

May 7, 2025

TPN.Health is offering a free virtual continuing education opportunity for certain provider types.

Doulas Do It: Improving Perinatal Mental Health Through Sankofa—led by maternal health advocate Nicole Deggin, SNM, MSN, MPH—will take place virtually on Wednesday, June 25, 2025, at 11 AM CDT and offer 1.5 CE hours for the following specialty types:

- Counselors
- Marriage & Family Therapist
- Nurses (pending approval)
- Physicians (pending approval)
- Psychologists
- Social Workers
- Substance Use Disorder Professionals

From TPN.Health:

The educational goal of this presentation is to increase understanding of the work of doulas and the ways in which providers can collaborate with them professionally to improve maternal mental health. This workshop will discuss the disparities prevalent in perinatal mental health. We will explore the midwifery model of care, the differences between midwives and doulas and how Black doulas integrate cultural wisdom, historical practices, and evidence-based strategies to support families to minimize birth trauma, minimize disparities, and reduce perinatal mood disorders.

For more information, including scheduling and registration, please visit <https://app.tpn.health/education/doulas-do-it-improving-perinatal-mental-health-through-sankofa-a49e4466>.

Questions and Support:

For questions, please contact LAProvider@AETNA.com or call 1-855-242-0802 and follow the prompts.