

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

## Training for mental health professionals

7 hours / 3.5 hours - delivery via face-to-face workshops or online  
2 hours – online delivery

### Overview

This comprehensive session 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 training 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 training 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 training provides a valuable opportunity for the mental health team to enhance their abilities and better support those accessing services.

The list of outcomes for participants below is based on a full-day workshop and will be modified to fit the length of the session you require and the method of delivery

- › 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 an 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 training all participants will receive a copy of the materials used and links to various helpful tools and resources.