

Perinatal NET (Narrative Exposure Therapy) Training Program

Objectives

As perinatal professionals we know:

- Traumatic stress symptoms (PTSD) are common during pregnancy and postpartum
- Pregnancy and birth can be triggering for survivors of trauma
- Evidence-based interventions are lacking for perinatal populations
- Revisiting trauma memories during pregnancy has been discouraged, but many survivors benefit from having someone to guide them through making sense of their experiences

Program Description

In a supportive group of other professionals, participants will:

- Attend a live, interactive workshop with hands-on instruction
- Learn how to implement the 6 “pillars” of Narrative Exposure Therapy (NET) for perinatal populations
- Have the option to attend bimonthly consultations to refine delivery of NET as part of your ongoing practice with clients.

Program Requirements:

Review ~2.5 hours of pre-workshop materials.
Attend a full 3-day intensive online workshop (Wed. & Thu. 9am-4pm CT / Fri. 9am-12pm CT)

Continuing Education (CE) credits include 16.75 credits for the 3-day workshop and 1 credit per bimonthly consultation session to be held every other 4th Friday from 1pm-2pm CST.

What

NET is an evidence-based, culturally inclusive psychotherapy for survivors of singular and complex trauma

Who

Perinatal professionals
(psychologists, counselors, physicians, nurses, doulas / birth workers, early childhood professionals etc.)

Why

Learn how to implement the “6 pillars” of NET with other perinatal trauma professionals
Earn 16.75 credits (CNE/CME/SW/PSCH)

When

Upcoming 2026 Workshops:

October 7-9 (Wed.-Fri.)

Where & Cost

Online (Zoom) | \$600 / \$400 (Professional / Trainee) *

Apply to Reserve a Space

Scan to complete program application.

Or visit: <https://redcap.link/RUSHNET>



Questions? Email:

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More information: tinyurl.com/CBH-Trainings

*Ask about scholarships



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Accreditation Statement:

In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit Designation Statements

For Medicine: Rush University Medical Center designates this live activity for a maximum of 16.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

For Nursing: Rush University Medical Center designates this live activity for a maximum of 16.75 nursing contact hour(s).

For Psychologists: Rush University Medical Center designates this live activity for 16.75 CE credits in psychology.

For Social Work: As a Jointly Accredited Organization, Rush University Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved continuing education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 16.75 general continuing education credits.

