

Mothers and Babies Training Agenda

Day 1

Introducing Mothers & Babies

- 9:00-9:15 Introductions
- 9:15-9:30 Conceptual Background: CBT, Attachment Theory; Mindfulness Practice
- 9:30-9:45 Implementation Logistics: Who Should Receive MB? Who Can Implement & How?
- 9:45-10:15 Understanding the Connection between Thoughts, Behaviors, Contact with Others, and Mood
- 10:15-10:30 Small Group Activity 1: Quick Mood Scale
- 10:30-10:45 Break
- 10:45-11:00 Introduction Module Review

Pleasant Activities Module

- 11:00-11:30 Pleasant Activities and Your Mood: What We Do Affects How We Feel
- 11:30-11:45 Mindfulness Practice and Personal Project
- 11:45-12:00 Day 1 Wrap Up: Questions and Review

Day 2

Pleasant Activities Module

- 9:00-9:10 Reflections and Questions
- 9:10-9:20 Pleasant Activities and Your Baby
- 9:20-9:35 Overcoming Obstacles to Doing Pleasant Activities
- 9:35-9:50 Small Group Activity 2: Pleasant Activities Session Practice
- 9:50-10:00 Pleasant Activities Module Review
- 10:00-10:15 Break

Thoughts Module

- 10:15-10:30 Relationship Between Your Mood, Thoughts, and Future
- 10:30-10:45 Identifying Helpful and Unhelpful Thoughts
- 10:45-10:55 Ways to Change Our Thoughts
- 10:55-11:10 Break
- 11:10-11:25 Small Group Activity 3: Goals For My Future and My Baby's Future
- 11:25-11:40 Decreasing Unhelpful Thoughts and Increasing Helpful Thoughts that Affect my Baby and Myself

11:40-11:55 Goals for My Future and My Baby's Future

11:55-12:00 Day 2 Wrap Up: Questions and Review

Day 3

9:00-9:15 Reflections, Questions, Review

Contact with Others Module

9:15-9:45 Contact with Others and My Mood

9:45-10:00 Small Group Activity 4: Types of Social Support

10:00-10:15 Communication Style and Getting One's Needs Met

10:15-10:30 Role Changes and Resolving Disputes

10:30-10:45 Break

10:45-11:00 Modules Review/Wrap Up

MB Group

11:00-11:15 MB Group Format and Manuals

11:15-11:30 MB Group Recommendations, Virtual and In-Person

Implementation Resources

11:30-11:45 MB Delivery, Supervision, and Evaluation Recommendations

11:45-12:00 MB Resources and Next Steps