

2 Continuing Education Credits

Intersectionality and Perinatal Mental Health

Intersectionality in Perinatal Mental Health consists of 5 modules:

- 1) Diversity issues and their relevance in the perinatal period;
- 2) Defining Privilege;
- 3) Defining Intersectionality
- 4) Tolerating discomfort – learning your own biases
- 5) Black, Indigenous and People of Color (BIPOC) Maternal Health Disparities.

Wendy Ashley, PsyD, LCSW and Anna King, LCSW, PMH-C will address intersectionality as it relates to perinatal mental health and implications to the mental and physical well-being of birthing people and families. Participants will review the definition of intersectionality, tools and tips for becoming an intersectional practitioner, and ways to navigate their own discomfort in the process. Participants will also receive an introduction to BIPOC maternal health disparities and guidance for shifting from striving for cultural competence, to aligning with a journey toward cultural humility.

AUDIENCE

This course is for healthcare professionals working with families in the perinatal period. This includes mental health professionals, nurses, physicians and midwives, doulas and birth workers, lactation consultants, health educators and more.

Following completion of this course, participants will be able to:

- ✓ Assess the difference between diversity and socially constructed identities, and how to address and honor both in their work with clients;
- ✓ Apply at least 1 tool of awareness toward intersectionality through consideration of systems of oppression and privilege;
- ✓ Define intersectionality and gain practice tips and tools for navigating it in the therapeutic space;
- ✓ Assess one's own discomforts to increase competency and cultural humility through continued education;
- ✓ Identify 2 disparities in care for BIPOC women and birthing people;
- ✓ Apply 2 ways to integrate a culturally sensitive approach to BIPOC care.

Cost: \$45

For more information and to register visit www.maternalmentalhealthnow.org

Continuing Education:
CEs provided by



Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content.

This course meets criteria for 2 continuing education credits for LMFTs, LPCCs, LCSWs, LEPs, and psychologists through the Board of Behavioral Sciences (BBS) in the state of CA. If you hold a license not listed here or are licensed outside of the state of California, please check with your licensing board directly to confirm that these CE credits will be accepted. We are unable to assist in verifying if CE credits will be approved for your license type/state outside of California.