

# TRAUMA AND BIRTH: A MULTIDISCIPLINARY APPROACH TO PREVENTION AND HEALING

March 28-30th 2019 at the Seattle Waterfront Marriott

Presented by Perinatal Support WA and  
Prevention and Treatment of Traumatic Childbirth



PERINATAL  
SUPPORT  
WASHINGTON

REGISTRATION AND INFO: [WWW.PERINATALSUPPORT.ORG/2019-CONFERENCE/](http://WWW.PERINATALSUPPORT.ORG/2019-CONFERENCE/)

## THURSDAY MARCH 28TH 2019 PRE CONFERENCE WORKSHOP 9-5PM PSYCHOLOGICAL FIRST AID WITH GIL REYES, PHD.



Psychological First Aid (PFA) is an evidence-informed modular approach to help in the immediate aftermath of a traumatic experience. PFA is designed to reduce the initial distress caused by traumatic events and to foster short- and long-term adaptive functioning and coping. PFA is designed for delivery in diverse settings such as clinics and hospitals, and by individual healthcare providers, doulas, midwives, therapists, and more.

## FRIDAY MARCH 29TH KEYNOTE SPEAKERS:



### TIMORIA MCQUEEN SABA

Overcoming Mental and Physical Trauma after Childbirth a Patient's Perspective. Timoria will discuss the mental and physical effects of birth and pregnancy complications, maternal mortality as well as disparities and inequities in maternal healthcare.



### CHRISTINE MORTON, PHD

Supporting women, families and clinicians after traumatic childbirth. Drawing from the National Safety Bundle endorsed by the Alliance for Innovation in Maternal Health, "Support after a Severe Maternal Event," Dr. Morton will provide examples of tools and approaches that can be implemented at birthing facilities, and identify resources to support families and clinicians.

## SATURDAY MARCH 30TH KEYNOTE SPEAKERS:



### SAYIDA PEPRAH, PSYD

Understanding the Maternal Health Impacts of Transgenerational, Complex & Sexual Trauma on Pregnant, Birthing and Postpartum African American Mothers. This presentation will focus on increasing the competence, sensitivity and humility of maternal care providers, to promote trauma-informed, trauma-free, supportive maternal care environments for African American and other women of color.



### MATT NORVELL, M.DIV., B.C.C.

RISE: Resilience In Stressful Events. Providing support for clinicians who encounter traumatic patient related events. RISE guides hospitals to set up peer-responder programs that deliver care to professionals following difficult events. The program prepares employees to provide skilled, nonjudgmental and confidential support to individuals and groups.

**CEs available for MDs, ARNPs, RNs, MSWs, MFTs, MAs, Psychologists.**