

Counselling parents and families following pregnancy loss and the death of a baby

Aims

- ▶ To provide first hand insight into how parents and their families experience pregnancy loss and the death of their baby
- ▶ To develop a holistic understanding of the therapeutic needs of parents and families following a death
- ▶ To promote the therapeutic skills and approaches required to work in an integrative and effective way with bereaved parents and families

Learning Outcomes

- ▶ the parents' experience of pregnancy, birth and the death of a baby – covering all aspects of their journey
- ▶ the unique nature of grief and loss experienced by parents when a baby dies
- ▶ useful grief models and integrative therapeutical approaches to work effectively with baby loss
- ▶ Working holistically with a client's identity, culture and diversity
- ▶ how parents experience therapy after loss – personal challenges and barriers to access
- ▶ parenthood following the death of a baby
- ▶ understanding the needs of people who are long-ago bereaved
- ▶ the impact of working with pregnancy loss and baby death, and how to recognise your own needs

Programme Overview

Webinar 1

 **3 Hours**

- ▶ An overview of pregnancy loss and baby death
- ▶ The parent experience
- ▶ Grieving together and the impact on partners
- ▶ Reflection

This **online webinar** starts our programme by exploring different circumstances that parents experience, both at the time of their loss and in the months after. We hear from different parents about how their experience impacted them and their wider family. We focus on their experiences in hospital and in health care, and later on as their lives go forward – in social situations, and in the workplace. The effect on partners, the relationships between parents and with their own parents - are also explored.

Homework

 **2 Hours**

- ▶ Going back to work
- ▶ Supporting grieving siblings
- ▶ Inequalities in bereavement care and in healthcare
- ▶ Grief theory and models of grief
- ▶ Compassion-focussed therapy
- ▶ Unconscious bias
- ▶ Language and its importance

Study Day



7 Hours

Face to face

- ▶ Experience of pregnancy, birth, death and grief
- ▶ Grief and therapy
- ▶ Identity, diversity and inequality
- ▶ Life after loss

This **face-to-face study day**, a week after the first webinar, gives the group the opportunity to learn both from their trainers and from each other. We delve further into the experiences of parents, this time focussing on their grief and its impact on their lives. We will offer you insights from research into how parents experience therapy after the death of a baby and give the opportunity to think about how this might impact the way you would work with parents.

Identity is a key theme throughout this study day, both in someone's identity as a parent, a mother, a father, the diversity and community that makes their identity their own. We'll look at the inequalities that are present in both healthcare and in bereavement care and the impact this has on someone's grief journey. The majority of parents go on to be pregnant again after a loss and this can be a hugely anxious time so we'll look at what they may need. Finally, we'll focus on working with people who were bereaved longer ago, who will have had a very different experience to parents who are bereaved now.

Homework



1 Hours

- ▶ Countertransference
- ▶ Compassion fatigue
- ▶ 7-eyed model of supervision

Webinar 2



Hours

- ▶ How does theory work in practice?
- ▶ Client impact and using supervision
- ▶ Using learning in working with grieving parents

This **online webinar** takes place two weeks after the study day, and provides an opportunity to think about how the theory you will have learnt works in practice. We focus on the impact that working with pregnancy loss and baby death has on you as a therapist, and provide you with space to think about a model of supervision that could be helpful. We end by using case studies designed to help you use all the learning from the course in real-life scenarios.

Certification and use of the Sands logo

At the end of this programme you will gain a certificate for 16 hours of CPD along with a Sands logo to display with a statement confirming your completion of the course on your websites and counsellor directory profiles. This course is endorsed by CPCAB.