

PERINATAL SUPPORT WASHINGTON AND
PREVENTION AND TREATMENT OF TRAUMATIC CHILDBIRTH
PRESENT

MARCH 28-30TH 2019

TRAUMA AND BIRTH: A MULTIDISCIPLINARY APPROACH TO PREVENTION AND HEALING



**PERINATAL
SUPPORT**
WASHINGTON

This regional conference will bring together professionals from diverse perspectives in perinatal health to learn about the impact of trauma before, during, and after birth. The conference will be 3 days and we are expecting over 300 providers including OB-GYNs, psychiatrists, ARNPs, psychotherapists, doulas, midwives, labor and delivery nurses, childbirth educators, lactation specialists, peers/advocates, hospital administration and staff, other health care providers that interact with parents during the perinatal period.

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/

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 and 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.

BREAKOUTS

FRIDAY MARCH 29TH SESSION 1

BETHANY WARREN, LCSW
EMDR THERAPY FOR PTSD RELATED TO CHILDBIRTH TRAUMA

Description: This presentation will discuss Post Traumatic Stress Disorder (PTSD) related to Childbirth and Reproductive Trauma and review Eye Movement Desensitization and Reprocessing (EMDR therapy) as an effective treatment for this client population.

KILEY HANISH, ODT
IMPACT OF COMMUNITY-BASED WOMEN'S RETREAT AFTER PERINATAL LOSS

Description: At community-based retreats for women who have experienced pregnancy or infant loss, assessments administered pre- and post-retreat showed improvements for depression, trauma, self-compassion, and perceived social support.

HEIDI KOSS, LMHC
PREPARING PATIENTS AND PARTNERS FOR SUBSEQUENT BIRTH AFTER A PREVIOUS TRAUMATIC BIRTH EXPERIENCE

Description: This session will address how to assemble a supportive birth team, create birth plans, facilitate repair and atonement.

FRIDAY MARCH 29TH SESSION 2

MICHELLE ANDERSON, LMHC
INTEGRATING TRAUMATIC CHILDBIRTH USING LIFESPAN INTEGRATION AND MINDFULNESS STRATEGIES

Description: Healing from a traumatic birth is tender work. The gentle and therapeutic application of Lifespan Integration Therapy coupled with body-focused mindfulness strategies helps the client develop acceptance, repair and healing.

DEBORAH RICH, PHD
POST-TRAUMATIC STRESS DISORDER FOLLOWING EARLY AND LATE PREGNANCY LOSS: RISK FACTORS, EARLY IDENTIFICATION AND EARLY INTERVENTION

Description: Skilled clinicians anticipate, diagnose and treat PTSD following pregnancy loss. This presentation translates current research to best practice, increasing awareness for providers and advocates to improve effective service delivery.

PANEL DISCUSSION ON INNOVATIVE PROGRAMS

- Best Start for Kids is the nation's most comprehensive investment in prevention, promotion and early intervention for children, youth, families and their communities.
- PEPS (Program for Early Parent Support) will present the benefits of social connection for new parents and increasing family wellness and infant mental health and development through facilitated, peer support groups.
- First Steps Maternity Support Services. Learn the impacts First Steps MSS program is having on substance using clients along with other programs available for pregnant and postpartum clients and families.

BREAKOUTS

FRIDAY MARCH 29TH SESSION 3

PHYLLIS KLAUS, LMFT

PRENATAL AND PERINATAL TRAUMA CAN AFFECT THE ATTACHMENT/BOND

Description: Unrecognized traumatic events can have a negative impact on the attachment/bonding relationship of the baby to the parents and vice versa; the parents to the baby.

SHIVONNE ODOM, LCPC

AFRICAN AMERICAN MATERNAL MENTAL HEALTH AND MATERNAL MORTALITY: WHY CULTURAL HUMILITY IS IMPORTANT

Description: This session will discuss the impact of mental health on maternal mortality in the African American community. This session will also discuss cultural implications and themes in psychotherapy for minority maternal mental health.

CHRISTINE CONRAD,BSN & KATIE CONKLIN,BSN

CREATING POSITIVE BIRTH EXPERIENCES: BUILDING A BIRTH PLANNING PROGRAM FOR WOMEN WITH A HISTORY OF TRAUMA

Description: This workshop addresses the impact of trauma on pregnant women, their families, and the community. We will provide strategies for developing, implementing and evaluating a birth trauma prevention program within a hospital setting.

SATURDAY MARCH 30TH SESSION 4

LESLIE BUTTERFIELD, PHD

SELF COMPASSION: A ROAD TO RESILIENCE FOLLOWING TRAUMATIC BIRTH

Description: This presentation will describe the practice of self compassion as a method to reduce suffering, cultivate positive self care, and to create hope when negative emotions threaten to overwhelm recovery.

ANNA BRANDON,PHD

PARTNER-ASSISTED INTERPERSONAL PSYCHOTHERAPY TARGETING PREGNANCY-RELATED TRAUMA

Description: Dr. Brandon summarizes research surrounding the care of women who experienced perinatal trauma and pregnancy interruption. Through case description, the inclusion of partners in Interpersonal Psychotherapy will be described.

AMRITHA BHAT,MD, DEBORAH COWLEY, MD,

MIKI CABELL, MARY CURRAN, LICSW

TRAUMA AND SUBSTANCE ABUSE IN THE PERINATAL PERIOD - PRESENTATION AND TREATMENT RECOMMENDATIONS

Description: Pregnant and postpartum women with Post Traumatic Stress Disorder (PTSD) and substance abuse benefit from specialized, integrated treatment services. We present a case based discussion of treatment options for these women.

BREAKOUTS

SATURDAY MARCH 30TH SESSION 5

PATANJALI DE LA ROCHA, CD (DONA)

MAPPING THE LEGACY OF COLONIAL VIOLENCE AGAINST WOMEN OF COLOR WITHIN THE LANDSCAPE OF MEDICALIZED BIRTH

Description: An invitation to explore the ways that systemic and cultural norms, rooted in a settler-colonial framework contribute to inequality and violence in the hospital birth setting, and how we can create new paradigms for care that center decolonial perspectives.

SUZANNE SWANSON, PHD & SUSAN LANE, MA

INTRODUCING ANOTHER BIRTH/ANOTHER STORY®: A CLASS FOR PREGNANT COUPLES AFTER PREVIOUS PERINATAL TRAUMA

Description: This session introduces Another Birth/Another Story®, a psychoeducational curriculum designed to help parents acknowledge their earlier experience of perinatal trauma, release and work with anxiety, and build or reclaim confidence.

LAURA FRY, MS & KATHERINE MCGEE, DPT

THE EMOTIONAL TRAUMA OF SEVERE PERINEAL TEARS

Description: Understand the physical and emotional trauma involved in 4th degree tears that most patients are not comfortable talking about. Physical therapy considerations: prevention and treatment.

SATURDAY MARCH 30TH SESSION 6

FAWN MCCOOL, LCSW

FROM SURVIVING TO THRIVING: HEALING THE EMBODIED BRAIN IN THE NICU FAMILIES

Description: This session will explore the relevance Interpersonal Neurobiology has on perinatal social work; including the social brain and nervous system's adaptation to stress and trauma, and the neuroplasticity that occurs through relationships, storytelling.

JOANNE O'LEARY, PHD & MEGHAN KROLL, LICSW

TRAUMA OF PERINATAL LOSS AND THE PREGNANCY THAT FOLLOWS

Description: The trauma of perinatal loss follows into the next pregnancy, impacting mothers, fathers/partners, siblings and unborn baby. The presentation will be helping alleviate trauma to support healthy attachment during pregnancy.

LORRISSA EICHENBERGER, LMFT

A SPACE TO HEAL - A CURRICULUM-BASED BIRTH TRAUMA GROUP

Description: This session is designed to provide a framework to provide a safe and healing group space for mothers and support partners to focus on their emotional process without getting stuck in the traumatic content.