

Introduction to the Art of Holding in Therapy*- Concepts, Skills, and Tools for Intervention

Workshop Description

Despite recent momentum toward greater awareness, greater advocacy, new legislation and research, a push to advance healthcare trainings and education, and a movement toward better understanding of maternal mental health issues, postpartum depression and anxiety continue to be a major public health issue. While access to relevant empirical evidence of bio-psycho-social factors and interventions improves, perinatal women in distress continue to report that they feel unheard, misunderstood, and dismissed by the healthcare community as a whole. This workshop is designed to bridge the gap between the science which supports our work and the art of responding to the urgent nature of a PMAD crisis with presence and precision.

In her 30 years of practice Karen Kleiman has emerged as a thought leader in conceptualizing and teaching the art of treating perinatal women in distress. Her Holding™ approach to psychotherapy is a mindful, intentional intervention in response to acute perinatal distress. Holding skills enable the therapist to connect in a way that maximizes the new mother's access to and connection with treatment, as well as provide support for this period of unprecedented adjustment and transformation.

In this workshop, we will focus on how and why developing a deeper understanding of the nuances of this population is a critical for providing optimal and specialized care. Participants will develop an understanding of holding concepts in response to these nuances and how utilizing holding strategies encourages participation in treatment in order to facilitate a successful outcome.

Registration Fee

\$150

Target Audience

Maternal Mental Healthcare providers, though the content of the workshop will benefit all maternal healthcare providers seeking to attend to the specific psychological needs of the perinatal woman.

Presented by

Hilary Waller, MS LPC

Hilary Waller, MS, LPC is a psychotherapist who specializes in the treatment of perinatal mood and anxiety disorders. She is the Director of Education and Programming at The Postpartum Stress Center outside of Philadelphia, which was founded by renowned perinatal expert Karen Kleiman. In addition to providing therapeutic services to individuals, couples and groups at The PPSC, Hilary serves as an instructor with Karen Kleiman, providing a quarterly 12 CE hour post-graduate advanced training for clinicians across the US and abroad who seek to specialize in treating the perinatal population. Hilary also conducts workshops and trainings for maternal mental healthcare providers as well as non-clinical staff working with the perinatal population.