

## **EMDR and Perinatal Mental Health**

**2/21/25**

**Libby McHugh, LISW-S, LICDC**

### **Bio:**

Libby McHugh, LISW-S, LICDC is an Independently Licensed Social Worker with supervisory designation (LISW-S), a Licensed Independent Chemical Dependency Counselor (LICDC) and a certified EMDR therapist in the state of Ohio and Michigan specializing in perinatal mental health, attachment trauma and addiction. Libby enjoys working with developmental and/or complex trauma, birth trauma and the entire perinatal experience, including struggles with conception and infertility. Libby earned her Master's from Case Western Reserve University and attended Ohio University for her undergraduate degree. Prior to her life as a therapist, Libby was an art teacher and fuses creative techniques into clinical work.

Libby has worked with a multitude of populations in the emergency room, residential and outpatient settings before co-establishing The Counseling and Wellness Group in 2017. Her aim is to provide accessible, evidence-based care in an outpatient environment to clients struggling with distress in their lives. Since its inception, CWG has become a trauma-focused practice with an all female staff of clinical providers.

Libby is also an EMDRIA approved certified EMDR therapist and completed her EMDR training through the Institute for Creative Mindfulness. She is an EMDR Consultant in Training (CIT) under Amber Stiles-Bodnar, LPCC-S and enjoys working with other clinicians to further develop their EMDR clinical skills. Libby offers Intensive Retreats with an emphasis on birth trauma and complex trauma, to allow working and/or busy individuals to do a deeper dive into stuck points in therapy or past traumas and to ultimately arrive at a reduction in distress.

### **Objectives:**

- Develop familiarity with contemporary perinatal language and how EMDR Therapy phases may be integrated into perinatal phases (conception, pregnancy and postpartum)
- Conceptualize birth trauma and the utilization of EMDR Therapy with this population

### **Description:**

Would you like more familiarity with contemporary perinatal language and the integration of EMDR Therapy with perinatal mental health? With this workshop you will develop a basic understanding of perinatal phases, as well as issues around fertility struggles and birth trauma. This training will orient participants to contemporary language to be used with this population, as well as how to conceptualize perinatal mental health utilizing the AIP model and phases of EMDR Therapy.

Timed Outline:	
12:00pm – 12:05pm	Greeting, Introduction and Objectives
12:05pm – 12:10pm	Define perinatal populations and perinatal mental health utilizing contemporary language
12:10pm – 12:20pm	Specific aspects of how trauma might occur within this population
12:20pm – 12:35pm	What is a birth story and common negative cognitions with this population
12:35pm – 12:45pm	Population specific target memory selection and Phase 2 suggestions
12:45pm – 12:55pm	Best practice suggestions in reprocessing, common interweaves and concept of ecology with perinatal loss
12:55pm – 1:00pm	Q&A and wrap up