**The Mothers and Babies Course: A Postpartum Depression Prevention Intervention**

**Train the Trainer Learning Objectives**

|  |  |
| --- | --- |
| Our Train-the-Trainer model is intended for individuals in supervisory or mental health consultation roles in order to prepare them to:  (1) provide training on the Mothers and Babies (MB) curriculum  (2) provide supervision for staff implementing the MB Course for the first time | |
| **Training Topic** | **Learning Objective** |
| Conceptual Background of the Mothers and Babies (MB) Course | Participants will gain an in-depth understanding of the 3 theoretical foundations and their functioning within the Mothers and Babies curriculum: Cognitive-Behavioral Therapy, Attachment Theory, and Psychoeducation |
| Mothers and Babies Course Structure and Logistics | Participants will understand the format of MB Course and be able to explain and provide guidance to staff regarding both individual and group modalities, including: structuring visits to incorporate the MB sessions; interactive activities to engage clients in the curriculum; tailoring content to client situations; methods to increase personal project completion between sessions; linking MB Course content with other visit activities. |
| Interconnection Between Thoughts, Behaviors, Contact with Others, and Mood | Participants will understand and be able to explain to staff 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 staff: (1) how engaging in pleasant activities can have a positive effect on mood; (2) how engaging in pleasant activities with 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 staff: (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 staff: (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; (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. |
| Implementation and Supervision Recommendations | Participants will understand and be able to convey implementation guidelines, regarding: client selection criteria, supervision, staff self-care and support. |
| Training Recommendations | Participants will learn about different training approaches to meet program needs. |