

Maternal Depression Psychoeducational Groups

This group is on maternal depression in young mothers in Ghana. The purpose of this group is to educate and provide support for those individuals who have experienced or who are experiencing maternal depression.

Expectations and Rules:

You have the right to privacy and confidentiality by your group facilitators and peers. This means that all members are expected to be respectful of other members' confidentiality. All disclosures made in the group must remain confidential. However, members are welcome to share any general information learned about maternal depression outside of the group.

Members should not share any personal or identifying information about other members in the group.

Members are invited and encouraged to participate in discussions. The group aims to educate about maternal depression while simultaneously providing support for those who are experiencing maternal depression, and therefore discussion is a necessary component of groups. Additionally, listening is welcome and encouraged when appropriate, however members may not fully benefit from the group if they choose not to participate in discussions.

Members should be respectful of others. Members should practice active listening skills, wait their turn to speak, and allow room for others to speak. Additionally, any feedback should be constructive and respectful.

Members are expected to attend every session. Members are expected to arrive on time for each session. If a member for any reason arrives late, they will be caught up to speed by a facilitator and then will join the rest of the group. While it is understood that there may be

extenuating circumstances, disruptions may hinder the group from making progress, and so the group developers ask that these disruptions such as late arrivals be avoided as best as possible.

Group Goals and Objectives

By the end of sessions, Participants will be able to define and describe maternal depression and identify at least three coping skills

Objectives:

1. The group will describe and discuss maternal depression and its misconceptions
2. The group will discuss coping mechanisms.
3. The group will practice at least five coping mechanisms.
4. The group will discuss and describe the signs and symptoms of maternal depression

By the end of sessions, group participants will be able to identify and manage triggers

Objectives:

1. The group will define the term “triggers.”
2. The group will explore possible triggers.
3. Develop a personal trigger identification and management plan that includes at least three specific strategies to identify and manage triggers.

By the end of sessions, Group participants will be able to identify and describe the risk and protective factors associated with maternal depression

Objectives:

1. The group will define risk and protective factors
2. Develop a list of at least three risk factors and three protective factors associated with maternal depression that each member can identify and describe in their own words.