**Abstract Submission  
  
Nº: 287**

|  |
| --- |
| Topics: **Stillbirth** |
| Type: **Oral** |

**“Bereavement Counselling. Perinatal bereavement**

**training from a humanistic perspective”.**

**Clr. Jessica Ruidiaz (Counselor, Perinatal Bereavement Specialist. Founder of “Era en Abril” Foundation)**

**Clr. Gabriela Alfano (Counselor, Equipo Psicological Team of “Era en Abril” Foundation)**

**Introduction**

In this presentation we will talk about the importance of the interdisciplinary work in health teams, of Psychological Consultants and medical professionals, with the aim of highlighting the contribution of these in women's health after a perinatal death.

**Material and methods**

The “Era en Abril” Foundation is an organization dedicated to supporting mothers, fathers and families of babies who died during pregnancy, childbirth or after birth; It provides a comprehensive containment at different levels, mutual aid groups, professional support with specialized professionals in grief for gestational, neonatal and infant death; It provides information, advice and training to health professionals and promotes prevention programs related to the problem.

**Results**

To achieve these goals we have formed a working team composed of mothers who have gone through the experience and are now able to accompany other people and professionals, including Counselors and Psychologists.

Our framework is the Consulting Psychology (Counseling) originated in Humanistic Psychology, and particularly since the orientation of the Person Centered Approach, whose creator and exponent was the American psychologist Carl Rogers.

We understand this problem based on this model of humanistic approach, understanding that those who are passing this experience are not patients but people who suffer, with all the complexity that this has associated.

In Argentina we have observed that when the death of a baby occurs, there is no support and / or containment from an humanistic posture. We know that the medical professionals does the best they can in these circumstances but they do not have enough tools to accompany this terrible and painful time.

For these reasons we consider critical to include in maternity wards across the country professionals specialized in the problems to accompany and facilitate these circumstances. This is another of our basic objectives: to train human resources to provide this service specializing in perinatal assistance duels at the time of loss and also later.

From the psychological team at the Foundation we are working in a Training Processes Accompanying Perinatal grief for professionals of psychology. This training is based on the experience and needs of thousands of families in Latin America and in our research of this problematic for nearly 10 years.

**Conclusion**

We set the objective of opening spaces of help in health centers, dedicated to families or couples who have gone through the painful experience of the death of one or more children during pregnancy, childbirth or after birth, and accompaniment in the new pregnancy after loss. We are also proposing, at the same time from a psycho-education, a process of gradual change in the prevailing culture of health centers, regarding modes of containment and accompaniments of patients from the time of loss. The importance of knowledge on these issues in mental health professionals, involved throughout the pregnancy and after childbirth, achieved a way of providing a treatment Person to Person.