Redefining Parenthood: Navigating Identity Development in the Perinatal Period

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1. Welcome & Grounding

🖊 What brought you to this session today?

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2. Counseling Theory Foundations

Overview of key theories that inform identity work:

- **Erikson's Psychosocial Stages**

Erikson's Psychosocial Stages

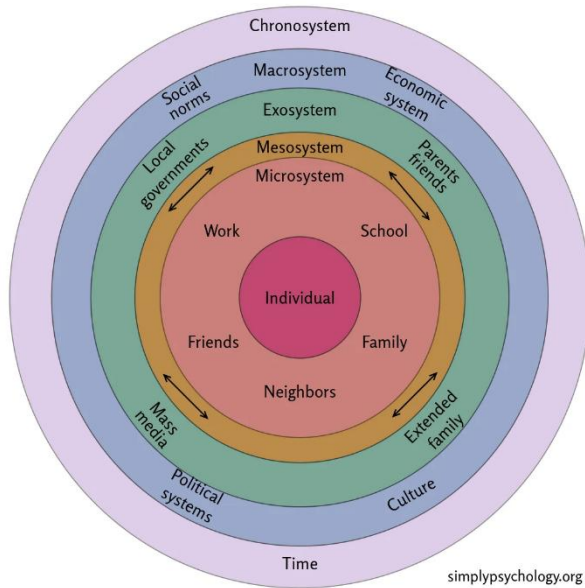| Stage	Basic Conflict	Virtue	Description
Infancy 0–1 year	Trust vs. mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Early childhood 1–3 years	Autonomy vs. shame/doubt	Will	Develop a sense of independence in many tasks
Play age 3–6 years	Initiative vs. guilt	Purpose	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped
School age 7–11 years	Industry vs. inferiority	Competence	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12–18 years	Identity vs. confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 19–29 years	Intimacy vs. isolation	Love	Establish intimacy and relationships with others
Middle age 30–64 years	Generativity vs. stagnation	Care	Contribute to society and be part of a family
Old age 65 onward	Integrity vs. despair	Wisdom	Assess and make sense of life and meaning of contributions

- **Marcia's Identity Statuses**

Marcia's Four Statuses of Identity

		Has the person made a commitment?	
		Yes	**No**
Has the person explored meaningful alternatives regarding some identity question?	**Yes**	Identity Achievement	Identity Moratorium
	No	Identity Foreclosure	Identity Diffusion

- **Bronfenbrenner's Ecological Model**

simplypsychology.org

🖉 What stood out to you from each theory?

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3. Clinical Vignette – Tiffany's Story

🖉 Thoughts, reflections, applications:

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6. Clinical Application & Wrap-Up

🖉 What clinical strategies do you already use that could support clients like Tiffany?

🖉 What new strategies or ideas are you leaving with today?

7. Grounding & Closing

🖊 Final thought, word, or image from today's session:

🖼 **Resources & Connection**

- 🌐 **Sara Rader Counseling** – sararadercounseling.com
  Sign up for my free newsletter (at the bottom of the "Contact" page) to stay connected.

- 🤝 **Perinatal Mental Health Collaborative of Middle Tennessee** – Peer support, consultation, and community for perinatal mental health providers
  Find us on Facebook or send me an email to join our free monthly Zoom consultation group for clinicians.

- 🍼 **Postpartum Support International** – postpartum.net
  Support groups, provider directory, and 24/7 helpline

- 📖 **Selected References**

  - Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design*. Harvard University Press.

  - Erikson, E. H. (1968). *Identity: Youth and crisis*. W. W. Norton & Company.

  - Marcia, J. E. (1980). Identity in adolescence. In J. Adelson (Ed.), *Handbook of adolescent psychology* (pp. 159–187). Wiley.