

The Create Institute Summer Workshop series

June 22, 2-5pm In-person

Perinatal Expressions: Understanding perinatal mental health

In this workshop, Expressive Arts Therapist and Perinatal Mental Health Therapist (CC-PMH, CC-PGL) Catherine Mellinger will share knowledge of Perinatal Mental Health frameworks through an inter-sectional and trauma-informed lens. We will discuss current understanding of Perinatal Mood and Anxiety Disorders (PMADs), as well as evaluate and name the tropes, stigmas and therapist bias that can come into play for both our clients and the therapist-client relationship when working with Perinatal clients, through a Relational Cultural Theory and feminist lens. We will explore how Expressive Arts Therapy frameworks can strongly support folks in the perinatal period to lean into the distress of the unknown, explore self-identity and the experience of a self that transforms while still remaining the same. We will also touch on and explore the notion of "sites of trauma" as it pertains to the perinatal experience, playing with locations both in space and in body.

Discussions will also touch on how a baby can become a tool for opening our client's curiosity and playfulness, the connection between attunement and attachment theory, and the role of the therapist when the baby is present in the room with a parent who is struggling.

Key Learning Objectives:

- Understanding the scope of perinatal mood and anxiety disorders as it relates to fertility, pregnancy and postpartum periods.
- Learning strategies, tools and frameworks for working using Expressive Arts Therapy with folks in the perinatal period.
- Understanding the importance of intersectional experience in the perinatal stage.

Course fee: \$150

Location: CREATE Studio -
468 Queen St. East,
Suite LL01, Toronto

To register please send
form and fee payment to:
admin@thecreateinstitute.org



Instructor:
Catherine Mellinger, ExAT

Catherine Mellinger (she/they) is a certified Expressive Arts Therapist (CREATE Institute, graduated 2011) and Canadian Certified Perinatal Mental Health Therapist (CC-PMH). They hold additional certification in Perinatal Grief and Loss (CC-PGL) and have completed trainings with both Canadian Perinatal Mental Health Trainings and Postpartum Support International. Catherine began to specialize in working with Perinatal populations due to her own lived experience of pregnancy and postpartum mental health challenges, due to a pre-existing mental health disorder. She identifies as a queer femme birthing parent to two neurodiverse children, living with invisible disability. Catherine's mixed media and inter-arts works have been exhibited across North America and published internationally. She is lead artist of Post-Part, a project created in collaboration with Pazit Cahlon, Nat Janin and Adam Harendorf. She is a mental health and perinatal mental health advocate for all birthing people and primary caregivers to children.



The CREATE Institute *Centre for Expressive Arts Therapy Education*
thecreateinstitute.org admin@thecreateinstitute.org (416)539-9728

The Create Clinic - Low cost EXA Therapy E: thecreateclinic@gmail.com