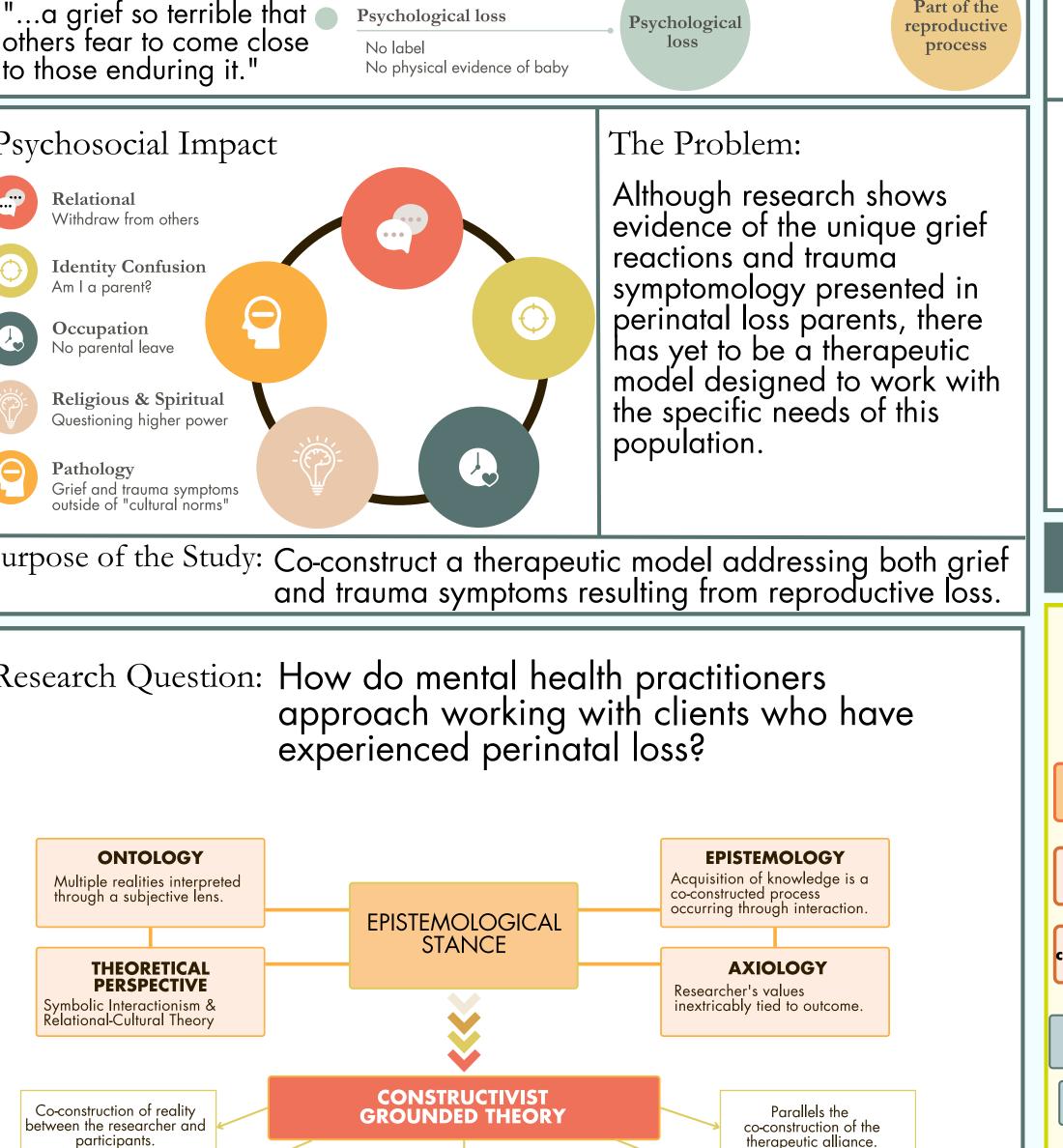
Therapeutic approaches to working with perinatal loss clients: A grounded theory study

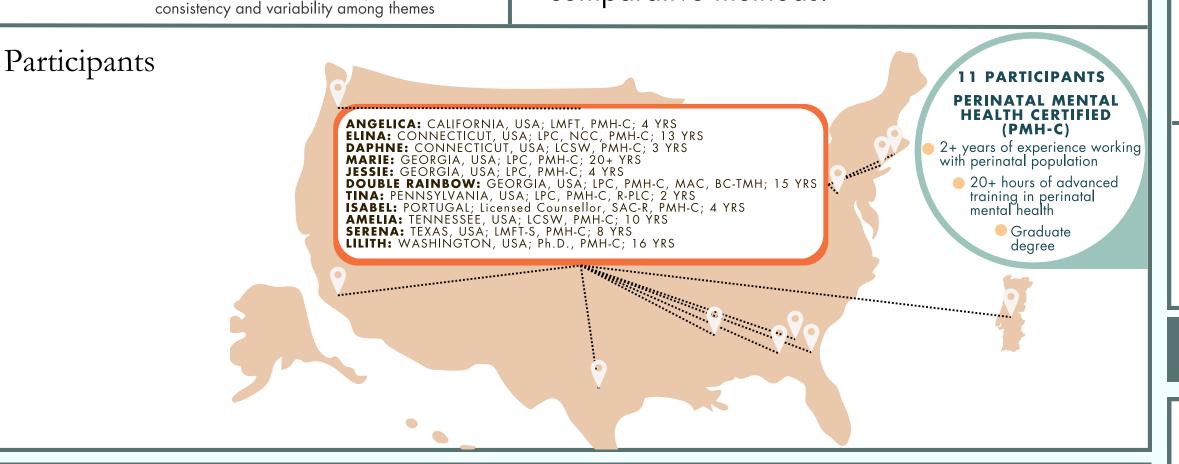
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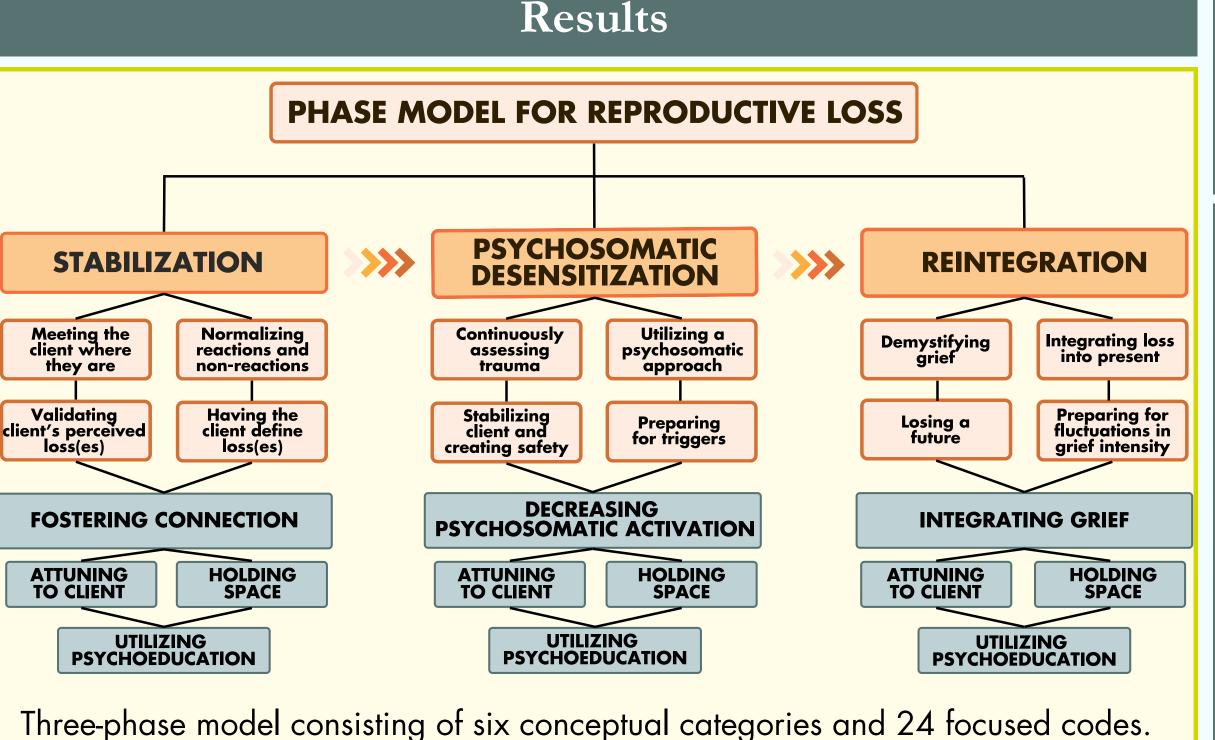
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Situating the Study Cultural & Societal Perceptions Non-event Ambiguous loss "Silent loss" Dialect of physical 12-week announcement Medical event Non-event Culturally dismissed absence and psychological presence Medical event Terminology refers to event rather Disenfranchised grief than capturing the experience of the gestational carrier. Cultural Loss and grief not **Perceptions** recognized by society Part of the reproductive process Timelines and number of losses necessary for certain diagnoses Hyper-enfranchised grief (e.g., infertility diagnosis) "...a grief so terrible that (Part of the Psychological loss Psychologica reproductive others fear to come close process to those enduring it." No physical evidence of baby The Problem: Psychosocial Impact Although research shows evidence of the unique grief Relational Withdraw fro Withdraw from others reactions and traum'a **Identity Confusion** symptomology presented in perinatal loss parents, there Am I a parent? Occupation has yet to be a therapeutic No parental leave model designed to work with the specific needs of this Religious & Spiritual Questioning higher power population. Grief and trauma symptoms outside of "cultural norms" Purpose of the Study: Co-construct a therapeutic model addressing both grief and trauma symptoms resulting from reproductive loss. Research Question: How do mental health practitioners approach working with clients who have experienced perinatal loss?



Methodology Constructivist Grounded Theory Data Sources Interviews Data Collection & Analysis -One-hour, in-depth, and semistructured -lterative process using abductive Conducted via HIPPA Zoom reasoning. -Interview protocol with open-ended questions and probes -Initial coding line-by-line using gerunds. **Elicited Documents** -Case study vetted by focus group -Participants developed a treatment plan -Focused coding to identify most addressing: (a) presenting problem, b) diagnoses and rationale, important codes. c) therapeutic goals, d) therapeutic knowledge necessary, and (e) measurement of therapeutic effectiveness. -Theoretical sampling to illuminate gaps between emergent categories through memo-writing and constant **Extant Documents** -Three perinatal loss trainings completed by the comparative methods. -Training curriculums were analyzed for





Discussion

Impact of Cultural Perceptions (sub-question 1)
Therapeutic effectiveness is impacted by perceptions (known and unknown) held by the following: (a) the practitioner, (b) the client, (c) the client's support system, and (c) the client's cultural background.

Working with Grief & Trauma (sub-question 2)

Participant responses aligned in how trauma symptoms are recognized first in order to create a sense of safety and stability to process the grief of the loss(es).

Clinical Approaches Informing Methods (sub-question 3)

Participants reported clinical approaches were informed by the subjective experience of the client, including: (a) perceived experience of impairment, (b) perceived experience of effectiveness.

Therapeutic Barriers (sub-question 4)

Participants reported the primary barriers to care as: (a) inaccessibility to care, (b) inadequate community resources, and (c) the client's perception of "wellness."

Implications

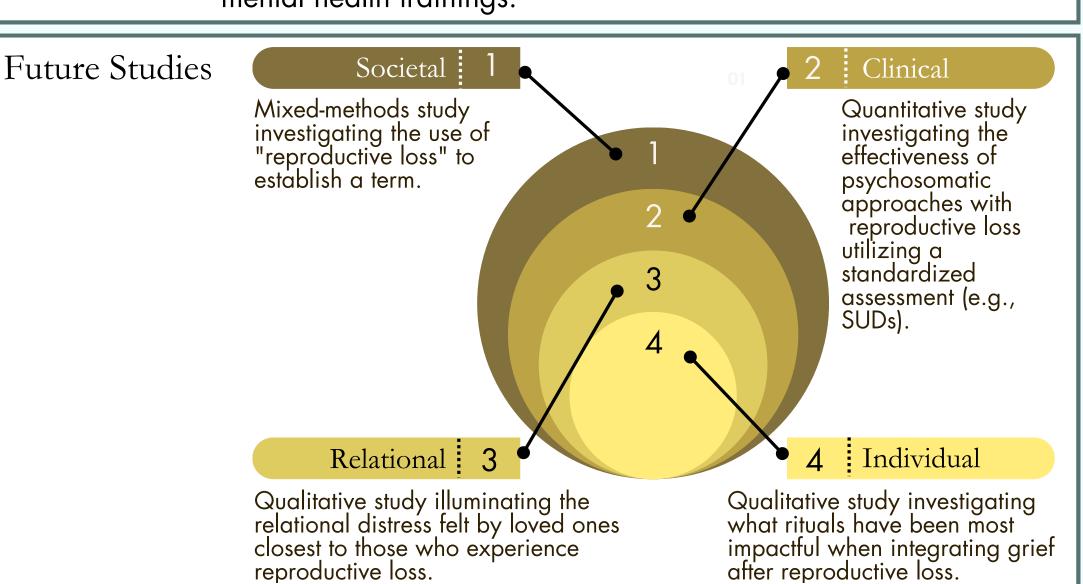
(a) mental health practitioners pose the risk of re-enacting cultural norming processes within the therapeutic process;

(b) education and trainings need more emphasis on reproduction; and (c) <u>further research</u> is needed to create systemic change.

Conclusion

(a) research timeline, (b) number of participants based on responses, and (c) not representative of all perinatal mental health practitioners. Limitations:

Delimitations: (a) not representative of the general knowledge of practitioners without perinatal training and (b) perinatal mental health certification (PMH-C) is not representative of all perinatal mental health trainings.





Social justice aim locating

subjective and collective

experiences within the

societal context.

reproductive loss.

Iterative process of data collection and data analysis

until saturation.

Celebrates the researcher's

subjective perspective that is