

P R O M O M S
for preemies

Preventative Research On
Mental Health Outcomes
for Mothers

Individual Therapy Manual
HANDOUT PACKET

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Baby Diary

Session 1 Introduction to the NICU and Baby Development

- Handout 1 - [Common Characteristics of Premature Infants](#)
- Handout 2 - [Things Parents Can Do With Their Baby in the NICU](#)
- Handout 3 - [Importance of Skin-to-Skin Holding](#)
- Handout 4 - [Communicating in Stressful Situations](#)
- Handout 5 - [Relaxation Techniques](#)

Session 2 Cognitive Restructuring

- Handout 1 - [Common Thoughts and Feelings of Parents in the NICU](#)
- Handout 2 - [ABC-B Worksheet](#)
- Handout 3 - [Examining the Evidence](#)
- Handout 4 - [What Would I Tell a Friend](#)
- Handout 5 - [Positive Self-Statements](#)

Session 3 Stress, Triggers, and Self Care

- Handout 1 - [Symptoms of Traumatic Stress](#)
- Handout 2 - [How Triggers Work](#)
- Handout 3 - [Triggers](#)
- Handout 4 - [Feelings Thermometer Scale](#)
- Handout 5 - [Stress Triangle](#)
- Handout 6 - [Tips to Reduce Stress and Increase Support](#)
- Handout 7 - [Self Care](#)

Session 4 Loss and the Trauma Narrative

- Handout 1 - [Stages of Loss](#)
- Handout 2 - [Trauma Narrative Questions](#)
- Handout 3 - [Progressive Muscle Relaxation](#)

Session 5 Processing the Trauma Narrative

- Prepare - [Two copies of written transcript of parent's trauma narrative](#)
- Prepare - [Trauma Narrative Cue Sheet](#) to cue you about topics to raise during discussion of the trauma narrative
- Handout 1 - [20/20 Hindsight](#)
- Handout 2 - [Accomplishments, Positives, and Pride](#)

Session 6 Avoiding Overprotective Parenting and Preparing for Home

- Handout 1 - [Overprotective Parenting](#)
- Handout 2 - [Overprotective Parenting in the Short Term](#)
- Handout 3 - [Overprotective Parenting in the Long Term](#)
- Handout 4 - [Triggers and Overprotective Parenting](#)
- Handout 5 - [Developing a Successful Parenting Style](#)
- Handout 6 - [Participant Observer Worksheet](#)
- Handout 7 - [Things to Consider for Home](#)
- Handout 8 - [Baby's First Year](#)
- Handout 9 - [Baby Steps](#)

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