



# Strong Roots Perinatal Dialectical Behavioral Therapy (DBT) Model

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Life Sciences

Further information

Drew Bennett

[andbenne@umich.edu](mailto:andbenne@umich.edu)

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## OVERVIEW

Group mental health treatment for perinatal women using DBT

- Integrates various evidence-based therapies sensitive to perinatal needs
- Used for mother's mental health, parenting competence, parent-child relationships

## BACKGROUND

The perinatal period, encompassing pregnancy and the postpartum phase, is a critical time for women's mental health, marked by profound biological, environmental, mood, and interpersonal changes. Traditional approaches to mental health during this period have included individual psychotherapy and medication, often falling short in addressing the multifaceted challenges mothers face. Specifically, existing treatments may lack sensitivity to trauma or fail to provide comprehensive support in mood regulation, coping skills, and parenting competence. Recognizing these gaps, there is a pressing need for a holistic, trauma-informed approach that not only addresses mental health but also equips mothers with practical skills for better parenting and emotional regulation. Effective interventions must integrate multiple therapy modalities to meet the complex needs of perinatal women.

## INNOVATION

Strong Roots Perinatal DBT offers a comprehensive group mental health treatment tailored to the unique needs of women during the perinatal period. This approach synthesizes several evidence-based therapies, including Dialectical Behavior Therapy (DBT), Interpersonal Psychotherapy, and Infant Parent Psychotherapy, all grounded in trauma-informed principles. By focusing on mood regulation, coping skills, and peer support, the program enhances mothers' mental health, parenting competence, and parent-child relationships. Technical advances include the integration of diverse therapeutic strategies within a supportive group setting, ensuring accessibility and relevance to perinatal women. Real-world applications extend to clinical settings where practitioners can incorporate this curriculum in group and individual formats, aiming to prevent recurrences of mental health episodes and reduce the inter-generational transmission of trauma. This approach offers a well-rounded solution to the complex mental health needs during the perinatal period.