

A psychologically informed approach to being a parent (and a Clinical Psychologist)

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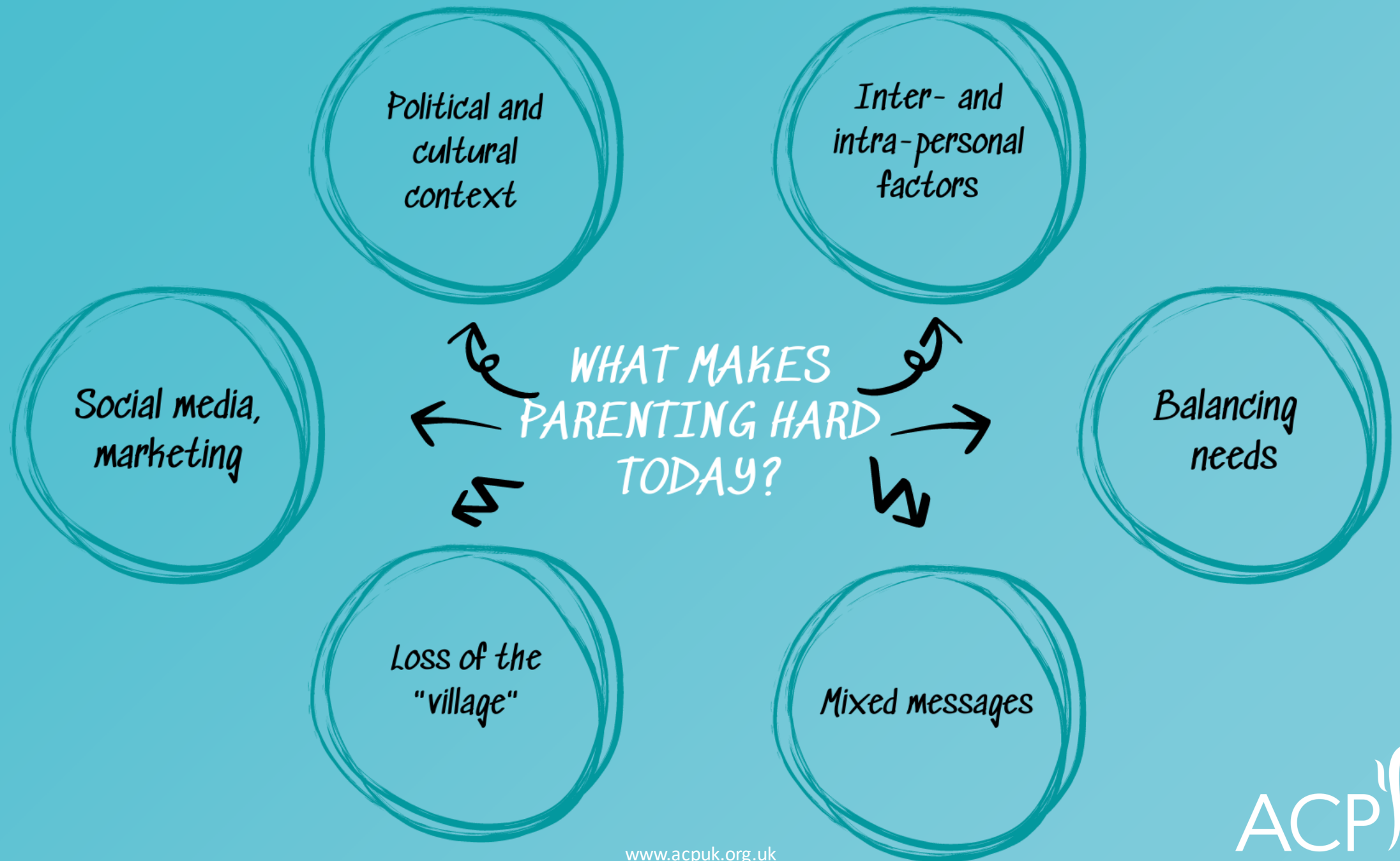


Take a moment

A view from....

- My journey to parenthood
- Clinical Psychology and Parenting
- Reflective practice



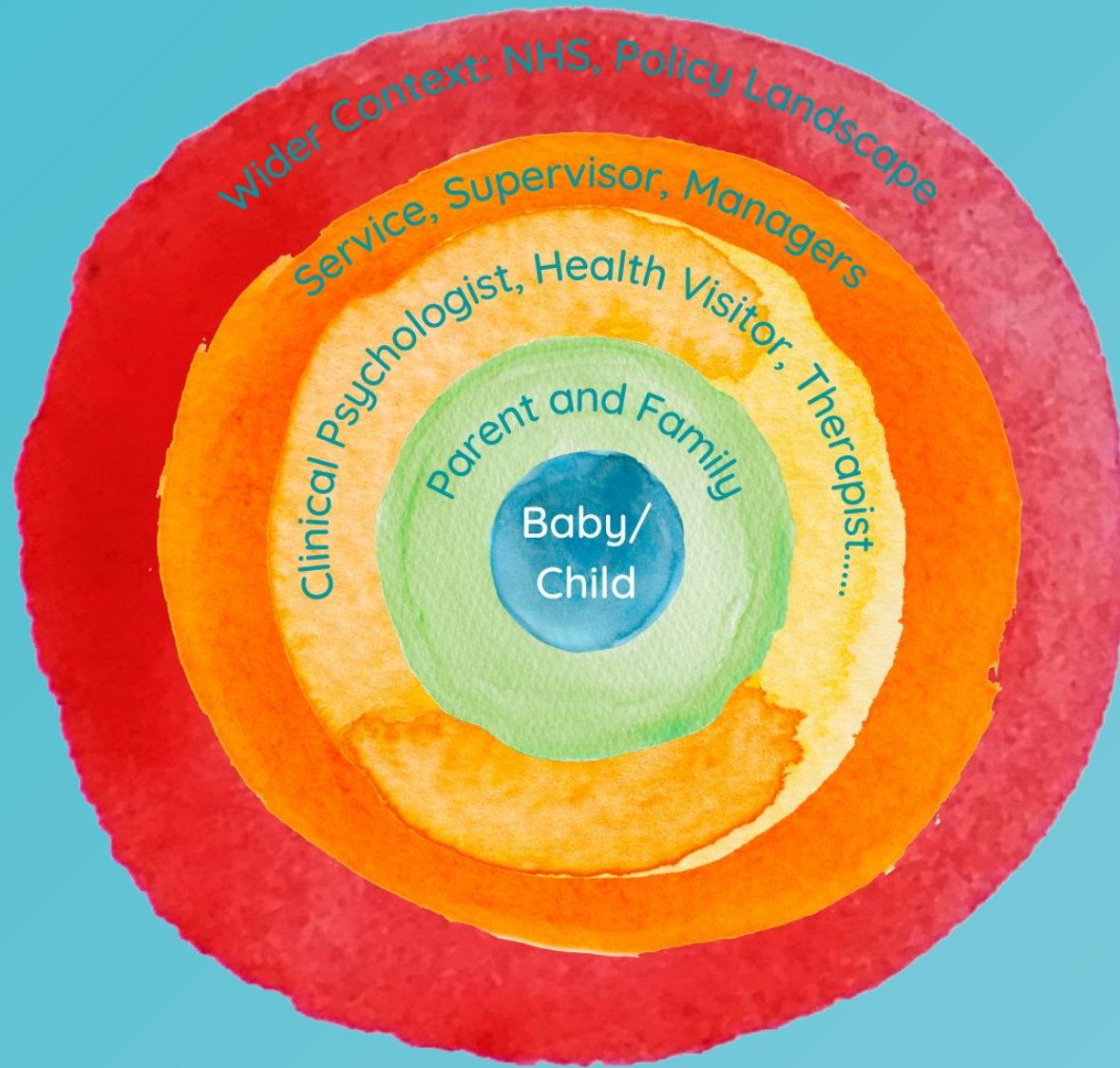


Parenting as a Clinical Psychologist (and a human)

- Knowing versus Experiencing
- Knowing versus Doing
- High standards for ourselves (and our children and our parenting)
- Lack of compassion for ourselves
- Stigma and the “tyranny of the *shoulds*”

Impact of our work on our parenting

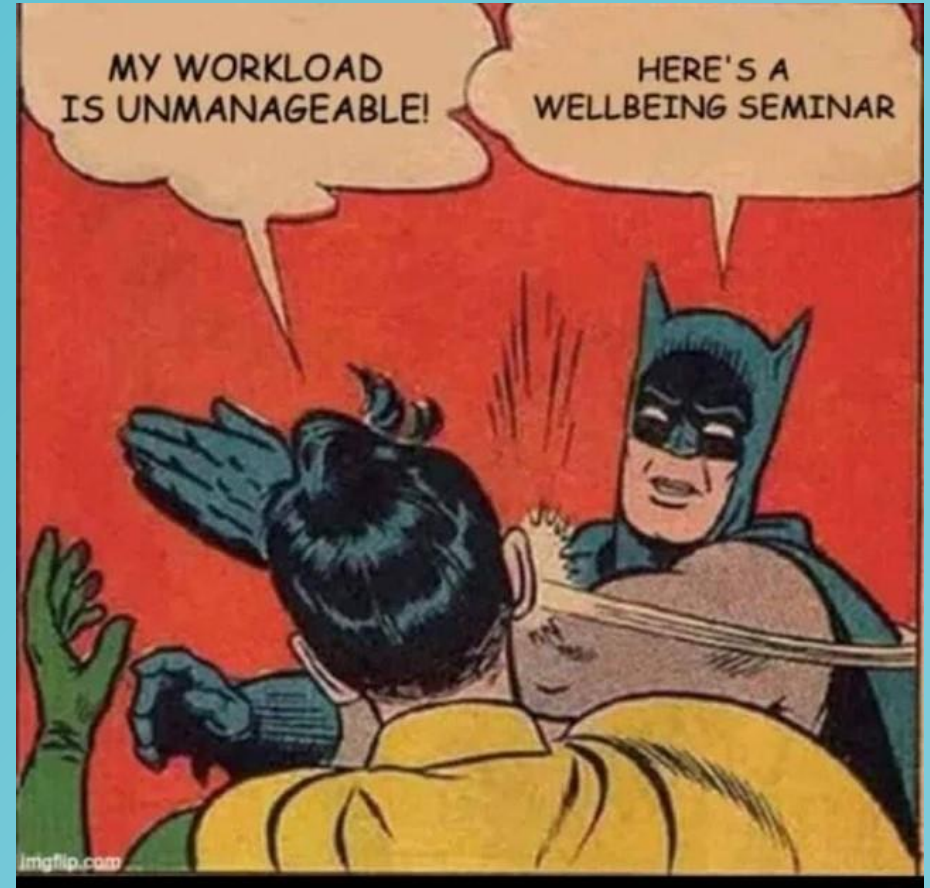
- Foreseeing problems
- Resonance and triggers at work
- Using ourselves up/compassion fatigue/burnout



After Bronfenbrenner (1977)

Doing What Works

- Self Care (but with caveat)
- Recovering from stressful work (Sonnentag et al. (2017))
- Self-compassion



Using our skills

- Curiosity and Reflection
- Sitting with, holding space
- Tolerating uncertainty

Coping With... Book Series

- Series in development by ACP with Sequoia Publishers
- Books written by Clinical Psychologists with personal experience
- Coping with Breast Cancer and Coping with Trauma already published; Coping with Endometriosis due in April
- Coping with Early Parenting likely 2025

<https://www.sequoia-books.com/catalog/>

ACPUK discount code

Resources

- Self Care for Parents who are Health Professionals:
- <https://drpaularedmond.com/3-top-self-care-tips-for-parents-who-health-professionals/>
- Video: Self Care for New Parents:
<https://ijbpe.com/about/ijbpe-birth-and-first-1000-days-video-competition>
- Blogs on Parenting:
- <https://dr-hannah-guzinska.mailerpage.com/>

Resources for stressed out parents (and psychologists)

- The Good Enough Mother Podcast– “Allying the needs of both mothers and their children” – with Amanda Connell
- Bluey – especially “Baby Race”; “Sheepdog”
- The Letdown (Netflix, 2016)

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