

Fall 2023 Syllabus

Heartland Protocol Expert E-Course

Your Trainers:

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* *All weekly meetings take place on Thursdays*
* *All In-Person meetings occur at Delmar Divine 5501 Delmar Blvd, St. Louis, MO 63112*
* *All zoom meetings will use this link:*

<https://us02web.zoom.us/meeting/register/tZEpf-CuqjMjHNUu6zpl28hdbITm81WfximK>

* All Cohort members are expected to attend all sessions. Please inform both trainers if you will be absent for a session. Attendance will be taken each week and communicated with Generate Health. If more than two (2) sessions are missed by a member, full Heartland Protocol Approved Provider status may not be granted.

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| # | Date | Time | Format | Content to be discussed |
| 1 | Sep 14 | 10:00 - noon | In Person | Introduction to Trainers and E-Course |
| 2 | Sep 21 | 10:00 - 11:00 | zoom | Overview of the Heartland Protocol: The Power of Story, PMAD Statistics, The Perinatal Life Stage,) |
| 3 | Sep 28 | 10:00 - 11:00 | zoom | The Diagnosis, Symptoms and Causes of PMAD, Defining Matresence, Postpartum Support International (PSI |
| 4 | Oct 5 | 10:00 - 11:00 | zoom | Compassion Fatigue & Burnout: Provider Self-care, Compassion Fatigue Professional Quality of Life Assessment, |
| 5 | Oct 12 | 10:00 - 11:00 | zoom | Self-Compassion, Boundary Setting, Be Kinder to Yourself |
| 6 | Oct 19 | 10:00 - 11:30 | In Person | H is for Hearing: The Essentials of Listening, A Person-Centered Approach, Listen poem |
| 7 | Oct 26 | 10:00 - 11:00 | zoom | H is also for Holding Space: article, Acknowledgement as a Skill |
| 8 | Nov 2 | 10:00 - 11:00 | zoom | E is for Empathy: Empathy vs. Sympathy, 4 Steps of Empathy, Everyone can Learn Empathy, featuring work from Dr. Brene Brown, Teresa Wiseman |
| 9 | Nov 9 | 10:00 - 11:00 | zoom | E is for Empathy: Reducing the Stigma and Shame of Language, Benefits of Empathy Communication,Featuring work of Dr. Helen Reis |
| 10 | Nov 16\* | 10:00 - 11:00 | zoom | A is for Assessment: PMAD Measurements, EPDS, ACES, 20/20 Mom Screening Brief |
| 11 | Nov 30 | 10:00 - 11:00 | zoom | A is for Assessment: Red Flags & Warning Signs DSM Doesn’t Mention |
| 12 | Dec 7 | 10:00 - 11:30 | In Person | R is for Referral: The Power of a Warm Handoff, Radical Acceptance, You Are Not Alone - There Are Champions Everywhere, Cohort Member Agencies Featured |
| 13 | Dec 14 | 10:00 - 11:00 | zoom | R is for Referral: Circles of Support, SWOT Analysis, Heartland Key Partners |
| 14 | Dec 21\* | 10:00 - 11:00 | zoom | T is for Touch Base:The Frequency of Touching Base, No Closed Door |
| 15 | Jan 4, ‘24 | 10:00 - 11:00 | zoom | D. I. R. E.: Black Infant and Maternal Mortality Racism and Stress Deconstructing White Privilege Racial Justice and Equity, Deconstructing White Privilege, How Racism Affects Pregnancy |
| 16 | Jan 11, ‘24 | 10:00 - 11:30 | zoom | Final Gathering, celebration!  Review, Synthesis and Application of The Heartland Protocol |

\*skip following week for holiday