

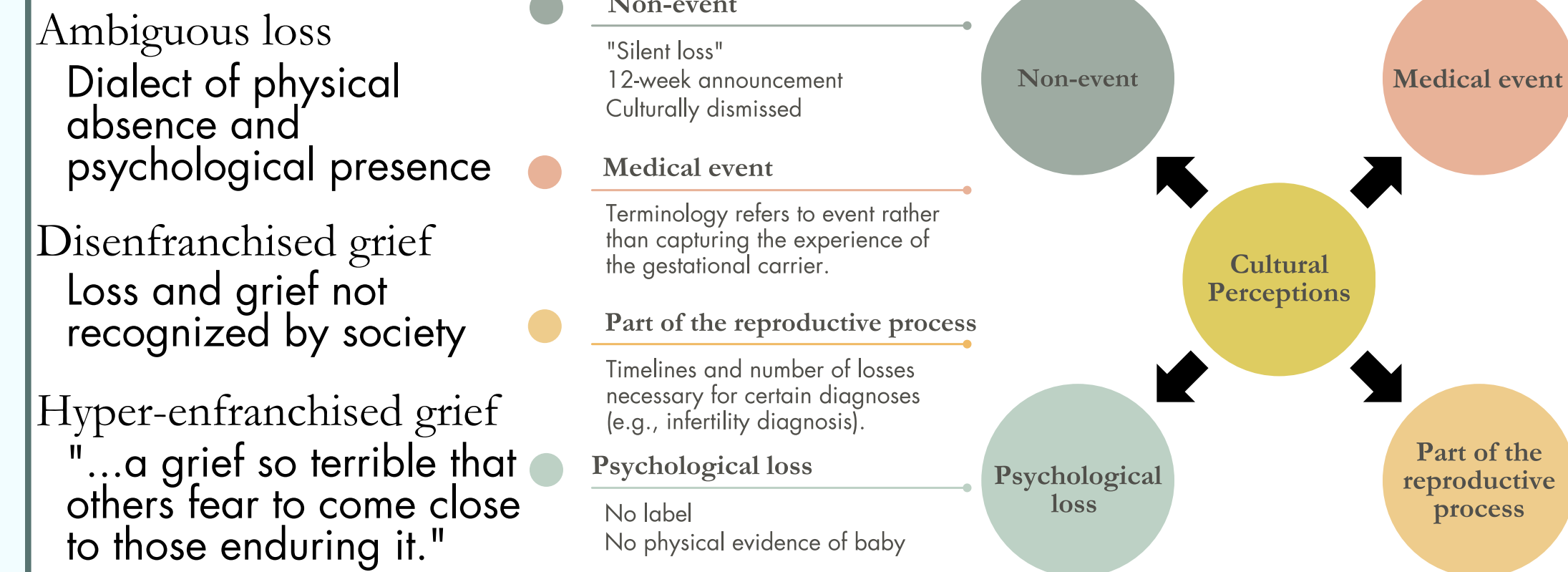
Therapeutic approaches to working with perinatal loss clients: A grounded theory study

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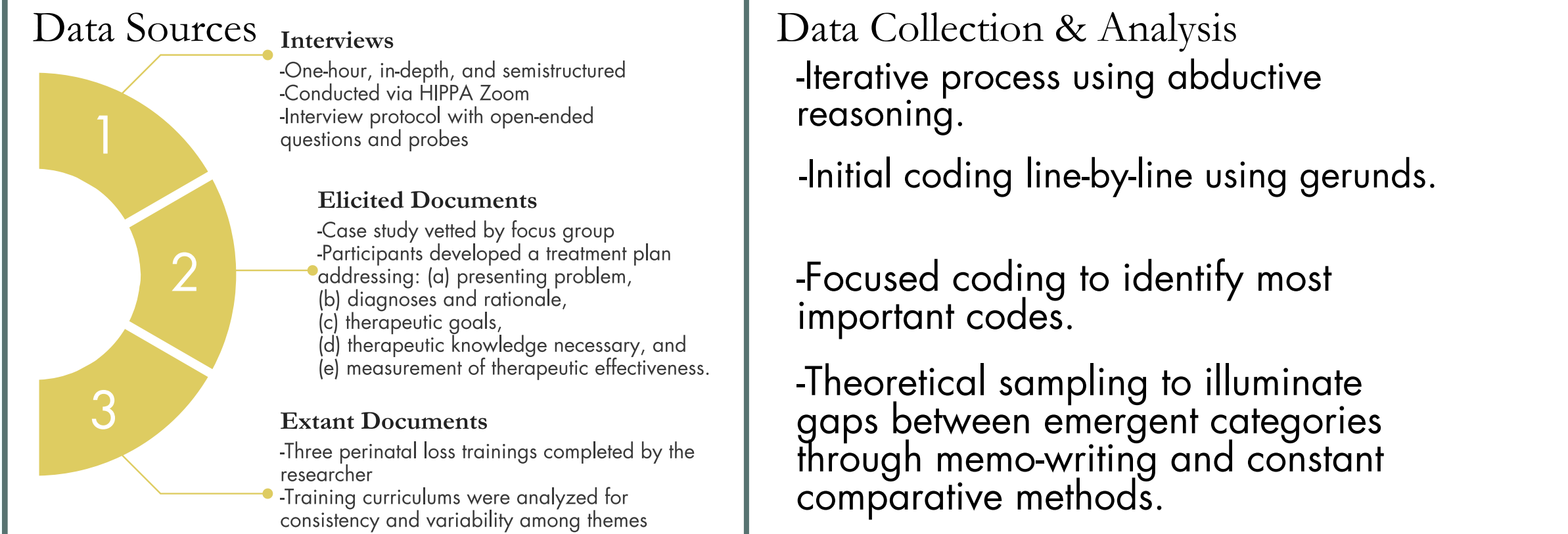
Situating the Study

Cultural & Societal Perceptions



Methodology

Constructivist Grounded Theory



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.

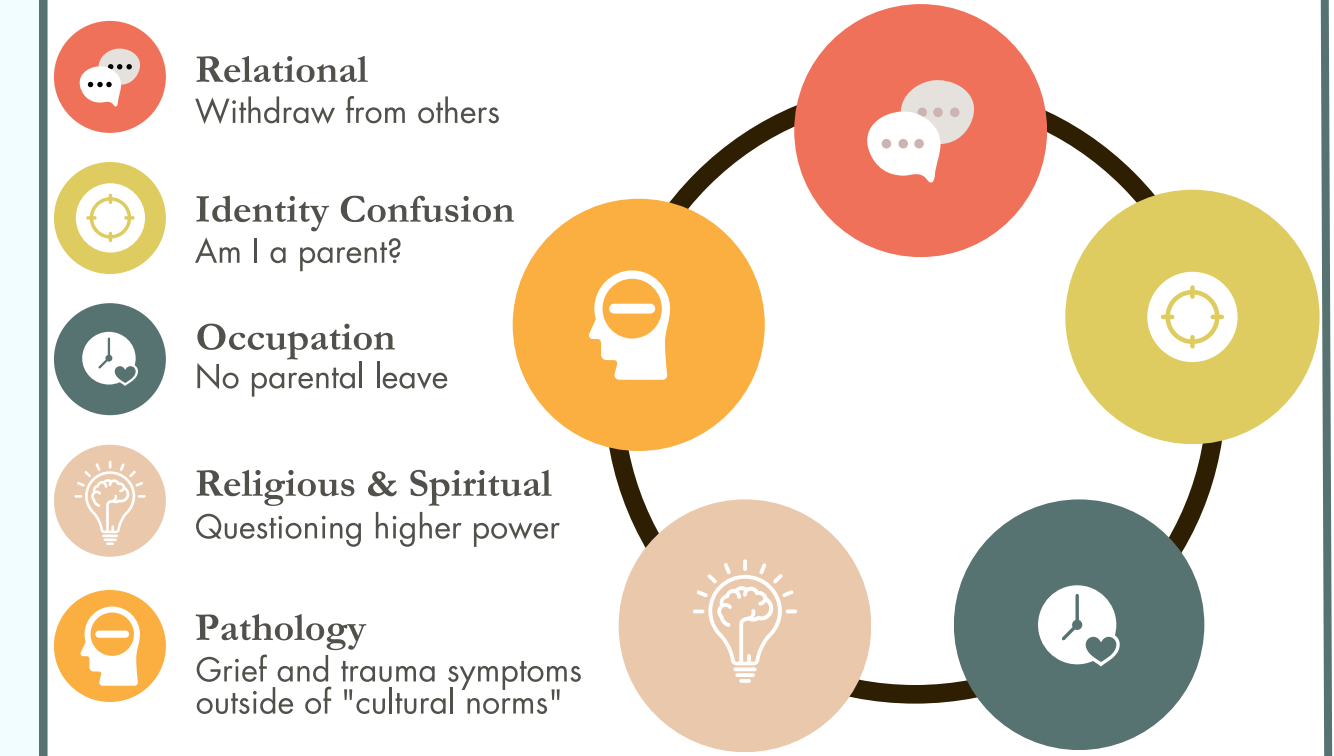
Working with Grief & Trauma (sub-question 2)
Participant responses aligned in how trauma symptoms are recognized first in order to create a sense of safety and stability to process the grief of the loss(es).

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 trauma, and (c) 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."

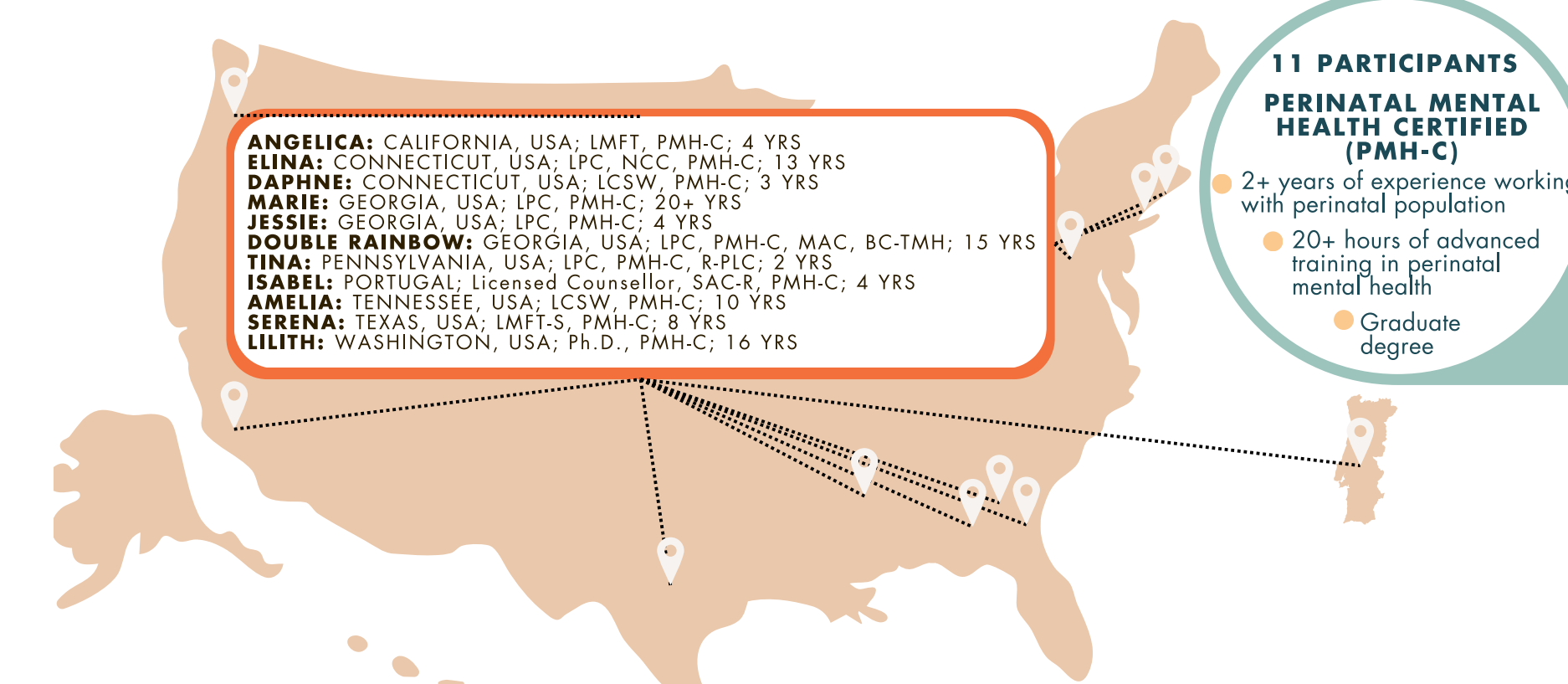
Implications
(a) mental health practitioners pose the risk of re-enacting cultural norming processes within the therapeutic process;
(b) education and trainings need more emphasis on reproduction; and
(c) further research is needed to create systemic change.

Psychosocial Impact



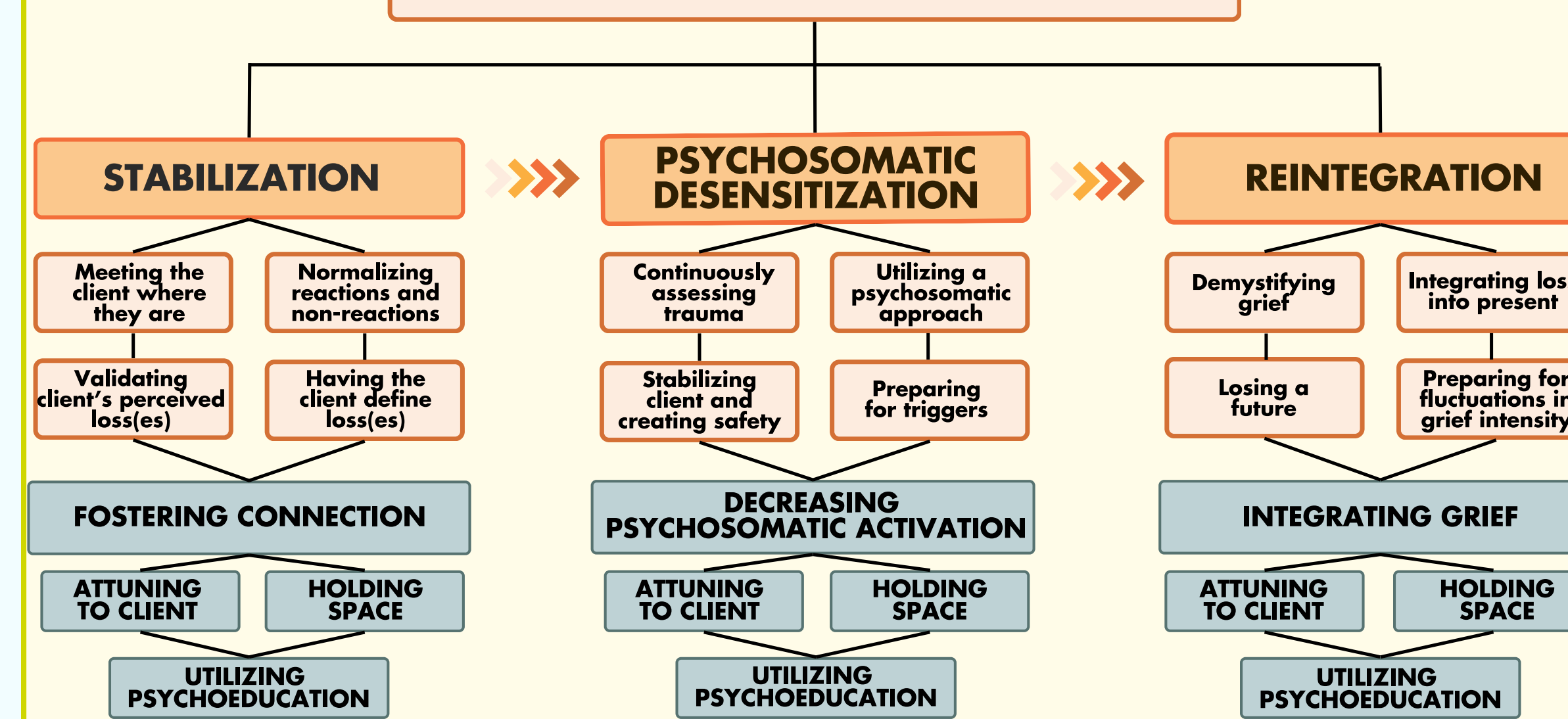
The Problem:
Although research shows evidence of the unique grief reactions and trauma symptomology presented in perinatal loss parents, there has yet to be a therapeutic model designed to work with the specific needs of this population.

Participants



Results

PHASE MODEL FOR REPRODUCTIVE LOSS



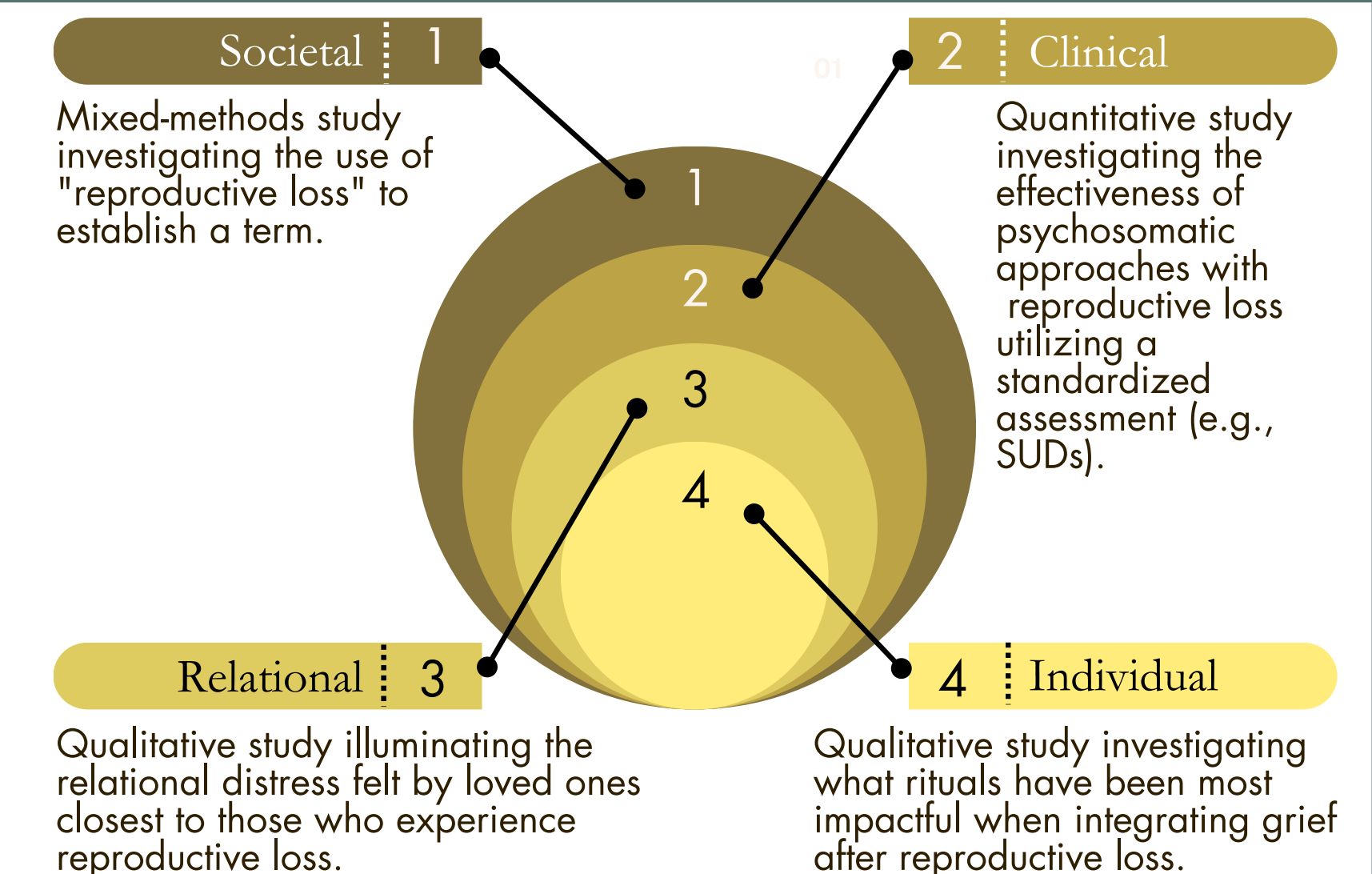
Three-phase model consisting of six conceptual categories and 24 focused codes.

Conclusion

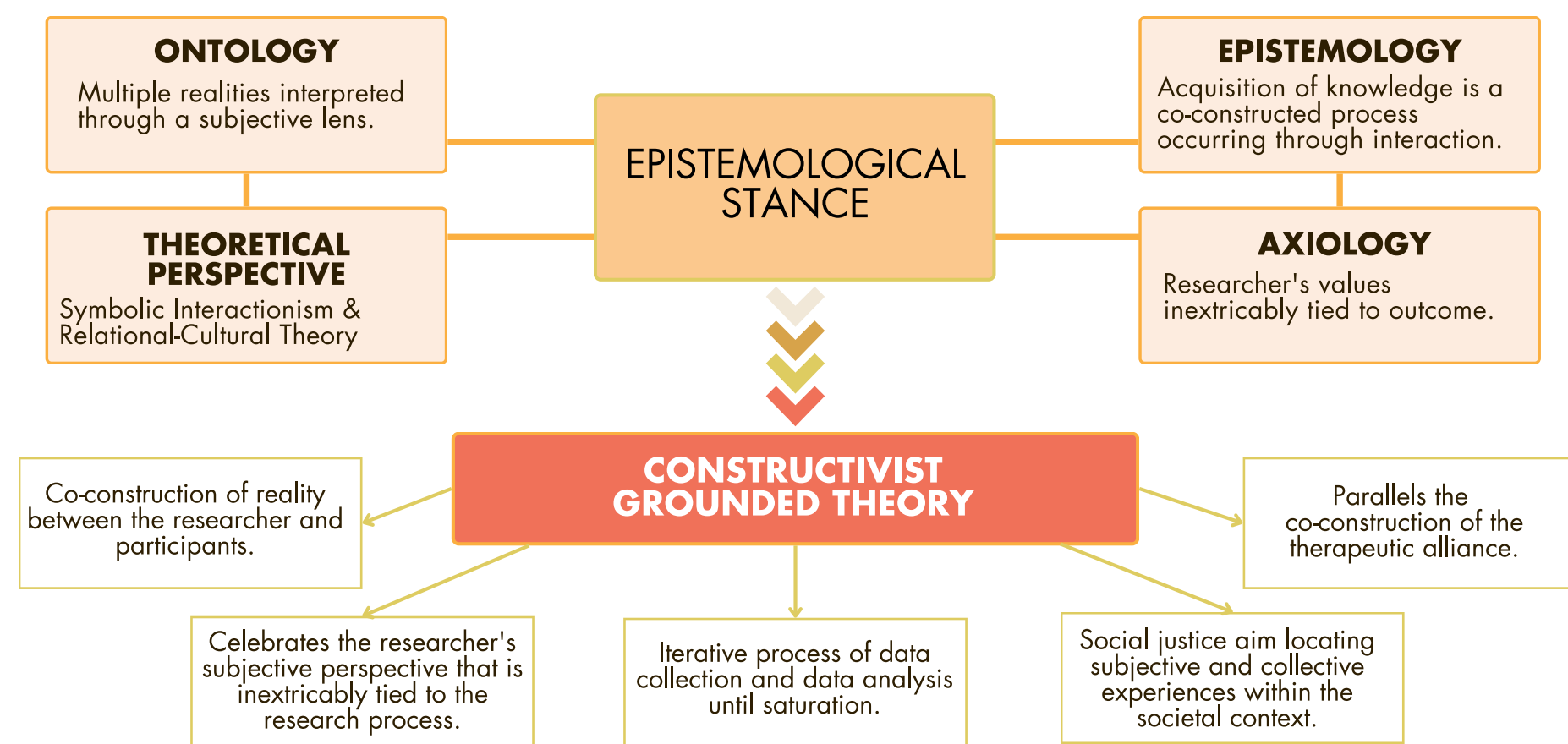
Limitations: (a) research timeline, (b) number of participants based on responses, and (c) not representative of all perinatal mental health practitioners.

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.

Future Studies



Research Question: How do mental health practitioners approach working with clients who have experienced perinatal loss?



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References:

