



## Mental Health in Maternal Care: Labour, childbirth and trauma

**Recognising and responding with appropriate information, referrals and resources.**

Pregnancy, birth and the postnatal period is a time of major psychological and social change for women as they negotiate their role as a mother. Supporting mothers' emotional wellbeing during the perinatal period is now recognised to be as important as the traditional focus on the physical health of the mother and child.

Increasing evidence about early brain development and the way in which infants develop emotional and behavioural wellbeing within the context of their early relationship, has highlighted the particular importance of building a bond with the unborn baby, and sensitive early caregiving.

Working with women in the maternal setting who experience a range of mental health care conditions can be challenging for those who have limited or no experience in this field. Mental Health in Maternal Care – Across the Spectrum, aims to provide participants with foundational background in maternal mental health issues and how a women's mental health may change during pregnancy, birth and the postnatal period. Attention will be given to concerns around the use of medications during this time and how pregnancy can impact responsiveness and dosing.

Contributing factors that can exacerbate mental health conditions will be explored along with the screening tools used to assist in identifying women who may need further intervention, where to get help and so much more.

This training day aims to provide participants with essential knowledge around perinatal mental health and the development of confidence when being confronted with a client who may be experiencing some mental health difficulties. A strong focus will be placed upon understanding the importance of identifying issues early and putting in place the appropriate resources and support which can make a significant difference to families and both their short-term and long-term outcomes.

### **Learning objectives of this training:**

1. Basic understanding of the birthing process and why it's so important.
2. Refreshing and contextualising effective communication skills.
3. Understanding how 'Birth Trauma' manifests and how it can be recognized.
4. How to work with grief and loss.
5. The importance of caring for the carers.



**Lisa Paul** has been a Registered Nurse/Midwife for over 28 years and has primarily worked across all areas of maternal care, management and facilitating new student Midwives both in the public and private sectors of healthcare. After the birth of her own child, Lisa went on to become a Calmbirth practitioner and it was during this time that Lisa developed a keen interest in the psychological aspects of Maternal care. Lisa then went on to study and complete her Graduate Diploma in Counselling through the Australian College of Applied Psychology and has since been working in private practice up until recently, where she took up a position as a Mental Health Clinician in Perinatal Mental Health – Raphael Services.

Lisa has presented to Hospitals and Community Groups and is passionate about helping other workers who need more support in feeling comfortable to work with couples who experience mental health issues around the time of becoming parents. Lisa is a 'Circle of Security Parenting Facilitator' and regularly runs courses and workshop with parents who are looking to learn about making stronger, more secure connections with their children and she also incorporates this knowledge into her individual client work.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**We'll bring this training to your team at your workplace anywhere in Australia or New Zealand.  
We can also deliver to your team by live webcast no matter where you and they are located.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

**Morning Session:** Understanding labour and birth  
When things don't go to plan  
Communication – why it's so important

**Afternoon Session-** Effects of Birth Trauma/PTSD  
When bad things happen - Grief and Loss  
Staff – who looks after you?  
Evaluation and closing.

***“This workshop is for anyone wishing to gain some understanding of how the birthing experience impacts parents and staff. Trauma from the birthing process is very real; understanding how this manifests, how it presents, and what we can do to mitigate its occurrence will be covered in this one-day workshop.”***

Lisa Paul

**How will you benefit from attending this training?**

- Have a basic understanding the birthing process
- Understand the impact of birth trauma on both families and staff.
- Experience and practice techniques around communication skills.
- Develop some knowledge around supporting grief and loss in the maternal period.
- Self-care for the carers – why this is so important.

**Booking process:**

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

**We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.  
Individual attendance certificates.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This training is suitable for all clinicians working in any health-care setting in direct patient contact, especially Midwives, Doulas, NICU Nurses, Counsellors, Mental Health Nurses, Social Workers, O&G Registrars and Residents and other Allied Health Practitioners or anyone interested in supporting pregnant women with mental health disorders.

**Feedback for Lisa's recent training presentations:**

*This was such a positive experience of incredible knowledge for me. I see pregnancy and birthing so differently now!*

*I believe understanding the complexities of mental health in maternal care is an issue for all of us in health care. This has been very informing and opened my mind to things I never thought of before this. Thank you Lisa.*

*Great information! Great presentation! The techniques and resources are so useful. I am going to share all of this with my colleagues. Highly recommend this training.*

*A fantastic course that needs to be done by anyone working with new parents.*

*Lisa, you are incredible. You listen, you care and you made it possible for the group to talk about ask about absolutely anything. You gave us new information, normalised some of my fears and provided useful strategies and resources. So very glad we did this training.*

*We could not have had a better professional for this – warm, approachable, knowledgeable!*