

SPEAKER KIT

Mary Smith, LCSW

Perinatal clinical social worker
Creator of Beyond Coping · Founder, Nest Together

Helping clinicians and employers see what actually drives parents' distress, and do something about it.

Framework selected for a pre-congress workshop at the 11th World Congress on Women's Mental Health, Barcelona.

About Mary

Mary Smith, LCSW, is an Oregon-based clinical social worker specializing in perinatal mental health and the creator of Beyond Coping, a framework for turning what clinicians know about a parent's life into better care. Her talks are practical and direct, for clinicians deciding on treatment and for organizations deciding how to support working parents.

Talks

FOR CLINICIANS

After the Baby: Looking Beyond Symptoms in Maternal Mental Health

Workshop · 2–3 hours

The World Congress workshop. Learn the Beyond Coping framework and practice it on cases.

FOR CLINICIANS

When the Diagnosis Is Right but Incomplete

Keynote or session · 45–60 minutes

What symptom-focused care misses, and how to use what you know about a mother's life.

FOR WORKPLACES

Beyond Work-Life Balance: What Working Parents Need From Managers

Session or workshop · 60–90 minutes

Workload, flexibility, return-to-work and everyday management decisions.

FOR HR & LEADERSHIP

Good Policies, Bad Days: Why Benefits Aren't Enough

Session · 60 minutes

Closing the gap between the policies you have and the culture parents experience.

FOR CONFERENCES **Coping Isn't the Problem** · Keynote, 30–60 min. Why we keep teaching parents to cope with conditions that could be changed.

FORMATS

Keynotes · 30–60 min
Workshops · 2–3 hours
Half-day trainings
Panels and podcasts

DELIVERY

Virtual anywhere
In person in the Portland area
Travel by arrangement

BOOK MARY

nesttogethertraining.com/speaking
mary@nesttogethercoaching.com