
ON BEING A POSTPARTUM THERAPIST:

A process group for
mental health
professionals who are
new mothers

**Mondays, 3:00 pm to 4:15
pm starting May 6, 2019**

Wildflower Center for
Emotional Health

820 N. Orleans St, Suite 350
Chicago, IL 60610



With the birth of a baby, a mother is born. Her world is abruptly changed and so is her role in it. Her identity, relationships, fantasies, routines, and attitudes are in a state of flux. She needs time, space, and support to discover how to make sense of the new reality, how to navigate it, and how to thrive in it.

As mental health professionals, we, too, experience these same massive forces of change within us and around us as we become mothers (regardless of whether that is for the first or fourth time!). We may be surprised, delighted, even frightened by the impacts that becoming a mother has on our clinical practice. It is no easy task to parent. It is no easy task to hold the inevitable turmoil of transition to parenthood and care for our clients.

This process group is a space for you, the postpartum therapist, to be held as you do the incredibly meaningful but also taxing work of bringing health and healing to the lives of others. In a group of your peers, you will have the opportunity to be authentic and explore the delights and challenges of being a new parent and a clinician. You will make friends. We will laugh, we might cry, and we will also engage in a deep examination of the many forces that shape who we are as parents and how this impacts our clinical work.

Members of all backgrounds and pathways to parenthood are welcome. Participants should be between 2 weeks and 1 year postpartum at the time of starting the group.

How to Register The group is ongoing and welcomes new members as space becomes available. Participants are expected to commit to minimum 8 weekly sessions. If you are interested in attending, contact facilitator Aga Grabowski, LCSW at agrabowski@wildflowerllc.com or (312) 809 0298 to schedule a brief phone assessment and register.

Fee \$50 per session

About the Facilitator Aga Grabowski is a co-founder of Wildflower Center for Emotional Health, a mental health practice in River North that specializes in women's reproductive mental health. Aga has devoted her clinical career to supporting women and men on their journeys to and through parenthood. She is also a mom to two rambunctious boys.

