



Intervening During the Prenatal Period with Survivors of Complex Trauma to Mitigate the Intergenerational Repercussions of Child Abuse and Neglect



Parents with complex trauma are at risk of presenting pre- and postnatal psychological distress, mother-infant bonding impairments and parenting difficulties. Early in their development, their offspring are correspondingly more likely to present biological, developmental and affective risk indicators. There is a critical need for identifying the protective factors that may contribute to mitigating the transfer of risk across generations. These protective factors may in turn be targeted through timely interventions with the most vulnerable parents in order to promote resilience in the parent and support healthy development in the child.

The presentation will first resume current knowledge on the way complex trauma may impact the experience of pregnancy and parenthood and will introduce protective factors that could be enhanced through clinical interventions. Second, a trauma-informed framework will be presented to support survivors of complex trauma during the perinatal period. Finally, the presentation will introduce the STEP program (Supporting the Transition to and Engagement in Parenthood), a mentalization-based group intervention aiming to support expecting parents who experienced interpersonal traumas.



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- ENGLISH PRESENTATION -

