

A Psychologically Informed Approach to Antenatal Counselling: Development of Workforce Education



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WHO ARE WE...



Dr Rebecca Chilvers
Consultant Clinical Psychologist
EoE ODN Psychology Lead



Dr Jacinta Cordwell
Consultant Clinical Psychologist
TVW ODN Psychology Lead



Alex Graham
Neonatal Parent
Mum of Teddy, Ben and Charlie



Lauren Smith
Neonatal Parent
Mum of Ava, Eloise & Theo

PSYCHOLOGY TEACHING REQUEST AND AIMS

- Following feedback from the pilot in Oxford – wish to add in more psychological thinking and perspectives
- To capture and share parent's experiences in varied circumstances & use them to shape content
- Funding for filming through Health Innovations Oxford (special thanks to Eileen Dudley and Tara Gradwell)
- To support and facilitate the use of psychology teaching in role plays with actors and MDT professionals

CAPTURING PARENT EXPERIENCES

- Importance of undertaking interviews in a psychologically supportive way
 - Initial phone calls (to assess readiness and discuss the project)
 - Interviews conducted by psychologists in a location of parents' choice
 - Experiences central to shaping key content of teaching
 - Follow up contact and signposting if needed
 - Detailed log of what content was used shared with parents
- Financial remuneration for parent's time



LAUREN



ALEX

OUR APPROACH

Scoping review of 46 articles

Principles of trauma and
psychologically informed care

Themes from parental
interviews

Combined clinical experience

PARENT EXPERIENCES AND NEEDS

IMPORTANT CONSIDERATIONS



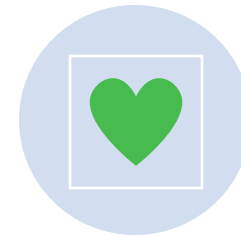
EMOTIONAL STATE
AND IMPACT



RELATIONSHIPS



INFORMATION
SHARING



VALUES &
DECISION MAKING



USE OF LANGUAGE
& DELIVERY

OVERVIEW OF TEACHING CONTENT



Our Brain Under 'Threat'

- Key features to recognize and respond to.
- Sequencing communication: from regulation to facilitating reasoning and decision making
- Key verbal and non-verbal communication for calming and containment.
- Matching information giving to needs of parents



Parent Experiences and Needs

- What matters most to parents from their perspective
- Sharing of parent's experiences across the 5 key areas:
 - Emotional States and impact
 - Relationships
 - Information sharing
 - Values & decision making
 - Use of language and delivery

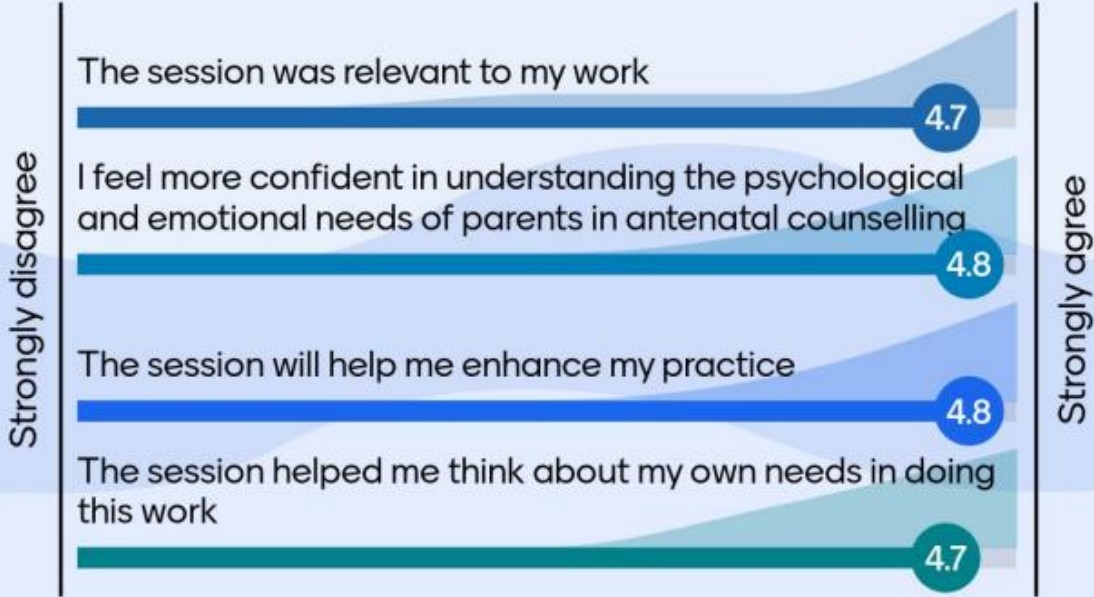


Looking after Ourselves

- Self-regulation and grounding to sustain containing and safe presence and interactions.
- Compassionate mind and ACT techniques to support self in consultations.
 - Before
 - During
 - After

EoE TEACHING FEEDBACK

How would you rate today's session



EoE TEACHING FEEDBACK

What was your main takeaway from the session?

Really helpful to think about the impact of the work for both parents and us as clinicians

Excellent session, could have had a longer time on this. Very useful

Be compassionate and look after ourselves

The parent perspectives and experiences was very meaningful

Excellent day . Really well organised and very informative speakers . Thankyou

this is a multifaceted process.time is important. how the patient feels is as important (sometimes even more so) than the information given.

How to approach antenatal counsellingConsidering our own wellbeing

Incredibly useful and widely applicable to all areas of practice, not just preterm

Notice when the parents are in hypo-arousal state and freezed as I will need to stop giving information and try to reconnect with them

WHAT COMES NEXT?



TVW education day late spring/summer



Potential to extend recordings of experts by experience



Potential to extend the teaching day to wider number of delegates in regions



Considering the core skills of working with parents in high-threat to train more broadly



Further requests for sessions on clinician self-care



THANKS FOR
LISTENING