



Other Identities:

In what ways do these identities impact your work?

#2

## How do these/could these components impact my work?

### Self-Reflection Activity

<p>What do I feel like when I am doing well? How do I take care of myself?</p>	<p>What was my own experience of being parented?</p>
<p>What strengths and vulnerabilities do I have in my social context now and when I was growing up?</p>	<p>What are my beliefs about children and parenting?</p>

#3

**Mental Status**

- What we know about the mother’s current symptoms, impairment, diagnostic history, lifetime stress, and trauma exposure;
- The mother’s baseline functioning in order to understand the degree of functional change associated with this acute episode

**Parenting Experience**

- The mother’s particular ghosts or angels from the nursery;
- How a mother’s early relational history intersects with her current distress;
- Hypotheses about her strengths and vulnerabilities in parenting her child(ren);
- Her narrative of being parented (i.e., attachment history) informs the mother’s current state of mind about relying on others and being reliable to her baby.

**Social Context**

- The significant social supports in the mother’s life and hypotheses about where social support can be cultivated;
- Broader community-level and environmental protective and risk factors (e.g., socioeconomic and cultural experiences);
- The mother’s racial and cultural identity and how this has impacted her in both positive and difficult ways, as well as how it may come up in the mother’s relationship with the clinical team

**Child + Dyad**

- The mother’s pregnancy, both medically and psychologically;
- How the child is eating and sleeping; the child’s behavior; and how these factors either support and/or hinder the parent-child relationship;
- Other medical or developmental concerns for the child, particularly how the child signals distress and how the mother responds;
- *How the mother talks about the child*

#4

**Mental Status**

**Parenting Experience**

**Social Context**

**Child + Dyad**

# Reflective Questions

- What are the urgent threats to safety?
- What else do you want to know?
- What does the family need?
- What does the caregiver need?
- What does the child need?
- What does the parent-child dyad need?
- What parts of my cultural identity and privilege might show up when working with this family? How might I address that?

# Applying the Model to Intervention

**Healing Beginnings** – What will be important during this process with this family? What barriers to engagement do you see and how could you address them? How would you name culture and identity in this process (both your own and the family's?)

**Healing Relationships** – How will you use your relationships with family members to support them? How will you support the relationship between parent and child?

**Healing Targets**

- How will you support **safety**?
- What strategies might be helpful for **regulation**?
- What are your hypotheses about themes to **explore** with this caregiver?
- How will you help her **practice** new skills/ways of being?

**Healing Modalities (Group/Individual/Dyadic/Family)** – What modalities might be helpful for this family?

**Healing Endings** – How will you know when you are nearing termination? What steps might you take with family to help the ending feel therapeutic?

**Self-Reflection** – What might come up for you as you work with this family? What support could you seek out while working with them?