Integrating Mindfulness and Compassion in Father-Focused Perinatal Intervention Curricula

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Why Fathers?

- “New Fatherhood”
- Family systems
- Stress and adaptation
- Paternal perinatal depression and anxiety
2018
Becoming Fathers Program

2020
Focus Groups

Current
DadSpace
• 5 – hour group program
• Met 1 hour per week in person
• Structured mindfulness practices
• Small and large group discussion
• Personal reflection
• Skills education (baby care, communication, etc.)
Takeaways

• Satisfaction¹
  – Group connection and discussion important.
  – Integrating mindfulness practices into discussion vs. having separate mindfulness modules
  – They wanted more time.
  – Information/skills helpful, but sometimes repetition from other resources.

• Outcome indicators²
  – Reduced stress and depressive symptoms for participants who did not have baby during the program.
  – Small increases in nonjudgment of inner experience.


Becoming Fathers Program

2018

Focus Groups

2020

Current DadSpace

University-Community Partnership

The Women's Clinic of Northern Colorado

HUMAN DEVELOPMENT AND FAMILY STUDIES
COLORADO STATE UNIVERSITY
Focus Group Needs Assessment

Planning for a community-based program.

What resources do Perinatal Fathers want/need?

• Opportunities to connect with other fathers
• Being included by health professionals
• Father-focused information
• Help navigating information (Google is overwhelming)
• Time with their infants
2018
Becoming Fathers Program

2018
Focus Groups

Current
DadSpace
• Offered at an obstetric clinic.
• Led by father facilitators
• 12-hour group program
• 1.5 hours per week over 8 weeks
• Curriculum includes:
  – Discussion format, dyads and large-group
  – Brief integrated mindfulness practices
  – Father-focused discussion topics include:
    • Identity and role changes
    • Coping with stress
    • Infant soothing and attachment
    • Parenting and co-parenting
    • Masculinity
    • Healthy communication
    • Infant soothing and attachment
    • Balancing family, work, and self
Future Directions

- Mechanisms of change
- Exploration of intervention components
- Efficacy