

FIRST FRIDAY FORUM

Friday, August 5, 2016

Joann O'Leary, Ph.D., M.P.H., M.S. and Lindsey Henke, M.S.W., L.I.C.S.W.

SUPPORTING FAMILIES DURING PREGNANCY FOLLOWING A PERINATAL LOSS

Registration: 8:30 – 9:00 a.m.

Program: 9:00 a.m. – 12 p.m.

Location: Metropolitan State University,

St. Paul Campus Auditorium

700 E. Seventh St., St. Paul, MN 55106

About the Program:

This program qualifies for 3.0 continuing education credits.

The moment pregnancy is confirmed, both the woman and her partner begin a complex journey of redefinition, reorganization, and reintegration of self. What parents do not anticipate is perinatal loss, a baby dying during pregnancy or in the newborn period. Perinatal grief is enduring, exhausting and has a profound and often lasting effect on both the bereaved and those caring for them. The pregnancy that follows often carries increased fear and anxiety.

This program will provide information on the educational and therapeutic needs of families as they move through a pregnancy that follows the loss of a baby. Since pregnancy anxiety is based on a real threat and is justified anxiety, it does not necessarily have to be classified as pathological (Bergner, 2007). Therapeutic educational intervention that integrates the continued bond and attachment theories and use of relaxation will be explored and discussed with the audience. This presentation is at the intermediate level and is designed for psychologists and other mental health providers.

Participants will:

1. Describe and identify the common symptoms of perinatal and postnatal mood and anxiety symptoms the mom experiences during a subsequent pregnancy after loss.
2. Identify and implement interventions and resources of support into the holistic treatment plan for the mom and her partner pregnant after a loss.
3. Explain the concept of prenatal parenting that honors one's parenting role to both a deceased baby and an unborn baby carried after a previous loss.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About the Presenter:

Joann O'Leary, Ph.D., M.P.H., M.S., has a Ph.D. in Family Education, a Masters in Maternal Child Health from the University of MN and Psychology from Queens University in Belfast, Northern Ireland where she was a Rotary Scholar. She has a background in nursing, preschool special education, and as a Parent-Infant Specialist in a high risk perinatal center, teaches at the University level, is a Level IV Infant Mental Health mentor for the State of MN, a Fulbright Specialist in the area of prenatal parenting and facilitates infant loss and pregnancy after loss support groups.

Lindsey Henke, M.S.W., L.I.C.S.W., is the Founder and Executive Director of Pregnancy After Loss Support <www.pregnancyafterlosssupport.com>, writer, and clinical social worker. Her oldest daughter, Nora was stillborn after a healthy full-term pregnancy in December of 2012. Lindsey wrote about her grief after the death of her daughter as a contributor for Still Standing Magazine <www.stillstandingmag.com> and was later featured as Pregnancy and Newborn Magazine's Knocked Up Blogger during her pregnancy with her second daughter, Zoe who was born healthy and alive in March of 2014. Lindsey now dedicates her time to building a peer-to-peer support community for moms pregnant and parenting their child born after a loss. Through her work as the Executive Director for Pregnancy After Loss Support, she raises awareness of the challenging time that pregnancy after loss can be in a mom's life. Ms. Henke received her M.S.W. with a concentration in Child & Family Therapy & Health/Mental Health Concentration from the University of Minnesota, Twin Cities.

About First Friday Forums:

Friday Forums cosponsored with Metropolitan State University Psychology Department

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.



MPA First Friday Forum • August 5, 2016

Note lower registration fees for 2016!

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: ☐ Home ☐ Work

E-mail: _____

Phone: _____ Please check: ☐ Home ☐ Work Fax: _____

If you register **by** July 22 select the **Early Bird Registration** Fee: ☐ MPA member: **\$45** ☐ Non-member: **\$65** ☐ Student: **\$15**

If you register **after** July 22, select the **Regular Registration** Fee: ☐ MPA member: **\$55** ☐ Non-member: **\$75** ☐ Student: **\$25**

Total Amount Enclosed: \$ _____

☐ Check (made payable to MPA) ☐ Visa ☐ MC ☐ American Express

All credit card fields are required

Card Number _____ Exp. date _____ Security Code _____

Cardholder Name (print) _____

Cardholder Signature _____

Credit card billing address: ☐ Same as above

Address: _____

City/State/Zip _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.



LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Handicapped-accessible parking is readily available in the parking lots adjacent to the St. Paul Campus.

