

2 Continuing Education Credits

It Takes a Village

Creating Perinatal Mental Health Support Groups

Support groups are an effective way to facilitate connection and community among those who may be struggling with perinatal mood and anxiety disorders (PMADs). Combating isolation is an important key to promoting mental health for pregnant and postpartum individuals. Furthermore, support groups may be structured in a variety of ways to serve the unique needs of individuals at various points along the perinatal journey.

In this two-hour course, perinatal psychotherapists and group facilitators, Gabrielle Kaufman, MA, LPCC, NCC, BC-DMT, PMH-C and Anna King, LCSW, PMH-C, will cover the benefits of facilitating a support group for both provider and client. They will provide specialized tips for serving the perinatal community covering the who, what, when, where, why, and how of starting a support group including a list of suggested group topics.

You will also hear tips and reflections from other perinatal therapists and testimonials from support group participants who will share what was most helpful to them about participating in groups during their transition to parenthood.

AUDIENCE

This course is beneficial to anyone providing healthcare during the perinatal period who seeks to increase their knowledge of how to support pregnant, postpartum, and lactating individuals in a support group setting including doctors, midwives, therapists, peer support specialists, health educators, lactation consultants, doulas and birth workers, and more.

Following completion of this course, participants will be able to:

- ✓ Define what a support group is and identify what the most common benefits are for providers and parents;
- ✓ Discuss 2 of the most common barriers to support group access;
- ✓ Discuss the importance of storytelling within the group setting and its potential for social skill building;
- ✓ Discuss how to address the limits of confidentiality in a group and uphold ethical boundaries with and between support group members;
- ✓ Facilitate the co-creation of an effective community agreement with support group participants to establish group cohesion and a safe, brave space;
- ✓ Explain the importance of culturally sensitive services and identify 2 ways to create inclusive and culturally sensitive material and environments.

Cost: \$45

For more information and to register visit www.maternalmentalhealthnow.org

Continuing Education:
CE's provided by



Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content.

This course meets criteria for 2 continuing education credits for LMFTs, LPCCs, LCSWs, LEPs, and psychologists through the Board of Behavioral Sciences (BBS) in the state of CA. If you hold a license not listed here or are licensed outside of the state of California, please check with your licensing board directly to confirm that these CE credits will be accepted. We are unable to assist in verifying if CE credits will be approved for your license type/state outside of California.