

# ON GRIEF AND GRIEVING: ADDRESSING PERINATAL LOSS IN PSYCHOTHERAPY

Virtual training for mental health professionals facilitated by Eden Himidian, LCSW, Director of Education and Professional Development & Elizabeth Aljets, LCPC, Clinical Supervisor and Psychotherapist at Wildflower Center for Emotional Health

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## Date and Time

Wednesday, December 2, 2020 2pm-4pm

## Registration

Please register on Eventbrite at this link:  
[addressingperinatalloss.eventbrite.com](https://addressingperinatalloss.eventbrite.com)

If you have any questions, contact Eden Himidian at [ehimidian@wildflowerllc.com](mailto:ehimidian@wildflowerllc.com)

## Cost

\$50. Wildflower will donate all proceeds to Share Pregnancy and Infant Loss Support & Perinatal Mental Health Alliance for People of Color

## Continuing Education

2 continuing education credits are offered upon completion for the following license types only: LPC, LCPC, LSW, LCSW, Clinical Psychology, LMFT. The CEUs are sponsored by Mindful Path Behavioral Health and Wellness Inc. The training counts towards advanced training hours for the Perinatal Mental Health Certification (PMH-C).

In this 2-hour training, Eden Himidian, LCSW and Elizabeth Aljets, LCPC will address the profound impact of perinatal loss. Perinatal loss is a uniquely challenging experience that is often misunderstood and silenced in our culture. Given the multifaceted nature of perinatal loss, we will be dedicating our time to honor and understand this kind of loss and pathways to healing in the context of psychotherapy. We will cover the various types of losses and their rates of occurrence, mood, anxiety or trauma-related disorders that may follow, therapeutic approaches, and healing rituals. We will shed light on this often daunting topic and help psychotherapists increase their comfort in treating the grieving parent.

## Learning Objectives

Participants will be able to:

- Understand various types of perinatal losses and their occurrence rates
- Acknowledge the clinical impact on presenting issues from a trauma-informed lens
- Learn effective treatment modalities and interventions with this population
- Explore and acknowledge many types of rituals that may aid in the healing and meaning-making process for grieving parents

