

The Mothers and Babies Course: A Postpartum Depression Prevention Intervention

Training Topic	Learning Objective
Conceptual Background of the Mothers and Babies (MB) Course	Participants will gain a rudimentary understanding of the three theoretical foundations of the MB Course: Cognitive-Behavioral Therapy, Attachment Theory, and Psychoeducation
Mothers and Babies Course Structure and Logistics	Participants will understand the format of MB Course sessions include: delivering the key points of the session to the client through use of (1) the script provided in the manual to guide content delivery, (2) interactive learning activities they can conduct with clients to help clients understand concepts, and (3) introducing personal projects for clients to practice between sessions in order to facilitate retention and individualization of the material.
Interconnection Between Thoughts, Behaviors, Contact with Others, and Mood	Participants will understand and be able to explain to their clients the connection between thoughts, behaviors, contact with others, and mood, which is the foundation for the MB Curriculum.
Pleasant Activities Module	Participants will understand and be able to explain to their clients: (1) how engaging in pleasant activities can have a positive effect on mood; (2) how engaging in pleasant activities with her baby can help make a healthy reality for mother and baby; and (3) problem-solving methods to overcome obstacles to engaging in pleasant activities
Thoughts Module	Participants will understand and be able to explain to their clients: (1) how harmful thoughts can lower one's mood and helpful thoughts can lift one's mood; (2) how increasing helpful thoughts can affect both the mother's and baby's future; (3) how to identify helpful and harmful thoughts; and (4) techniques to reduce harmful thoughts and increase helpful thoughts.
Contact with Others Module	Participants will understand and be able to explain to their clients: (1) how increasing the frequency of positive contacts with other people, and decreasing the frequency of negative contacts with other, can affect one's mood positively or negatively, respectively; (2) how to get support for both mother and baby; (3) how interpersonal relationships can effect one's mood; (3) techniques for improving assertive communication skills in order to better facilitate getting one's needs met.
Implementation and Supervision Recommendations	While they will not immediately be experts in MB Course delivery, by engaging in supervision during the process of implementing the MB Course for the first time participants will be able to become proficient in delivering the curriculum as well as tailoring the course to specific client needs.