

ACCEPTANCE AND COMMITMENT THERAPY FOR POSTPARTUM DEPRESSION AND ANXIETY

Virtual training for mental health professionals facilitated by Reyna Schwartz, Licensed
Clinical Psychologist at Wildflower Center for Emotional Health



Date and Time

Wednesday, October 7, 2020 2pm-3pm

Registration

Please register on Eventbrite at this link:
<https://actforpostpartum.eventbrite.com>

You will receive the training access link a few days prior to the training.

If you have any questions, contact Emma Real, LPC at ereal@wildflowerllc.com

Cost

\$30. Wildflower will donate all proceeds to The Loveland Foundation Therapy Fund for Black Women and Girls.

Continuing Education

1 continuing education credit is offered upon completion for the following license types only: LCPC, LSW, LCSW, Clinical Psychology, LMFT. The CEUs are sponsored by Mindful Path Behavioral Health and Wellness Inc.

The goal of Acceptance and Commitment Therapy (ACT) is to help clients create a rich, meaningful, and values-congruent life while accepting that pain is an inevitable part of it. ACT aims to help practitioners and clients increase their psychological flexibility and respond to life's joys and challenges without needless struggle. With its focus on acceptance, mindfulness and values, ACT is proving to be an effective treatment approach for postpartum clients suffering from mood and anxiety disorders.

In this virtual training for mental health professionals, clinical psychologist Reyna Schwartz provides an intellectual and experiential introduction to the application of ACT with postpartum clients.

Learning objectives

Participants will be able to:

1. Summarize the ACT model and the theory underlying it.
2. Conceptualize perinatal mood and anxiety disorders within the ACT framework.
3. Apply core ACT processes, such as acceptance, cognitive defusion, present-moment awareness, values identification and goal setting to increase psychological flexibility in perinatal clients.
4. Learn mindfulness and cognitive defusion techniques helpful to postpartum clients
5. Learn values clarification exercises to assist clients in the transition to motherhood.

