

## **Maternal Mental Health Intensive Online Training: Perinatal Loss & Grief**

### *Learning Objectives*

- Biopsychosocial implications of grief related to reproductive loss for women and their partners.
- Diagnostic and epidemiological data for mental health concerns associated with reproductive loss and grief.
- How to differentiate between normative and non-normative grief.
- How to differentiate between normative grief, non-normative grief, and depression.
- Common obstacles to resolving normative grief, including explorations around our death-denying society and disenfranchised grief.
- Principles of grief counseling and psychotherapy based on the latest conceptualizations and models of grief.
- Best practices and evidence-based practices of clinical treatment of grief related to miscarriage, stillbirth, neonatal loss, and the death of a child that you can implement in your practice with those with whom you work clinically.
- Effective ways to help women and their families move from the shock and pain of acute grief to an integrated grief.
- Diagnosis and treatment of complicated grief.
- Facilitating decision making around next steps in family building and addressing ambivalence and loss when pregnancy was unintended.
- Decisions about making psychiatric or psychopharmacological referrals.
- Exploration of your personal relationship to loss so you will be more able to maximize the therapeutic relationship and avoid burnout.