



SELNI

## The Expectant Therapist

### A Modern and Practical Guide to Clinical Work During the Family Building Years

#### LEARNING OBJECTIVES

- Develop a broad, inclusive, and flexible understanding of what family-building means in modern times
- Review the physiological, psychological, cognitive, and behavioral changes that take place during pregnancy
- Prepare for the practical components of adjusting to these changes in your workplace, including managing your schedule, being attentive to new physical needs, seeking accommodations, and incorporating self-care habits into your professional life
- Review normal perinatal adjustment and the importance of observing and evaluating your own mental health during this time
- Understand and advocate for your unique needs during this time in order to prevent burnout
- Consider your standard approach to patient boundaries and how this may change when you announce that you are expecting
- Recognize the complex ways that your own reproductive journey and identity may impact your clinical work
- Explore how your own experiences with reproductive trauma or loss can affect your work with clients
- Explore self-disclosure in your relationships with clients, considering what you normally disclose about your life, and what is in your clients' best interests to disclose about your reproductive journey



- Decide if, when, and how to disclose pregnancy, taking into account your clients' unique reproductive journeys
- Discuss the complex emotional reactions clients may experience in response to your news, and the different ways to approach these conversations based on clients' different presenting problems and emotional needs
- Explore how you might react in response to clients' reactions to the news that you are expecting
- Consider how to manage these changes in the context of your theoretical orientation and the treatment modality
- Explore how having a child of your own may change your approach to working with different age groups
- Discuss how to manage the transitions between work and family leave, including arranging care for your existing clients, handling new referrals, accommodating your new needs when you return to the workplace, and making the decision to return to work at all
- Navigate these conversations and dynamics with clients when therapy is conducted over a digital platform (telehealth)