

Biography / CV

M. Caterina Cattaneo is a clinical psychologist, an individual psychotherapist, EMDR Practitioner, based in Lecco, Italy. Here she works with adults, children, adolescents, couples in private practice. She has a large experience in the field of the clinical psychology of the developmental age, based on the past experiences in Public Hospitals, in Social Services (in the Minors Protection Department) and in a Scientific Institute (Eugenio Medea, Bosisio Parini, Lombardy), where she has also done research on depression in children and adolescents. She integrates EMDR and psychodynamic psychotherapy. Besides her free practice, Since 2007, she has been working for the National Health Service, as a member of the equipe of *Perinatal Psychology and Postpartum Unit*, Family Consultation Centre ("Genitori Oggi"), Department of Woman and Baby's Health, Foundation IRCCS Ca' Granda - Hospital Maggiore Policlinico, Mangiagalli, Milan, Italy, one of the most important and specialized hospital in Italy for its Obstetric and Gynecological Unit and for its Neonatology Unit. The clinical activity has consisted of psychological work in the maternity wards, inside the Hospital, and, when needed, therapeutic intervention with mothers, couples or mother-infant bonding at the *Perinatal Psychology Unit Consultation Room*. Since 2008 she has started, for the Unit, the research activity on the prevention of post-partum depression. In these last years she has started, with the equipe, a new research project based on the use of EMDR in perinatal psychology, implying the preparation of two new protocols: the Breastfeeding and Bonding EMDR Protocol and the EMDR Recent Birth Trauma Protocol. Since 2018 with her team she has developed a new clinical project in the maternity ward of San Pio X Clinic, Humanitas Hospital, Milan.

Valentina Chiorino is a clinical psychologist, an individual and group psychotherapist, an EMDR-Europe Accredited Consultant, based in Milan, Italy. She works with adults, children, adolescents, couples in private practice. She integrates EMDR and psychodynamic psychotherapy. For the National Health Service, she worked for several years with adolescents, children and parents in a developmental clinical psychology Unit. Since 2009 she has been working as a member of the equipe of *Perinatal Psychology and Postpartum Unit*, Family Consultation Centre ("Genitori Oggi"), Department of Woman and Baby's Health, Foundation IRCCS Ca' Granda - Hospital Maggiore Policlinico, Mangiagalli, Milan, Italy, one of the most important and specialized hospital in Italy for its Obstetric and Gynecological Unit and for its Neonatology Unit. In hospital, she has met hundreds of mothers and of couples every year. For the equipe of the perinatal psychology and post partum Unit she has worked in the maternity ward, where the intervention is directed to women and couples in the very first days after postpartum (and in the next months after the discharge from hospital, when it is needed) applying Early EMDR Intervention (EEI), mainly in cases of recent birth trauma (woman's life or/and baby's life at risk, death of the newborn) or when fetal death or spontaneous abortion happen or in cases of difficulties with breastfeeding, taking care of the newborn baby and bonding. Since 2018 with her team she has started a new project in the maternity ward of San Pio X Clinic, Humanitas Hospita, Milan. In these last years, she has developed research activity on the prevention of post-partum depression with her equipe and two new protocols for the maternity ward and the post partum period: the Breastfeeding and Bonding EMDR Protocol and the EMDR Recent Birth Trauma Protocol.

Abstract

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EMDR and perinatal: a model of clinical intervention in postpartum period. The Breastfeeding and Bonding EMDR Protocol and the EMDR Recent Birth Trauma Protocol

The post partum period is a very sensitive and transformative phase in a woman's and in a couple's history. Many crucial themes are often undervalued, misunderstood or concealed because of shame, social desirability, expectations. Birth traumas, Bonding anxieties, breastfeeding difficulties may impact on women's health (post partum depression, ptsd), on children's attachment, on family-system emotional balance. If those themes remain untreated, consequences can be detected many months or even years later.

The chance to intervene in the post partum period, when childbirth turns into a moment of crisis, has enormous preventive value. EMDR has a great potentiality in perinatal: deep and brief, when there is little time for intervention (in maternity ward), suitable for recent events (birth traumas, perinatal deaths, miscarriages), where mind and body are equally involved (delivery, breastfeeding). Adaptive directions developed through EMDR prevent physiological difficulties of a new parental role from becoming pathogenic situations and further pathology.

The perinatal issues will be explored through the presentation of a model of intervention suited for working with EMDR in a maternity ward and in private practice, through the explanation of two protocols, the Breastfeeding and Bonding EMDR Protocol and the EMDR Recent Birth Trauma Protocol. Clinical cases will be illustrated. The extension of the model of intervention in other life phases will be addressed.

Workshop learning objectives will be the development of an EMDR intervention for perinatal difficulties and the use of the two protocols in different settings, during postpartum days or in following phases.