

PALMER INSTITUTE

Career Opportunity Registered Dietitian

Location: Wellesley, MA

Employment Type: Full-Time or Part-Time

Start Date: June 2025

Company Overview:

The Palmer Institute is pioneering a transformative healthcare model that seamlessly integrates mental and physical health, addressing the root causes of chronic health conditions that have reached epidemic proportions. Traditionally, mental health care has been fragmented and siloed from physical health care, often neglecting the underlying causes of illness. This separation leads to treatment failures, chronic suffering, common medical comorbidities, and premature mortality.

The Palmer Institute addresses these challenges by offering a comprehensive healthcare model for individuals across the entire spectrum of mental and metabolic health conditions. Our standardized, technology-driven, and team-based approach integrates mental health care, metabolic health, lifestyle, and functional medicine. Our mission is to guide patients toward healing, remission, and sustainable recovery by delivering personalized, evidence-based care that treats the whole person—mind, brain, and body.

As a concierge practice, we empower clinicians to spend more time engaging deeply with patients and collaborating closely with multidisciplinary teams. The strong demand for our services is reflected in our waiting list of over 5,300 people.

Position Summary:

We are seeking an experienced **Registered Dietitian** to join our healthcare team. The ideal candidate will have a passion for mental health and metabolic health care, experience or interest in functional and integrative medicine that includes ketogenic metabolic therapies, and the ability to collaborate closely within a multidisciplinary team. You will play a critical role in delivering personalized nutrition care plans that support recovery, resilience, and healing in individuals living with serious mental illness and related conditions.

Duties and Responsibilities:

- Conduct comprehensive nutrition assessments, including review of dietary and medical histories, labs, medications, and anthropometrics.
- Develop and implement individualized therapeutic dietary interventions, including evidence-based ketogenic diets, elimination diets, and others.
- Provide direct counseling to patients and families in both individual and group settings.
- Collaborate with psychiatrists, physicians, health coaches, and other clinicians to integrate nutrition into comprehensive treatment plans.
- Document assessments, interventions, and follow-ups in alignment with clinical and program standards.
- Educate patients, families, and staff on nutrition's role in mental health, metabolic health, and recovery.
- Participate in team meetings, quality improvement initiatives, and ongoing program development.
- Stay current on emerging science related to metabolic psychiatry and nutritional interventions.

Skills and Requirements:

- **Registered Dietitian** credential – Commission on Dietetic Registration (Required)
- **State Dietitian Licensure** – Massachusetts (Required)
- Bachelor's degree in Nutrition, Dietetics, or a related field (Required)
- Experience or interest in serious mental illness, metabolic disorders, and functional medicine
- Excellent communication, counseling, and documentation skills
- Ability to develop rapport and therapeutic relationships with diverse people, particularly those with severe mental health conditions.
- Strong organizational and time-management abilities
- Comfortable working independently and within a collaborative, team-based care model

Preferred Skills:

- Certification or training in medical and neurological ketogenic therapies (will be provided if not already trained)
- Master's degree or active degree candidate in a healthcare, nutrition, or related field

If you are a detail-oriented, compassionate professional and would like to help transform the mental health field, we encourage you to apply for the position of Registered Dietitian. Join our team and help improve the lives of thousands of people with mental health conditions.

Benefits:

- Competitive salary
- Health and dental insurance
- 401(k) with company match
- Paid time off and holidays
- Professional development opportunities

Equal Opportunity Employer: The Palmer Institute is an equal opportunity employer. We celebrate diversity and are committed to creating an inclusive environment for all employees.