

# Perinatal loss in practice: What therapists need to know

## Learning outcomes

1. Understand the different types of losses, and the psychosocial consequences of perinatal loss, from pre-conception through to the postnatal period, and beyond.
2. Conceptualize childbearing as adult developmental stage (self narratives, meaning, social, and cultural contexts).
3. Understand grief, loss, and adaptation to loss, as a function of attachment.
4. Become informed about grief theories.
5. Discern the 'typical' grief trajectory from complicated grief.
6. Understand perinatal loss within the biopsychosocial model of perinatal mental health.
7. Use frameworks for assisting clients in adjusting to loss through fertility challenges, subsequent pregnancies and parenting after loss.
8. Apply therapeutic approaches to counselling clients who have experienced perinatal loss.