



SELNI

The Maternal Mental Health Intensive Online Perinatal Loss & Grief

LEARNING OBJECTIVES

- Discuss three leading theoretical formulations of grief
- Discuss leading causes of perinatal loss
- Discuss three ways that maternal preoccupation and internal representations in pregnancy are influenced by perinatal loss
- Discuss ways that grief influences maternal preoccupation and internal representations in a subsequent pregnancy
- Discuss leading theoretical formulations of grief
- Describe three ways biopsychosocial implications of grief enhance understanding of normative grief
- Identify three ways that biological, psychological, and social factors are reflected in attachment theory and perinatal grief
- Identify attachment styles and ways attachment styles influence the grief process for bereaved parents experiencing pregnancy or child loss
- Discuss, compare and contrast ways that the Dual Process Model of grief and Continuing Bonds approach adaptation in perinatal grief



- Describe three ways that these approaches differ in those who are perinatally bereaved and adapting to loss from those who are bereaved in the general population
- Discuss and compare ways that the theoretical perspectives in the Constructivist view of grief and Disenfranchised Grief each address adaptation in grief
- Describe three ways that these approaches differ in those who are perinatally bereaved and adapting to loss from those who are bereaved in the general population
- Describe various ways that complicated grief is similar and different from depression
- Describe various factors complicating diagnostic clarity around complicated grief or depression, and you will be able to define three ways in which we assess the need for a psychiatric referral
- Define three ways in which a clinical interview assessing grief in response to reproductive loss differs from a clinical interview conducted with patients in the general population
- Describe three ways that therapeutic holding and attuned presence reflect best practices in addressing grief and bereavement for parents experiencing pregnancy loss and child loss
- Utilize three patient care strategies from Attachment-Informed Grief Therapy in your practice with perinatally bereaved mothers and fathers
- Identify and utilize three patient care management strategies from Worden's task model
- Identify and utilize three patient care management strategies from the Dual Process Model of Grief and the Constructivist Approach
- Identify and utilize three clinical techniques to address unresolved or complicated grief related to perinatal loss
- Demonstrate your awareness of three unique clinical techniques utilized to address trauma in perinatal loss
- Demonstrate your awareness of three unique clinical techniques to address perinatal grief in young parents (adolescent mothers and fathers and partners)
- Identify various ways that traditional and non-traditional family constellations experiencing perinatal loss present similarly and differently from traditional and non-traditional families in the general population
- Demonstrate your awareness of three unique challenges related to issues associated with cultural norms, immigration, and migration in relation to grief and perinatal loss



- Identify actions that contribute to burnout and actions that are protective
- Describe the ways that being aware of your attitudes about death and dying facilitates your clinical effectiveness
- Identify two counter-transferential vulnerabilities related to your loss story
- Describe various ways that supervision ensures the effectiveness of your patient care and integrity of the therapeutic relationship for your future clinical practice