

# Beyond Coping

From contextual assessment to clinical action in perinatal mental health care

THE TRAINING OPPORTUNITY

Your clinicians are already collecting contextual information. Beyond Coping teaches them how to translate that information into formulation and intervention—so contextual assessment actually changes care.

What clinicians learn

- Map: Organize contextual information using the Maternal Context Map.
- Function and Connections: Identify maintaining conditions, protective factors, constraints, and their interactions.
- Working Hypothesis: Develop a collaborative formulation that explains why distress may be occurring.
- Intervention: Choose intentional clinical responses and consider where meaningful change is feasible.

What is included

Five self-paced video modules, a downloadable clinical toolkit, and case-based opportunities to apply the framework. Designed for perinatal mental health clinicians and interdisciplinary teams. Continuing education accreditation is pending; no CE credits are represented as approved.

Flexible options for organizations

| TEAM ENROLLMENT                                    | FACILITATED TRAINING                                               | INSTITUTIONAL LICENSING                                                   |
|----------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------|
| Group access to the self-paced course and toolkit. | Self-paced learning plus a live case-based discussion or workshop. | Annual access arrangements for larger teams, with coordinated enrollment. |

Next step

Tell us about your team, training goals, and approximate number of clinicians. We can discuss group access, facilitated learning, and a tailored institutional proposal. Request training information through the Nest Together “For Organizations” page.

Beyond Coping is an evidence-informed conceptual education framework, not an empirically validated treatment protocol. Training complements—not replaces—diagnosis, safety assessment, or evidence-based care. Institutional pricing is provided by proposal.