

Outline

The Reproductive Story as a Foundational Understanding:

Your Client's Unconscious Guideline for the Creation of Self and Family

Development and elaboration of the reproductive story

Screening clients you suspect might have reproductive trauma

Assessment techniques to discern clients' core assumptions of pregnancy

Psychological parenthood

Intersectionality, culture, and reproductive story

Identify Impacts of Reproductive Trauma:

Infertility, Loss, Birth Trauma, and Perinatal Disorders Change the Script

Ways the reproductive story can go awry

What makes reproductive trauma different from other types of trauma

Differentiate reproductive trauma from PTSD

Disenfranchised grief: not just loss of would-be baby

Individual and couple impacts – self and relationships, meaning and purpose

Case conceptualization for reproductive trauma

How to cope in a child-centered world

Case example: assessing reproductive story

Case example: grief, loss, and coping after miscarriage and infertility

Healing Through the Lens of the Reproductive Story:

Cognitive, Psychodynamic, and Narrative Approaches

Support clients searching for reasons in the face of disrupted schema

Create rituals for mourning and locating consistent support

How to help clients considering fertility treatments

Objectives

1. Assess clients' reproductive story as it relates to case conceptualization.
2. Differentiate reproductive trauma from PTSD to inform treatment interventions.
3. Demonstrate cognitive restructuring for challenging clients' self-blame after reproductive trauma.
4. Utilize problem solving techniques to assist clients with managing decisions related to their desire to become parents.
5. Utilize narrative therapy techniques intended to foster posttraumatic growth after reproductive trauma.
6. Determine indicators for self-disclosure of the clinician's reproductive history.

What to do when clients decide to stop trying to conceive

Top strategies for challenging self-blame, guilt, and shame

Essential cognitive interventions when ideas about parenthood are shattered

Build insight around the meaning of family and parenthood

Techniques to help clients rewrite their reproductive story

How to facilitate posttraumatic growth for clients with reproductive trauma

Case example: use of decision tree with client contemplating using a donor

Case example: reproductive story work where there is intergenerational trauma

Clinical Considerations

The clinician's reproductive story – does it interfere or enhance?

Evaluate clinician biases that can impact treatment

Self-disclosure – when, why, how much?

Taking care of oneself while taking care of others

Limitations of the research and potential risks

Live Webinar Schedule

(Times listed in Eastern)

9:00 Program begins

12:50-2:00 Lunch Break

5:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).

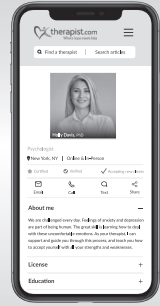
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Reproductive Trauma

Essential Tools for Infertility, Pregnancy Loss, Birth Trauma, and Perinatal Mental Health Disorders

Live Interactive Webinar
Monday, June 26, 2023

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Reproductive Trauma

Essential Tools for Infertility, Pregnancy Loss, Birth Trauma, and Perinatal Mental Health Disorders



Featuring

Janet Jaffe, PhD,

Specialist in reproductive psychology and co-author of *Reproductive Trauma* and *Unsung Lullabies*

- Top strategies for treating shame and self-blame
- Key features that make reproductive trauma unique
- Facilitate clients' posttraumatic growth whether the story ends with children or not

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Reproductive Trauma

Essential Tools for Infertility, Pregnancy Loss, Birth Trauma, and Perinatal Mental Health Disorders

All clients have a reproductive story – whether they have children or not, whether they want children or not, regardless of their gender or sexuality.

And while for some that story goes as imagined, many clients go through the quiet devastation of any number of unanticipated traumas.

These stressors create unique mental health challenges that are different from what therapists were trained to treat. Infertility and pregnancy loss aren't typical grief. Birth trauma isn't typical trauma. Perinatal mood issues aren't just depression and anxiety.

Unseen and unacknowledged, these traumas can shatter clients' sense of self and shake the foundations of their intimate relationships.

Whether clients are presenting to your practice to work specifically on symptoms related to reproductive trauma – or whether reproductive trauma comes up as relevant in the context of other clinical work – **you need to be prepared to help them navigate these complex struggles.**

Join Janet Jaffe, PhD, co-founder and co-director of the Center for Reproductive Psychology and acclaimed clinician and author, for this dynamic 1-day seminar designed to help you:

- Assess clients' reproductive story and its impact on self and relationships
- Utilize the latest approaches to treat reproductive trauma
- Create opportunities for posttraumatic growth – whether clients eventually have children or not
- Manage issues of therapist self-disclosure and countertransference

Register today and be ready to respond to the unique reproductive mental health challenges of your clients!



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Meet Your Speaker



Janet Jaffe, PhD, is a clinical psychologist who has been working in the field of reproductive psychology for over 25 years. She is the co-founder and co-director of the Center for Reproductive Psychology in San Diego, CA where she works in private practice with individuals and couples seeking psychological support on their journey to parenthood.

She has done extensive writing on infertility and pregnancy loss, including *Unsung Lullabies: Understanding and Coping with Infertility and Reproductive Trauma: Psychotherapy with Infertility and Pregnancy Loss Clients*, the second edition of which is scheduled to be published in 2024. Dr. Jaffe has also contributed several chapters to books as well as journal articles regarding fertility counseling and women's health. A member of the American Society for Reproductive Medicine, Mental Health Professional Group (ASRM, MHPG), she served as chair of the Connections Committee, overseeing educational forums for members. She has given talks on reproductive psychology for professional audiences, including several through ASRM and American Psychological Association (APA) at their annual congresses, has been interviewed by National Public Radio, and has addressed patient audiences across the country.

Speaker Disclosure:

Financial: Janet Jaffe maintains a private practice and is the co-founder and director for Center of Reproductive Psychology. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Janet Jaffe is a member of the American Psychological Association, the California Psychological Association, the American Society for Reproductive Medicine, and the Postpartum Health Alliance.

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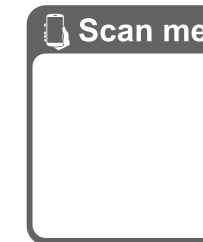
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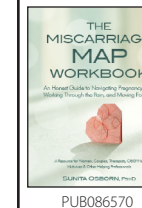
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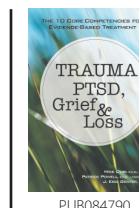


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