

REST IN AN AGE OF UNREST:

PSYCHOTHERAPY WITH THE PERINATAL CLIENT IN UNSETTLING TIMES

Virtual training for mental health professionals facilitated by Eden Himidian, LCSW, RYT, PMH-C of Wildflower Center for Emotional Health



Description

The perinatal period is hallmarked by uncertainty. In addition to joy and hope, fear and anxiety are frequent companions on the road to motherhood. As mental health providers, we are no strangers to trauma and unpredictability. In a post-2020 world, however, the challenges of navigating this transition have grown exponentially. We are treating parents who are grieving multiple, often unrecognized losses, and dealing with ongoing exposure to large-scale conflict and despair. With an undercurrent of trauma underpinning daily decisions and activities, the perinatal period can feel perilous.

Date and Time

Wednesday, July 27th, 2022 2pm-4pm

Registration

Please register at the following link:

<https://therapy-for-perinatal-clients-in-unsettling-times.eventbrite.com>

If you have any questions, contact Eden Himidian, LCSW, PMH-C, RYT at ehimidian@wildflowerllc.com

Cost

\$50. Wildflower will donate 50% of proceeds to [Chicago Women's Health Center](#).

Continuing Education

2 CEUs for social workers, clinical professional counselors, marriage and family therapists, and clinical psychologists are offered upon completion.

This training counts toward 2 of the 6 advanced hours needed to obtain or renew the PMH-C through Postpartum Support International.

In this presentation for psychotherapists treating the perinatal client, Wildflower's Director of Education and Professional Development Eden Himidian, LCSW, RYT, PMH-C will discuss how self-compassion and flexibility are necessary components to bring rest into a time of upheaval. She will review skills rooted in evidence-based models and incorporate embodiment practices that therapists can use to help mothers process their experiences, regulate their nervous systems, and be present in their lives and with their families. At a time when it can feel like we are surviving day to day, Eden will discuss how we can harness the power of mindfulness to thrive in the here and now.

Learning objectives

Participants will be able to:

1. Understand the implications of collective trauma on the perinatal client
2. Define types of grief and understand how to address various types of grief in therapy
3. Apply evidence-based approaches, including Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT), to clinical practice with the perinatal client
4. Understand the importance of self care and self compassion for the clinician and the client in order to create a safe holding environment