



SELENI

Black Perinatal Mental Health Training

LEARNING OBJECTIVES

- Discuss the ways that the medicalization of birth uniquely harms Black birthing people
- Discuss the ways that the current healthcare system perpetuates harmful myths about Black bodies and relies on or creates stigma, oppressive practices, implicit bias, and racialized trauma
- Define “birth equity” and explain why it is critically important for mental health clinicians to understand when working with Black birthing clients
- Discuss “weathering,” the epigenetic and ancestral expression of trauma, and allostatic load in the context of how the exceptional stressors experienced by the Black community can harm Black birthing people
- Discuss ways that medical racism has manifested itself in the past and present and why this is relevant to higher levels of distrust, anxiety and avoidance of medical care in the Black community
- Discuss how the collective experience of grief of Black folks (both historical, ancestral grief, and the violence constantly portrayed in the media) can overshadow the immediate grief of a Black individual, or portray Black grief as monolithic
- Explain how traditional research psychology has colonized mental healthcare and what it means to approach mental health treatment for Black birthing clients with a decolonized lens
- Describe how approaching CBT without an antiracist lens can actually harm Black birthing clients and describe how a clinician might administer CBT from a decolonized and antiracist perspective



- Explain important considerations when it comes to making referrals for Black birthing clients and discuss examples of how mental health clinicians can advocate for Black birthing clients when making referrals
- Analyze the specific social, emotional and mental factors that play a role in PMAD development in Black birthing clients
- Describe barriers to treatment that Black birthing people with PMADs might encounter and describe strategies to remove these barriers
- List the three core tenets of cultural humility and discuss how mental health clinicians can apply it in practice with Black birthing clients
- Understand that the treatment options provided in Western medicine might not be appropriate for Black birthing clients and describe ways that community, spirituality, and kindness can be incorporated into treatment plans for Black birthing people
- Describe various community approaches that practitioners can turn to when treating Black birthing clients
- Discuss why Black birthing people might benefit from working with birth workers such as midwives and doulas instead of or in addition to traditional Western medical providers
- Describe how rituals and ceremonies can be protective factors for Black birthing people on their perinatal journey
- Explain what the Birthing Justice Bill of Rights is and how to incorporate it as a resource when working with Black birthing clients
- Describe how online articles and podcasts can be utilized as resources for Black birthing clients
- Discuss how online communities and support networks can be helpful resources for Black birthing people and how clinicians can identify groups to recommend to their clients
- Discuss how a clinician's own self-awareness and willingness to extend grace to oneself are important aspects of lifelong learning