

Mothers and Babies Course Training Agenda

9:00 – 9:15	Welcome and Introductions
9:15 – 9:30	Background on Perinatal Depression
9:30 – 10:00	Conceptual Background of Mothers & Babies: Cognitive Behavioral Theory; Attachment Theory; Mindfulness Practice
10:00 - 10:30	Implementation Logistics: Who should receive MB? Who can implement & how?
10:30 – 10:45	Break
10:45 – 11:15	Introducing Mothers and Babies: Understanding the Connection between Thoughts, Behaviors, Contact with Others, and Mood (<i>Introductory Module</i>)
11:15 – 12:00	Activities and My Mood; Pleasant Activities Help Make a Healthy Reality for My Baby & Myself; Overcoming Obstacles (<i>Pleasant Activities Module</i>)
12:00 – 1:00	Lunch
1:00 – 1:45	Decreasing Unhelpful Thoughts and Increasing Helpful Thoughts that Affect my Baby and Myself; Goals for My Future and My Baby's Future (<i>Thoughts Module</i>)
1:45 – 2:30	Contact with Others and My Mood; How to Get Support for Me and My Baby; Communication Style and Getting One's Needs Met; Role Changes and Resolving Disputes (<i>Contact with Others Module</i>)
2:30 – 2:45	Break
2:45 – 3:15	MB Group
3:15 – 3:45	Implementation and Supervision Recommendations
3:45 – 4:00	Training Evaluation