



The Redleaf Way: Integrating Reproductive Psychiatry, Infant and Early Childhood Mental Health, and Reproductive Justice

December 1, 2023 | 8 a.m.-4 p.m.
Location: Wilder Foundation

Morning

8:00 a.m. - 12:00 p.m.

Arrivals, registration, getting settled

8 a.m. - 8:15 a.m.

Introduction and Workshop Outline

8:15 a.m. - 8:25 a.m.

Introduction to The Redleaf Way

8:25 a.m. - 9:30 a.m.

Lecture

Building Awareness Through a Cultural Autobiography

9:30 a.m. - 10:00 a.m.

Individual and group exercise

Break 10:00 a.m. - 10:15 a.m.

Overview of Perinatal Mental Health

10:15 a.m. - 11:15 a.m.

Lecture, discussion, video

11:15 a.m. - 12:15 p.m.

Overview of Infant and Early Childhood Mental Health

Lecture, discussion, video

Lunch

12:15 p.m. - 1:15 p.m.

Afternoon

1:15 p.m. - 4:00 p.m.

Introduction to the Mother-Baby Clinical Model

1:15 p.m. - 1:45 p.m.

Lecture

Mother-Baby Program Group Experience

1:45 p.m. - 2:30 p.m.

Mindful movement and discussion

Break 2:30 p.m. - 2:45 p.m.

Clinical Application: Case Formulation

2:45 p.m. - 3:45 p.m.

Small group activity

Q&A

3:45 p.m. - 4:00 p.m.