NICU PARENTING: THE EMOTIONAL JOURNEY

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Planners disclosed no relevant conflicts of interest.
NOTICE OF DISCLOSURES

- Notice of requirements for successful completion
  - Registrants must attend full session and complete evaluation to receive contact hours
- Conflicts of Interest
  - None to report
- Financial Disclosures
  - None
- Sponsorship or commercial support
  - None
OBJECTIVES

At the end of the presentation, participants will be able to:

- Review three losses faced by clients as they journey through the NICU.
- Identify and recognize the emotional experience associated with these losses.
- Name specific approaches that could be helpful to clients as they seek to cope and find emotional resolution to their losses.
Participants will incorporate the approaches learned today into practice, recognizing their work within a relationship-based framework. We intend for participants to see families as whole, rather than individual patients, in order to guide them more effectively and to recognize families as essential part of health care team.
BEFORE WE BEGIN...

- Listen-only mode – muted by default
- Questions – please ask!
  - Raise your hand
  - Type into the Q & A
  - Out of time? Email wapc@perinatalweb.org
Tell us about you!

- What do you do?
- What setting do you work in?
- Are you a parent of an NICU baby?

You can check more than one box! 😊
The speaker disclosed no relevant conflicts of interest.
AN UNEXPECTED JOURNEY
WHEN YOU WALK INTO THE NICU, YOU NEED TO LET GO OF EVERYTHING YOU THOUGHT YOU KNEW ABOUT BABIES AND ABOUT HOW TO BE A PARENT.
LAYERS OF LOSS
The first thing you lose during a perinatal crisis is your innocence.

The second thing you lose is your peer group.
THE THREE CORE TASKS

MANAGING FEELINGS

MANAGING RELATIONSHIPS

DEVELOPING PARENTAL IDENTITY
MANAGING FEELINGS

- Grief
- Trauma
- Fear

Finding meaning in this experience

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Chaotic, painful feelings

Urge to DO
HEAR THE VOICE BEHIND THE STATIC

The Chinese characters that make up the verb 'to listen' tell us something significant about this skill.

Listen

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DEVELOPING PARENTAL IDENTITY

IN THE MIDST OF CRISIS

AFTER THE INITIAL CRISIS HAS PASSED

ONGOING NEEDS OF THE CHILD

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MANAGING RELATIONSHIPS

WITH FAMILY MEMBERS

WITH HEALTH-CARE-PROVIDERS

WITH THE BABY

WITH FRIENDS AND CO-WORKERS

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RELATIONSHIP BASED CARE
THERE IS NO SUCH THING AS A baby.
~Donald Winnicott
Supporting relationships, parental identity development, and emotional regulation = Resourcing

We foster everything that supports and affirms the bond between parent and baby.
The baby is part of a family, and the family is part of the health care team.
Incompetent When Terrified,
Hostile & Undeserving When Angry,
Helpless When Shocked & Frozen.
If you can see parents as whole, they benefit from you seeing them that way.
DEVELOPMENTALLY SUPPORTIVE CARE
HOLDING ON & LETTING GO
HEALING AND INTEGRATION
NOTE: “Making Our Care for Children & Their Parents Trauma-Informed during COVID-19” – originally scheduled for July 14th -- has been POSTPONED.

“Perinatal Mental Health Services for Fathers? Helping Men Become Health Partners and Parents amidst COVID-19” with Paul Florshiem, PhD

Jul 21, 2020 12:00 PM Central Time