



## Birthing Healthier Families©: Post-Graduate Certificate for Use of CBT for Perinatal Emotional Complications

This certificate will provide specific CBT strategies to enhance clinician's practice in treating women with perinatal emotional complications. Emotional complications are the most common complication of pregnancy and often go unreported, undiagnosed, and untreated. The aim is to acquaint providers who care for clients with pregnancy and postpartum mental health issues with the range of perinatal emotional complications, the rationale for why cognitive and behavioral approaches are effective in perinatal treatment, the screening tools to assess for perinatal emotional complications, and ways to obtain support for clients.

Participants will discuss the research supporting CBT treatment as effective for the perinatal population. Participants will discuss provided case examples that demonstrate the impact of CBT for anxiety, depression, and OCD. Participants will be provided with a list of resources for further exploration of CBT and perinatal treatment.

### Biography:

Mara Acel-Green, MSW, LICSW, is a psychotherapist in West Newton, MA and the owner of Strong Roots Counseling; Mara has a specialty in pregnancy and postpartum mood and anxiety and related disorders. Mara was graduated from Smith School for Social Work and has a certificate in Cognitive Behavioral Therapy from Boston University. In addition to her private practice and former adjunct faculty position at Northeastern University from 2006-2020, she is the past President of the Board of Directors of Healthy Mothers, Healthy Babies of Massachusetts. Mara has trained folks both locally and nationally on the use of CBT for perinatal distress. Mara previously facilitated Clinical Conversations, a peer learning community for Boston based perinatal mental health clinicians. Mara's written work and interviews can be seen on her website at [www.maragreen.com](http://www.maragreen.com).

### Program dates:

**Tuesday, Tuesday, March 24 & Thursday, March 26, 2026 (VIRTUAL)**

**Cost \$700**

**Program: 12 contact hours for LCSW, LICSW and LMHCs (for those who complete 100% of the program)**

**9-4 with one hour of breaks**

**Registration information at [www.strongrootscounseling.com/professionals](http://www.strongrootscounseling.com/professionals)**