

# Outline

## Perinatal Loss: Common Misconceptions

Misattunement to the loss  
Far reaching implications of reproductive trauma  
Ongoing and chronic nature of the trauma

## Assessment: Exploring Clients' Reproductive Story

How to listen for red flags: grief, guilt, shame, self-blame, and hopelessness  
Identifying unique and numerous losses experienced  
When things take a turn: anxiety, depression, OCD  
How to fully validate clients' experience  
Sharing the Story  
Utilizing relevant assessment measures

## Treatment Planning for Pregnancy and Infant Loss

Chronic trauma related to pregnancy loss  
Adapting PTSD strategies for reproductive trauma  
Addressing grief by utilizing loss and restoration orientation framework  
Highlighting implicit emotions that may impact treatment progress including shame, self-blame, and hopelessness  
Balancing complicated grief while still trying to conceive

## Treatment Interventions: Helping Clients Move Forward, Not On

Utilizing attachment-focused approach  
Trauma-informed/PTSD adaptations  
Build resiliency with interventions based on empathy, forgiveness and compassion  
Maintaining relationships with partner and family

Adapting clinical techniques for couples and group work  
Supporting clients in subsequent pregnancies

## Clinical Considerations

Culturally informed case conceptualizations  
Relationship to body after a loss  
Countertransference  
How to hold personal experience with pregnancy loss while helping clients  
Limitations and risks

## Live Webinar Schedule (Times listed in Central)

**10:00** Program begins  
**1:15** Program ends

There will be one 15-min break (mid-session).  
A more detailed schedule is available upon request.

# Objectives

1. Utilize clinical strategies to assess, conceptualize, and treat pregnancy loss.
2. Employ evidence-based grief and trauma interventions to treat pregnancy loss and to support clients in future reproductive journey.
3. Investigate clinical considerations and adaptations to treat pregnancy loss within couples and group psychotherapy.
4. Build the development of greater insight in both clinicians and clients they are treating.

## Target Audience:

Social Workers • Counselors • Psychologists • Psychiatrists • Case managers  
Marriage and Family Therapists • Nurses • Midwives and Doulas • Physicians/PAs  
Sonographers • Funeral directors • Clergy

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# Perinatal Loss

**An attachment-informed treatment framework for helping clients process and heal from pregnancy loss**

**Live Interactive Webinar**  
**Friday, March 5, 2021**

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# Perinatal Loss

**An attachment-informed treatment framework for helping clients process and heal from pregnancy loss**

- Three critical treatment considerations you are missing when treating perinatal loss
- The most effective way to treat perinatal loss in the individual, couples, and group psychotherapeutic setting
- Four attachment-informed interventions you need when treating perinatal loss

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# Perinatal Loss



An attachment-informed treatment framework for helping clients process and heal from pregnancy loss

It's not a topic that people will bring up at work, over coffee, or even at get togethers with close friends. Instead, 1 in 4 women suffer in silence, because it's not something that they are supposed to talk about – it is a topic that stays firmly behind closed doors and if you dare breach that social boundary, you may hear well-intentioned, but hurtful statements such as:

"At least you were only a few weeks along." "Everything happens for a reason." "Why don't you just adopt?" "Just think positive." "You just need to relax and it'll happen in time."

There really should be a book titled What Not to Say when it comes to pregnancy and infant loss.

I know because I've been there. After my experiences of loss, I heard the invalidating statements and I experienced the paradoxical sense of isolation – paradoxical because the reality is so many of us have experienced this kind of loss. The reality then becomes that many individuals only feel comfortable discussing their experience of pregnancy loss within the confines of a confidential therapeutic space.

Yet, while we may serve as one of the few if not the only safe harbor for individuals to share and process their experience of loss, in our clinical training, pregnancy and infant loss was quickly brushed over – most often as an aside in larger, generalized discussion of grief. Clients seeking psychotherapy for pregnancy or infant loss may have kept it hidden, feel unsure where to turn for help and may already be hesitant about the validity of their pain and the usefulness of therapy in supporting them. You need to feel confident in your ability to help them navigate one of the toughest struggles they will ever face – their story of not only loss, but of love.

In this specialized, intensive training, I will walk you through the challenging realities of a pregnancy or infant loss - the accompanying emotional roller coaster, and specific steps to take to help your clients move forward. **You'll learn the best interventions for treating grief after a loss and uncover the mistakes you may be making – without even realizing it!**

Whether you're a specialist already or just getting started in this area, this training is for you! Join me today in this powerful training and learn proven strategies that will help your clients heal.



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## Meet Your Speaker

**Sunita Osborn, PsyD, MA**, is an expert on the treatment of pregnancy loss who specializes in reproductive psychology and helps individuals and couples in all phases of the reproductive journey.

Dr. Osborn has been featured and interviewed on several different media outlets including NPR, With Whit, *Psychology Today*, and several miscarriage-focused platforms such as, "The Life After Miscarriage Podcast" and "Managing Miscarriage Podcast." She is the author of, *The Miscarriage Map: What To Expect When You are No Longer Expecting* and, *The Miscarriage Map Workbook: An Honest Guide to Navigating Pregnancy Loss, Working Through the Pain, and Moving Forward*.

After finding herself lost and without a map after her own experiences of pregnancy loss, she is committed to helping individuals cope with the pain of this loss, supporting clinicians in treating pregnancy loss, and promoting open dialogue on the realities of this prevalent and devastating concern. She practices in Houston, Texas and works with adults and couples.

Speaker Disclosure:

Financial: Sunita Osborn is the director of operations at Modern Therapy. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sunita Osborn is a member of the American Psychological Association.

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