

## Reproductive Life Stages Program Therapy

*Psychotherapy may be provided by Psychiatrists, Social Worker/Mental Health Therapists, Residents or Social Work Interns on the team.*

### Individual

Short-term individual therapy is available for women during pregnancy and up to one year postpartum, women experiencing mood and anxiety issues around menstruation, during the perimenopause period, women with DSD, and women with pregnancy loss. Treatment length is determined by you and your RLS care provider.

### Couple

Brief couple therapy (ie. 4-6 sessions) is available and may be provided in place of individual where necessary.

### Group

#### Skills

This educational group teaches skills (e.g. mindfulness, cognitive behavioural strategies, communication/relational skills) that can be used to manage mood and anxiety symptoms.

**Weeks: 4 Duration: 1.5 hours**

#### Postpartum Interpersonal

This clinical group is for women in the first year postpartum. Women in this group explore the thoughts and feelings often experienced during the role transition to parenthood. A focus is on relationships (past and present) and the impact of problematic interpersonal patterns on depression.

**Weeks: 12 Duration: 2 hours**

#### Mother-Baby

This clinical group is for women in the first year postpartum who are looking for ways to better understand how their own childhoods and/or life experience may be impacting their mental health and their relationship with their baby. Skills to manage intense emotions and reactions are taught, along with education around parenting style, attachment and attunement. Mom – baby dyadic exercise: “Watch, Wait and Wonder” elements are integrated.

**Weeks: 12 Duration: 2 hours**

#### Mother Matters

This is an online clinical discussion forum for postpartum women (0-12m) related to challenges within the postpartum period due to a mental health concern, and that offers psycho-education on the transition to parenthood and the postpartum period, and the potential impact on mental health and wellbeing. This group is moderated by therapists, who offer psychoeducation, therapeutic support and facilitate online group discussion. \*This group is open to women across the province of Ontario who do not have to be patients of the RLS program.

**Weeks: 10 Duration: 24/7 online access**