

# Working with parents who have experienced pregnancy loss or the death of their baby

## A workshop for mental health professionals

Full-day workshop

9.30am-4.30pm

### Overview

This comprehensive full-day workshop offers skill-based training for perinatal and maternal mental health teams, allowing participants to explore ways to support those going through miscarriage, termination for medical reasons, stillbirth, neonatal death, or pregnancy following loss. The session encourages collaborative learning through the analysis of case studies and practical skill exercises.

Facilitated by a specialist Sands Trainer with expertise in guiding participants through this sensitive subject, the workshop not only equips participants with essential skills but also addresses the emotional challenges that mental health staff may encounter when working with bereaved families. It fosters discussions on strategies to effectively manage emotional stress and prevent burnout. This workshop provides a valuable opportunity for the mental health team to enhance their abilities and better support those accessing services.

During the workshop participants will:

- › Gain insight into the parent experience of pregnancy, birth and perinatal loss, including the impact on subsequent pregnancies
- › Learn from a bereaved parent who will share their story and offer insights into what high quality care looks like in practice
- › Develop an understanding of grief and trauma in relation to perinatal loss and learn how to provide effective safe support
- › Gain insight to the language used by bereaved parents as they talk about their experience and learn how to respond in a compassionate and appropriate manner, with case study examples
- › Reflect on the impact of perinatal loss on staff wellbeing, consider their own support needs and the support services available

Following the workshop all participants will receive a copy of the materials used and links to various helpful tools and resources.