When Survivors Give Birth – Foundational Training with Selena Shelley

September 22, 2022 | 8:30 – 4:30 pm EDT | Zoom Webinar

A foundational training for professionals serving pregnant, birthing, and postpartum families. This training gives nurses, doulas, midwives, social workers, doctors, psychotherapists, childbirth educators, and others the resources and tools they need to better serve their clients or patients (many of whom may not disclose a history of sexual abuse).

Topics Include

- The impact of childhood sexual abuse and sexual assault on pregnancy, birth, postpartum, and parenting
- Whether and how to inquire about a client's history
- How to respond to a disclosure
- Tools for working with pregnant, birthing, & postpartum trauma survivors, including how to prevent vicarious trauma
- Power differentials in maternity care
- Communication skills and reflective listening
- How and when to offer a referral

Agenda

Welcome and Logistics, Goals and Objectives

Topics before morning break:

- Childhood Sexual Abuse Definitions and Statistics
- Impact of Childhood Sexual Abuse on Children/Teens
- Impact of Childhood Sexual Abuse on Adults
- Connection between Childhood Trauma and Domestic/Intimate Partner Violence

15-minute morning break

Topics after morning break:

- Impact of Childhood Sexual Abuse on Pregnancy
- Impact of Childhood Sexual Abuse on Birth
- How to Inquire/Respond to a Disclosure
- The Caregiver's Motto

Lunch break

Brief check-in following lunch

Topics before afternoon break

- Power Differentials
- Working with Trauma Survivors during Pregnancy and Birth
- Impact of Childhood Sexual Abuse on Postpartum and Parenting Experience
- Perinatal Mood and Anxiety Disorders (and their connection to trauma)
- Working with Trauma Survivors during Postpartum & Parenting Experience

15-minute afternoon break

Topics following afternoon break

- Communication Skills and Reflective Listening
- Techniques to Manage or Reduce Trigger Symptoms
- Vicarious Trauma
- When to Refer

Questions and Answers (Q&A)

Self-Care Commitment, Resources, Debrief and Wrap Up

Foundational Training Learning Objectives

- Cultivate an in-depth understanding of childhood sexual abuse -- definitions, statistics, and the impacts childhood sexual abuse has on children/teens, adults, pregnancy, labor, the postpartum period, breastfeeding, and the parenting experience
- Understand the connection between a childhood sexual abuse history and adult intimate partner violence.
- Learn how to inquire about a client's abuse history and how to respond to a disclosure
- Develop a framework for understanding power differentials in maternal healthcare
- Improve understanding of vicarious trauma and the importance of practitioner self-care
- Strengthen strategies and tools for working with survivor clients before, during, and after birth
- Learn more about perinatal mood and anxiety disorders and their connection to trauma
- Increase resource/knowledge base in order to better serve clients
- Advance communication skills, including active listening and containment strategies
- Understand when to refer to other colleagues/professionals
- Leave this training more able to serve pregnant, birthing, postpartum, and parenting clients who have a history of childhood sexual abuse and/or other trauma

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