Becoming Us™ Facilitator Training

Trail Map



Level I: Tilling the Soil and Planting the Seeds

Session 1: Loving

We'll start with a brief theory attachment and why the perinatal period is ripe for creating a stronger bond between partners. You'll learn the three stages of a long-term relationship, how they apply to parenthood and how you can use them with your clients.

Session 2: Learning

Is the common term "the transition into parenthood" a massive understatement? Learning the answer to this, you may discover new ways to work with clients or expand your services. You'll discover new research into neuroplasticity and how to use it to prepare couples for the parenthood adventure. You'll even get a guide!

Session 3: Growing

You'll learn the stages of growing (Becoming Me) and how they apply to parenthood. You'll also learn about emotional growth and you'll come away with 3 steps for emotional growth (use it for yourself!). You'll also be introduced to the challenging topic of Perinatal Mood Disorders. If this topic applies to you personally, you may want to take a break here and seek additional support if you need it.

Session 4: Relating

In our final session for level I, you'll learn the way we work (and you thought you knew!) You'll learn (and get to try out) the skills of intimate communication, a style of relating that can change relationship DNA.

Following Level I, you will be a Professional Seed Planter!

Level II: The Becoming Us Stages of the Parenthood Adventure

Session 5: Stage One - Prepare Prenatally (Pack Carefully!)

We call it "expecting" but expecting is a huge waste of time and a lost opportunity! We should call it "preparing" instead. Discover the common concerns for expecting parents and how to prepare them and the most common Perinatal Mood Disorders during pregnancy.

Session 6: Stage Two – Build a Nest

Couples often prepare a birth plan, but birth is just the beginning**!** The postpartum period, the fourth trimester, is pivotal for all members of a new family. In this session we will look at common postpartum issues, stress and coping and more on Postpartum Mood Disorders. Learn how to help your clients set themselves up for the best start.

Session 7: Stage Three - Adjust Expectations

Thirty percent of mothers say unmet (and often unrealistic) expectations of life and love post-baby contributed to their Postnatal/Postpartum Depression. You'll learn why and how to gently tease out and adjust expectations so they are more healthy and support coping**.**

Session 8: Stage Four - Set up Base Camp

Parenthood is a marathon, not a sprint! Now that baby is in some sort of routine, this stage focuses on what couples need to for the challenges that unfold over the first few months of parenthood. Learn what mothers, fathers and partners need so they can best meet the needs of their baby. When times are tough, parents can always return to Base Camp - these coping skills can last a lifetime**!** More than that you will learn how to structure these needs so they form a solid family foundation.

Session 9: Stage Five - Embrace Emotions

This step is probably the most pivotal one. For many reasons, as you have been learning, parenthood is a time of increased emotional vulnerability. You'll learn (and may be shocked!) to discover the normal feelings for mothers and fathers that aren't usually talked about. Create beautiful relationship bonds through emotional connection and empathy.

Session 10: Stage Six - Welcoming Parent Selves

Most parents expect aspects of life to change after baby but most don't expect aspects of them*selves to*. Mothers can be blindsided by identity shifts and lowered self-esteem. Fathers and partners generally have little insight into what's going on inside and so can be confused. Fathers and partners can have their own identity and self-esteem struggles. Support your clients to embrace the changes and use parenthood as a time of self-discovery, self-acceptance and reinvention.

Session 11: Stage Seven - Growing Together Conflict

A whopping 92% of couples report increased differences and conflict in the first year after baby. You'll learn why and the big issues that can bring most new families undone. You'll know how managing these issues can bring your couples closer, instead of sending them apart.

Session 12: Stage Eight - Connecting and Reconnecting

You won't be surprised by now to find 67% of couples report declined relationship satisfaction in the first three years of family. In the final step of the Becoming Us model, you'll learn how to keep couples connected - mentally, emotionally, sensually and sexually - through all the stages!

Following Level II, you will be a Professional Tour Guide!

Level III: Extra Support for the Extra Hard Stuff

Session 13: Reducing Risks for Abuse, Addiction and Affairs

It's a tragic fact that pregnancy and early parenthood can be a time of increased risk for affairs, addiction and abuse. You'll know why and how to reduce the risk for your clients. And for those who have experienced it, there is hope. You'll bring more awareness, understanding, empathy and appreciation for your clients - and them for each other.

Session 14: Reducing Risks for Perinatal Mood Disorders, Birth Trauma and Grief

New research is (finally!) confirming what Relationship Counsellors and Marriage Therapists have experienced for years – that trauma and emotional distress such as grief, anxiety or depression are related to couple bonding. You'll know the signs and symptoms for both mothers and fathers, how to reduce the risks and promote coping for your clients. You'll know how couples can grow closer through these challenges.

Following Level III, you'll be a Village Elder.

Are you ready? I look forward to travelling this journey with you!

Elly Taylor
PARENTHOOD PIONEER