

# Perinatal loss in practice: What therapists need to know

## Course description

Working with women, men and couples in the childbearing years means you will accompany your clients or patients through some of the greatest joys, and most tragic of losses.

The loss of a baby through miscarriage, stillbirth, neonatal death or later death, is recognized as a traumatic event that can trigger not only grief and bereavement, but complicated grief, depression, anxiety, acute stress disorder, and PTSD.

This course is designed to compliment your training in mental health and provide you with the relevant additional information and skills to build your confidence in working with women and couples who have lost babies.

This course is based on empirical research into grief and loss in general, and on perinatal loss specifically. The content is underpinned by theories and models of grief

- Attachment Theory
- Psychodynamic theory
- Existential Psychology
- Cognitive-vulnerability Stress Theories
- Cognitive Therapy
- Cognitive-Behavioural Therapy
- Narrative Therapy
- Mindfulness-based therapies
- Interpersonal Psychotherapy

This course covers general aspects of perinatal mental health and diagnostic issues, in light of perinatal loss and grief.

Perinatal Clinical Psychologist, Dr Renée Miller, shares over 20 years of clinical experience working in perinatal mental health and with bereaved parents.

Upon successful completion of short quizzes at the end of each module, you will be provided with a certificate of completion for 6 hours of professional development.

You will also receive client handouts to assist you in providing helpful information to your perinatal loss clients.