

Advanced training course in Italian

Psychotherapy in the perinatal period. An integrated approach

Five days over three weekends

First meeting: 9th October – Final meeting 20th November 2021

First edition

<https://www.erickson.it/it/psicoterapia-in-eta-perinatale-corso-di-alta-formazione>

Directors

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Editors and authors of Handbook of Perinatal Clinical Psychology, Routledge, New York and London, 2020

This advanced training course, intended for psychologists, psychiatrists, and psychotherapists, will provide theoretical and applicative elements to intervene in the identification and care of affective discomfort and perinatal mental illness, with an integrated approach.

Participants will learn how to: conduct a psychosocial assessment of perinatal women; make the right clinical diagnosis; motivate women to take charge and to accept help; overcome critical issues that prevent psychotherapeutic care.

Theoretical and applicative knowledge of psychodynamic and behavior-cognitive psychotherapies will be integrated to give participants a broader interpretation, regardless of own theoretical orientation.

1st MEETING

9th, 10th October 2021

Assessment, diagnosis and psychopathological profiles

Topics:

- ❖ Psychosocial assessment;
- ❖ Clinical diagnosis;
- ❖ Psychopathological profiles and treatment in the conditions of fetal abnormalities, miscarriage, pregnancy loss, traumatic childbirth, premature birth, stillbirth;
- ❖ Specificity of affective disorders in perinatal period;
- ❖ Motivating perinatal women with mental illness towards treatment and care.

2nd MEETING

23rd, 24th October 2021

Psychotherapy for perinatal women: from theory to practice

Topics:

- ❖ Attachment theory;
- ❖ Proven perinatal psychotherapeutic techniques;
- ❖ Elements of psychodynamic and behavior-cognitive psychotherapies for the treatment of perinatal women with mental illness;
- ❖ The therapist-patient relationship as an instrument of care.

3rd MEETING

20th November 2021

Perinatal psychopathological dimensions: final analysis and general debate

Topics:

- ❖ Individual feedback of clinical case analysis;
- ❖ General discussion about theoretical aspects and clinical practice;
- ❖ Course conclusion and final analysis.