

Mindfulness, Pregnancy, and Parenting: Skills to Prevent Depression Relapse and Promote Wellness

Workshop Description

Learn about the science and practice of mindfulness to support your clients during pregnancy and early parenting. Mindfulness-based cognitive therapy represents an innovative integration of mindfulness meditation and cognitive behavioral therapy. It is based on an empirical and conceptual model of depression, and a strong evidence base supports its efficacy and effectiveness for the prevention of depressive relapse, reduction of residual depressive symptoms, and promotion of wellness. The skills of MBCT are highly relevant and empirically supported among pregnant and postpartum people. This workshop will review the evidence base, provide an overview of the mindfulness-based cognitive therapy program, including options for delivery in person and online, and will teach selected practices. There will include opportunities for didactic and experiential learning.

Workshop Start Time

US - Pacific	US - Mountain	US - Central	US - Eastern	BRT (Brasilia)	BST (British Summer Time)	CEST (Central European Summer Time)	SAST (South Africa Standard Time)	IST (India Standard Time)	JST (Japan Standard Time)	AEST (Australian Eastern Standard Time)	AEDT (Australian Eastern Daylight Time)
Mon 2:00 PM	Mon 3:00 PM	Mon 4:00 PM	Mon 5:00 PM	Mon 6:00 PM	Mon 10:00 PM	Mon 11:00 PM	Mon 11:00 PM	Tue 2:30 AM	Tue 6:00 AM	Tue 8:00 AM	Tue 9:00 AM

Registration Fee

\$75

Target Audience

Clinical Providers

Presented by

Sona Dimidjian, Ph.D.

Sona Dimidjian, Ph.D. is Director of the Renée Crown Wellness Institute and Professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder. Her research focuses on cultivating mental health and wellness among women, children, and families by engaging people's capacities for learning to care for themselves and their communities. She develops and studies programs and practices in education and healthcare settings, with an emphasis on navigating key developmental transitions, such as the perinatal period, early childhood, and adolescence. She also has a longstanding interest in expanding access, scaling, and sustaining effective programs, using both digital technology and community-based partnerships. Her current research projects focus on preventing depression and supporting wellness among new and expectant mothers, promoting healthy body image and leadership among young women, and enhancing mindfulness and compassion among youth, families and educators. She is the co-author with Sherryl Goodman, Ph.D., of a book for new and expectant mothers, *Expecting Mindfully: Nourish Your Emotional Well-Being and Prevent Depression During Pregnancy and Postpartum*. She also is the editor of *Evidence-Based Practice in Action: Bridging*

Clinical Science and Intervention. She is the recipient of numerous awards acknowledging her teaching and clinical research, including the Dorothy Martin Women's Faculty Award, the Outstanding Graduate Mentor Award, and the Robert L. Stearns Award at the University of Colorado Boulder along with the Susan Hickman Award from Postpartum Support International and the Women and Psychotherapy Award from Division 35 of the American Psychological Association. She received her BA in psychology from the University of Chicago and her PhD in clinical psychology from the University of Washington.

Sherryl Goodman, Ph.D.

Dr. Goodman received her B.A. with honors in Psychology from Connecticut College in 1972 (Magna Cum Laude). She completed her Ph.D. in Psychology (Clinical; APA-approved) at University of Waterloo in 1978. Her clinical training included: Summer Intern at New York University Medical Center, Bellevue Psychiatric Hospital, New York in 1973; Summer Intern at Oxford Mental Health Center, Woodstock, Ontario in 1974; Student staff member for the Psychology Clinic, University of Waterloo, Ontario from 1974 to 1976; and Psychology Intern at Duke University Medical Center in Durham, North Carolina from 1976 to 1977. Dr. Goodman joined the faculty in the Department of Psychology at Emory University in 1977. She is a licensed practicing psychologist in the State of Georgia. She is currently a Samuel Candler Dobbs Professor of Psychology at Emory University.

Laurel M. Hicks, PhD, LCSW, PMH-C

Laurel is a Research Associate at the Renée Crown Wellness Institute. Her research focuses perinatal and infant mental health, and specifically focuses on investigating resiliency factors and interventions, such as mindfulness and music, that improve wellbeing during pregnancy and postpartum for the whole family system. She also works to understand how these interventions can be adapted for people who have experienced trauma. She is passionate about supporting the integration of scalable, evidence-based methods into behavioral health settings, ensuring that no family is left behind. Clinically, Laurel is trained in a variety of mindfulness interventions, including Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction. She is the founder of Mindful Mamas Prenatal Yoga and through this trains people to be mindfulness-based prenatal yoga teachers.