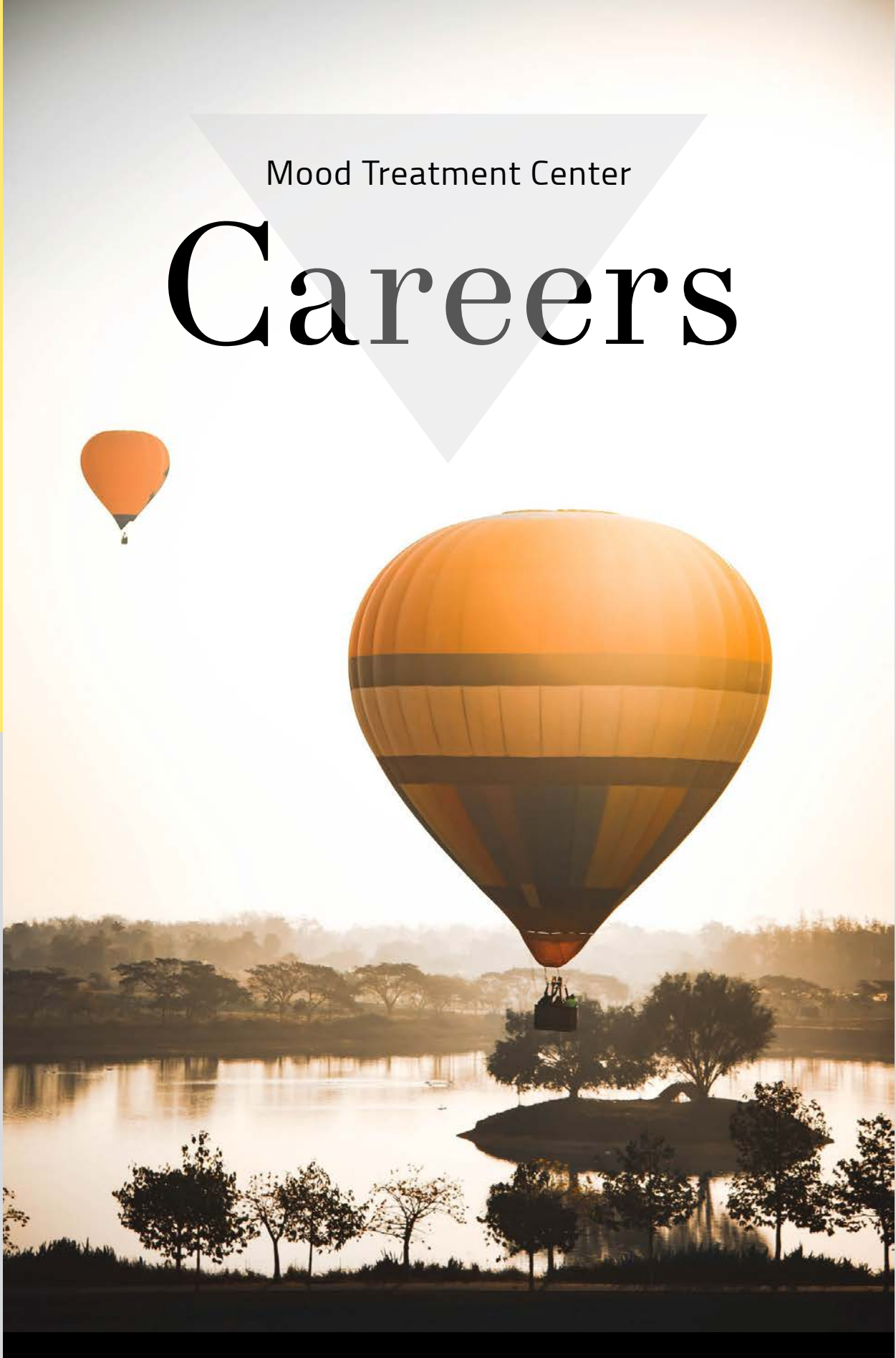


Mood Treatment Center

# Careers

*Career. Based on Latin carrus 'wheeled vehicle'.*



UPDATED  
SEPTEMBER 2022



There are many roads to mental health. At the Mood Treatment Center, professionals from diverse backgrounds come together to help their clients find the right path. Therapy, medication, natural treatments, transcranial magnetic stimulation (TMS), and diet and lifestyle are all on the table.

Innovation is encouraged and education is woven into every aspect of the job. Therapists have run randomized-controlled trials through the practice, and our doctors and nurses have helped develop new approaches to diagnosis and treatment.

I've learned a lot from this talented group, and hope these pages give you a sense of what it's like to work in this dynamic, client-centered culture.

A stylized, handwritten signature in black ink, appearing to read 'C. Aiken'.

Chris Aiken, MD  
Director, Mood Treatment Center







# Aiming High Together

We are idealists, and everything we do, from the treatments we choose to the policies we put in place, has to pass this test: “Does it help our clients?”

That is why our administrative staff are trained in trauma informed care.

That is why our clinicians take part in consultation groups and weekly educational conferences.

That is why we support each other in the search for creative, practical, and evidence-based solutions for the problems our clients bring.



# Variety

Whether you are a therapist or medical provider, you'll learn new ways help clients, including light therapy, nutritional therapy, and advanced psychotherapies for trauma, addictions, mood and other disorders. Therapists take part in all diagnostic assessments, and have opportunities to provide specialized

psychotherapies for patients undergoing transcranial magnetic stimulation (TMS) and esketamine. Therapists and medical providers lead group therapies, and we have dedicated therapy teams for DBT, OCD, eating disorders, substance use disorders, and child, family, and perinatal mental health.



# Support



The Mood Treatment Center is part of a growing network of practices in Arizona, Texas, and North Carolina that share common administrative support and clinical leadership. That helps us minimize paperwork so you can focus on the client.

Our support staff handle treatment and medication authorizations, disability paperwork, refills, and scheduling.



Each office is lead by a therapy director, and therapists have opportunities to consult with experts in trauma, addictions, OCD, eating disorders, autism or specialized therapies like Brainspotting and Radically Open DBT.

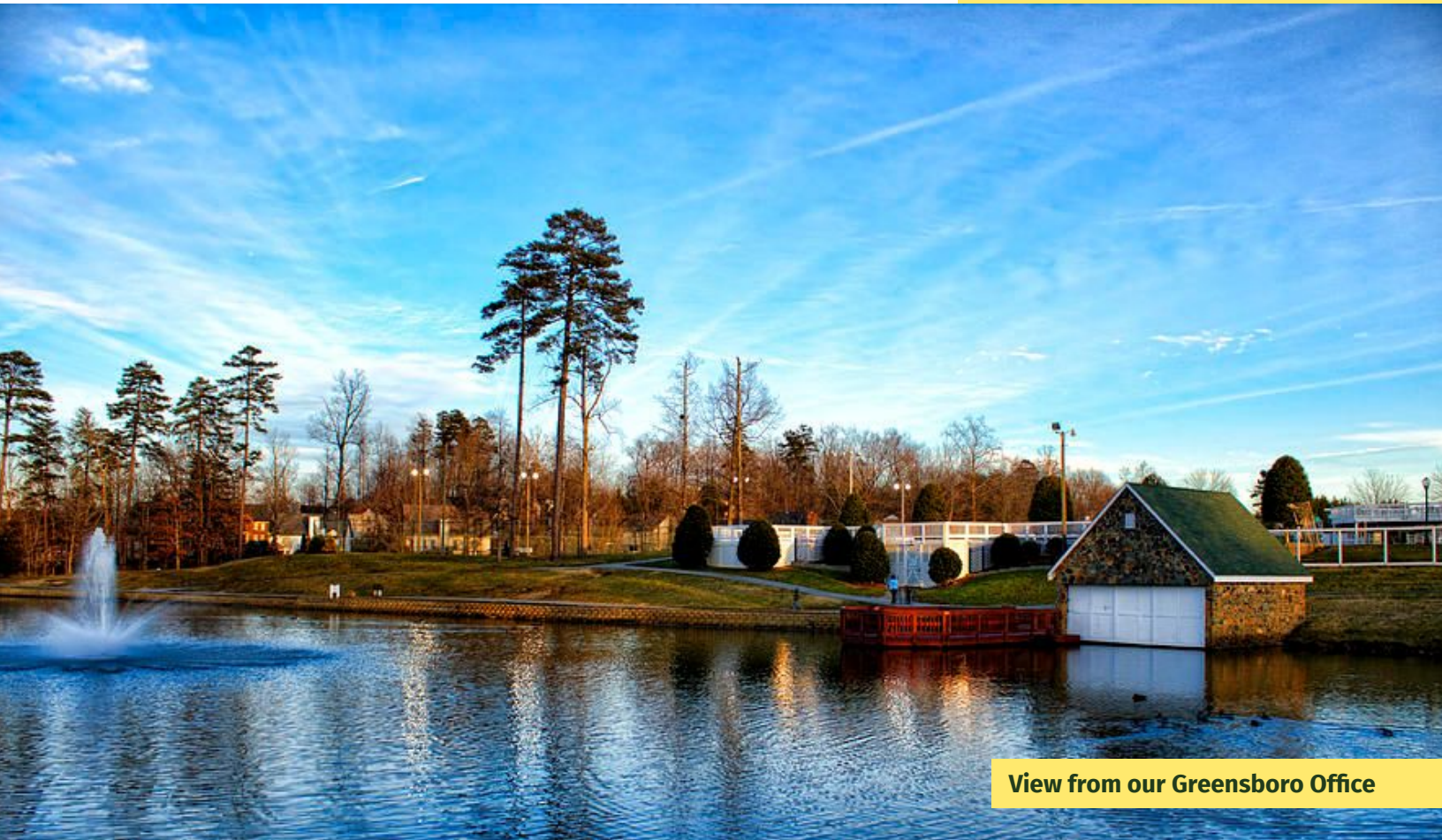
Medical providers have access to nationally recognized experts on our clinical board, including Drs. Prakash Masand, Prashant Gajwani, Richard Weisler, and David Sack.



# Opportunity

As we grow it brings leadership opportunities. That includes mentoring and training others, leading seminars, developing new therapeutic programs, and opening new offices.

Since opening in 2008, we have grown to 10 offices throughout North Carolina. In 2022 we partnered with practices in Arizona and Texas to embark on a common mission: To bring high quality, accessible mental health care from coast to coast.



View from our Greensboro Office



## Mood Treatment Center Teletherapy

Clinicians set their own work hours at the Mood Treatment Center. Likewise, we take a hybrid approach to teletherapy that allows you to flexibly balance your personal needs with those of your clients.

Teletherapy lets us reach people who can't always access services in person, and to continue to serve them when we are unable to come into the office due to weather, viral risks, or travel.

Many of us did not go into this work to stare at a computer, and we are all vulnerable to the Zoom fatigue that can set in with too much telework. To combat that, we encourage you to arrange your teleschedule in a way that adds variety and fulfillment to your life. Work outdoors, at the mountains or the beach, and find ways that virtual visits benefit your clients. You can meet their family, view their accomplishments, and see what life is like in their home.



# Training

## Associate Therapists

Our post-graduate training program began in 2014 and provides high quality education for associate level therapists. It includes weekly supervision and an advanced therapy seminar.

Associate level therapists participate in all of the activities of fully licensed therapists. They conduct individual and group therapy, diagnostic interviews, and take part in therapy consultation groups.

We also have internship opportunities for students in graduate therapy programs.

## Medical Practicums for NPs and PAs

Our clinicians enjoy teaching students from PMH-NP and PA programs. Students begin by observing clinical staff with patients and then progress to follow patients on their own. The training includes regular seminars on psychiatric diagnosis and treatment.



**Miriam Dineen, MMS, PA-C**, Director of Physician Assistant Education

Miriam teaches and mentors new physician assistants along with Dr. Aiken. She has practiced in psychiatry and internal and integrative medicine. After majoring in neuroscience at University of Virginia, Miriam completed her master's work at WFU in 2009. She holds a Certificate of Added Qualification in Psychiatry through the NCCPA.



**Brian McCarthy, PMH-NP**, Director of Nurse Practitioner Education

Brian created the NP training program where students gain hands-on experience following patients along with didactic courses. He completed his PMH-NP at Rush University. He has worked at Duke, Cornell and Sheppard-Enoch Pratt, and prior to nursing was a Franciscan Friar.



# Therapy & Clinical Leaders



**Ben Bentley, LCMHC-S, LCAS, CCS, Director of Therapy Services**

Ben has over 30 years of experience as a therapist for teens, families, young adults and adults. He supervises associate level therapists in the practice and runs a group to support other therapy supervisors. He received his graduate degree in counseling from WFU and has presented at professional conferences throughout NC.



**Cheryl Goldberg, MD, Associate Director of Therapy Services**

Cheryl works with children and adults has training in trauma and addictions. She runs a course for beginning therapists and another in trauma-informed care for our administrative staff.. Cheryl partnered with U. Kentucky to conduct a controlled trial of brainspotting therapy for trauma while working at MTC, and has been instrumental in training other therapists in this approach.



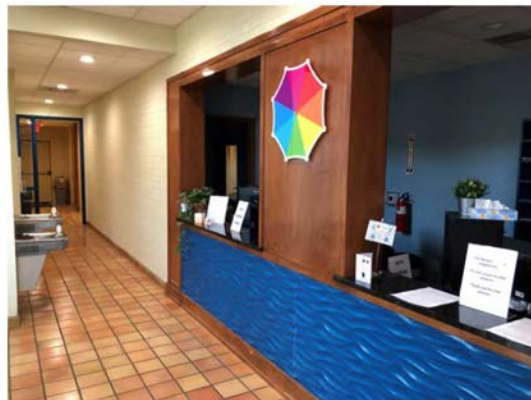
**Larisa King, PMH-NP, Clinical Administrative Director**

Larisa is a connector between the administrative and clinical staff, helping to bring both teams together to better serve our clients. Larisa has extensive experience on the inpatient and outpatient sides of psychiatry and completed PMH-NP training at East Carolina University under the supervision of Dr. Aiken.



**Joe Harris, PMH-NP, Technology Director**

Joe's goal is to make the EMR serve our clients and improve patient care. He trains clinicians and gathers feedback to customize the electronic record (AdvancedMD). Joe worked for 6 years on an assertive community treatment team prior to joining MTC.



# Medical Advisors



**Prakash Masand, MD**, Chief Medical Director

Dr. Masand founded PsychCME and Global Medical Education to provide high quality, evidence-based psychiatric education. He continues that tradition at MTC. Dr. Masand is an adjunct professor of psychiatry at Duke and has authored over 300 peer-reviewed articles. He developed the COPE app to engage patients in behavioral therapy and lifestyle change.



**Chris Aiken, MD**, Southeast Medical Director

Dr. Aiken is the editor-in-chief of the Carlat Psychiatry Report and the mood disorders editor of Psychiatric Times. He has written textbooks on psychopharmacology and psychotherapy, and a self-help book on Bipolar II. He serves as faculty at the NYU and WFU schools of medicine where he teaches courses on mood disorders and medical journalism.



**Prashant Gajwani, MD**, Texas Medical Director

Prior to entering private practice, Dr. Gajwani worked at the Case Western Reserve mood disorders program with Joseph Calabrese. There he conducted clinical trials in bipolar disorder that guide our practice today. He completed his psychiatric residency at the Cleveland Clinic.



**David Sack, MD**, Arizona Medical Director

Dr. Sack was a senior clinical scientist at the NIMH where he worked on the team that discovered light therapy and seasonal affective disorder. From there, he went on to found Elements, a residential treatment program for addictions and psychiatric disorders. His research interests include substance use disorders, mood disorders, and neuroendocrinology.



**Richard Weisler, MD**, Clinical Advisor

As a principle investigator in over 200 clinical trials, Dr. Weisler helped develop many psychiatric treatments including carbamazepine, lurasidone, quetiapine, bupropion, and Concerta. He was the first psychiatrist to identify lamotrigine's benefits in bipolar disorder. His groundbreaking work on the link between environmental pollution and suicide was featured in Oprah Magazine.