

ADVISORY BOARD

Cheryl Tatano Beck, DNSc, CNM, FAAN
Jean Watson Driscoll, PhD, PMHSNS-BC
Margaret Howard, PhD
Peggy Kaufman, MEd, LICSW
Sharon Lerner, Author and Journalist
Lori Levin, Executive Producer
Birdie Gunyon Meyer, RN, MA
Julia Mintz, Award-Winning Film Producer
Kathleen Kendall-Tackett, PhD, IBCLC

TRAINING INSTITUTE FACULTY



Annette Cycon, LICSW, is MotherWoman's Founder and Director of Training. Her clinical career specializes in child and family work, women's issues and trauma. She designed and facilitated support groups for adult survivors of childhood sexual abuse. She is certified by Postpartum Support International and widely respected for her curriculum development and training expertise. Cycon designed, with Ms. Friedman, the MotherWoman Support Group Model, the MotherWoman Support Group Facilitator Training and our other trainings for medical, mental health and social service professionals on perinatal mood disorders.



Liz Friedman, MFA, is MotherWoman's Program Director and Founder of our Postpartum Support Initiative. Liz experienced a severe perinatal emotional crisis with the birth of her first child. Ms. Friedman is certified by Postpartum Support International and is the PSI Coordinator for Western Massachusetts. In 2010, she won the TEDWomen contest for her work with MotherWoman. With Ms. Cycon, she has designed specialized trainings for professionals on perinatal mood disorders as well as the MotherWoman Support Group Model and the MotherWoman Support Group Facilitator Training. She attended the Social Justice Education Program of UMass and has over 20 years experience developing programs and leading trainings on issues of multi-culturalism, conflict resolution, mediation and social justice.

CONTINUING EDUCATION CREDITS

We have applied for CEUs to the Continuing Education Collaborative of NASW MA. Please contact your state board for information regarding CEUs in your professional discipline. We will be happy to provide any information they may request.

OTHER MOTHERWOMAN TRAININGS

- ◆ Level II: Support Group Facilitation Mastery
- ◆ Launching a Successful Group: Marketing, Sustainability and Community Resources
- ◆ A Comprehensive Understanding of Perinatal Mood Disorders: Spectrum, Assessment and Treatment
- ◆ Building Effective Multi-Disciplinary Perinatal Support Coalitions

We can customize a program to meet your organization or community's needs.

"I am so thankful for MotherWoman. I have never been in such desperate need as I was after my baby was born. I will never forget the part you played in my life."

Mother of a 1 year old.



PO BOX 2635
AMHERST, MA 01004
(413)253-8990
WWW.MOTHERWOMAN.ORG

MotherWoman Training Institute presents

Perinatal Support Group Facilitator Training

INNOVATIVE APPROACHES TO LEADING SUCCESSFUL GROUPS IN YOUR COMMUNITY



"With the startling number of new mothers struggling with postpartum mood and anxiety disorders, MotherWoman groups can provide a vital lifeline for these women who are out in the community many times suffering in silence and alone."

Cheryl Tatano Beck, DNSc, CNM, FAAN

Postpartum depression is the #1 complication of childbirth. Support is the #1 protective factor for prevention and recovery.

Learn the empowering MotherWoman Support Group Model[®] to help diminish the symptoms of perinatal mood disorders.

"I'd been running support groups for three years and felt I was very skilled as a facilitator. The methods I learned through the MotherWoman Facilitator Training have transformed my group beyond anything I could have expected."

Carol McMurrich
Founder of Empty Arms, a support group
for parents who have experienced
pregnancy or infant loss



"I see this powerful support group model as a way to help break down prejudice, enhance resourcefulness and create stronger community among immigrant and native Latina women."

Aida Ruiz-Batiste
Case Manager
Centro de Salud/Brightwood Health Center

MotherWoman Facilitator Training is a 25 hour training in how to facilitate a thriving Perinatal Support Group which can serve as a mother's lifeline to perinatal emotional health.

IN THIS TRAINING YOU WILL LEARN TO:

- ◆ Support mothers across the spectrum of perinatal mood disorders
- ◆ Create safety for sharing authentic experiences of motherhood
- ◆ Master group dynamics
- ◆ Explore cultural messages and myths about motherhood
- ◆ Lead a culturally competent support group that welcomes diverse mothers
- ◆ Encourage each woman's inherent strength and resilience
- ◆ Motivate personal and social change by linking socio-political factors to maternal depression

BENEFITS TO YOU:

- ◆ Expertise in facilitating successful perinatal support groups
- ◆ Confidence discussing perinatal mood disorders with mothers and the professionals who serve them
- ◆ Enhanced group leadership skills
- ◆ Effective advocacy for perinatal mothers
- ◆ Professional development and CEUs

UPCOMING TRAININGS

November 30–December 3, 2011
Hartford, CT/Springfield, MA

Tuition: \$1050
CEUs – 25 hours

Hotel/Location: TBA
Fly in to Bradley International Airport

March 21–24, 2012
New Jersey, location TBA

May 30–June 2, 2012
Boston, location TBA

Sept 19 – 22, 2012
Hartford/Springfield

REGISTRATION

Send completed registration form to Annette Cycon.

Email: Annette@motherwoman.org

Fax: (413) 306-3175

Mail: MotherWoman
P.O. Box 2635
Amherst, MA 01004

Registration forms can be downloaded from our website:
www.motherwoman.org

MotherWoman is committed to offering limited scholarships, based on need, for those working with underserved populations. Contact annette@motherwoman.org for more information.

HOST A TRAINING IN YOUR AREA!

Call (413) 253-8990 to discuss details and pricing for your group.