

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. This program also fulfills the advanced certification requirement for the Maternal Mental Health Certificate by Postpartum Support International.

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 is 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 prior adjunct faculty position at Northeastern University (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 facilitates Clinical Conversations, a peer learning community for Boston based perinatal mental health clinicians. Mara's written work can be seen on Huffington Post as well as on her website at www.maragreen.com or www.strongrootscounseling.com.

Program: 12 contact hours for LICSW's and LMHC's (for those who complete 100% of the program) Social work and LMHC CEU's approved.

March 24 & 26, 2026 (VIRTUAL), 9-4pm est

9-4 with one hour of breaks.

To apply:

- 1) Complete the registration here and include a copy of your CV/resume**
- 2) Send your check for \$700 (see cancellation policy below)**
- 3) Receive your confirmation email with next steps**

Cancellation policy: We are thrilled that you will join us for our upcoming course on the use of CBT for perinatal emotional complications. Due to the small size of the certificate program, we are committed to ensuring people get a spot. Once we have received your payment and you receive an acknowledgement you have secured a spot for the class. If for any reason we do not receive CEU's for the class, as our application is pending, you will be refunded IN FULL at your request up until the day the course starts.

If you withdraw up to two weeks prior to the program running, we will take a \$100 processing fee and return the full amount of the program.

If you withdraw between two weeks and the day before the program you will be refunded 50% of the tuition, plus a \$100 processing fee unless we are able to draw someone from our waitlist. If we are able to get someone from the waitlist, you will only be charged the processing fee.

If you withdraw at any time after, or are able to only attend one of the program days, you will not receive any refund. If you have an emergency and cannot attend one of the days, you will be able to reschedule that day to another time the program is running at no additional fee.

Application to join Birthing Healthier Families©: Certificate for use of CBT with the Perinatal Population for Post-Graduate Clinicians

Name: _____

Nickname/Preferred Name: _____

Pronouns: _____

License type and license number: _____

Would you like a CEU certificate: Yes No

Address:

City/town: _____ Zip: _____

Preferred phone: Alternate phone:

Email address:

I have reviewed and understand the cancellation policy (signature required to process application) _____

Do you have experience with either/both CBT and perinatal emotional complications?

Have you taken prior training on CBT and/or perinatal emotional complications?

What are your goals for the certificate? (For example, what will you know at the end that you do not know now?)

**Please send completed application with \$700 check to:
Strong Roots Counseling, 1387 Washington St, West Newton, MA 02465**

Please contact Mara Acel-Green at mara@strongrootscounseling.com with any questions.