

PANDAS
Therapy
Workshop



Preparing for Parenthood: Understanding the Emotional Journey Ahead (Pregnancy Workshop)

Saturday 21st Sep
9am - 11am
Via Zoom



www.pandasfoundation.org.uk

Connect with other parents

Join this therapy workshop from PANDAS and find a space where you will be understood, accepted and supported. This group is a place where you can talk openly about the challenges of pregnancy and parenthood, understand your experiences better and gain skills to enable you to focus on what is most important to you.

Prepare for the challenges ahead

Explore common themes such as anxieties and worries around pregnancy, birth and caring for a baby. Understand the purpose behind our difficult thoughts and feelings and learn how to respond to yourself with kindness. This session will play a vital role in equipping you with coping skills essential for navigating the journey ahead.

The 2-hour workshop is facilitated by a highly skilled therapist who provides an opportunity for you to learn how to navigate this life experience through connection and kindness. The session has a strong practical focus and will help you develop strategies that you can integrate in to your daily life that can transform how you respond to challenging experiences.

Book Online

www.kathryndivirgilio.com/bfh-pandas-workshops



About the therapy

ACT (Acceptance and Commitment Therapy) is a CBT approach that emphasizes acceptance of thoughts and emotions, and commitment to valued actions.

Its efficacy is well-supported by numerous studies, showing effectiveness in treating various mental health conditions including anxiety, depression, and stress. Research demonstrates that ACT can lead to significant improvements in psychological flexibility, resilience, and overall well-being, making it a valuable tool for addressing mental health concerns during pregnancy, parenthood and beyond.

About the therapist

Kathryn Di Virgilio is an experienced mental health therapist and registered health professional, she brings a wealth of knowledge to guide you. With a background in both the NHS and private sector in the UK and Australia, Kathryn is dedicated to supporting parents on their mental health journey.

Trained extensively in ACT and highly skilled and experienced in group facilitation, she is committed to empowering you to thrive in parenthood.