Resilience Training for Perinatal Health Care Practitioners: A Pilot Study

Do you feel perinatal care work requires moving quickly from one emotionally or physiologically demanding moment to the next—often with little time to reset?

We are studying the impact of brief, practical tools designed to help perinatal health care practitioners notice and shift their nervous-system responses in real time, to support their own wellbeing and ability to provide care.

The program combines body-based practices with accessible education about stress, the nervous system, and trauma-informed care.

You may be eligible if you:

- Are a licensed or credentialed **perinatal health care practitioner** (i.e, MD, DO, CNM, CM, LM, NP, PA, RN, LPN, LVN)
- **Provide perinatal health care** in the U.S. (outpatient prenatal care, home or hospital birth, or postpartum care)
- Serve primarily **BIPOC** and/or **other marginalized** communities

Receive 7.25 *AMA PRA Category 1 Credits* continuing medical education or continuing nursing education contact hours!



What participation involves:

- A **self-paced, virtual 8-module resilience program** and a **journal reflection** per module
- **3 online surveys (10 min each)** during the study
- A **focus group (90 min)** about your experience

Interested in participating? Complete this form!

For any questions about the study, please contact:
Ted Speaker - ted@lumostransforms.com

This study has received IRB approval by the California Institute of Integral Studies (CIIS)

Dear colleague,

We invite perinatal health care practitioners to participate in a study evaluating an **online resilience-focused program designed to support practitioner well-being**.

Perinatal providers serving marginalized communities often face high levels of stress, emotional labor, and systemic challenges. This study explores how participation in a structured virtual program relates to resilience, burnout, professional quality of life, and practitioners' perceived capacity to provide equitable, trauma-informed care.

About the Program
The Resilience Toolkit, developed by Lumos Transforms, is a trauma-informed framework that supports understanding of stress and trauma responses while building skills for regulation, resilience, and relational presence. It integrates neuroscience, somatic psychology, trauma theory, behavior change, and systems awareness. The program includes psychoeducation, experiential somatic practices, reflective inquiry, and facilitated group dialogue. For this study, the Toolkit has been adapted for perinatal health care providers, with content tailored to clinical practice, patient-provider relationships, team-based care, and perinatal-specific stressors, while maintaining its core stabilization-focused approach.

About the Facilitator
Nkem Ndefo is a Certified Nurse Midwife and Registered Nurse with an MS in Nursing and advanced training in psychological and somatic therapies, and she is the developer of the Perinatal Resilience Toolkit. She advises health systems, government agencies, and professional organizations on trauma-informed care.

Eligibility
You are eligible if you:

- Are a perinatal health care provider with one or more of the following clinical credentials—MD, DO, CNM, CM, LM, NP, PA, RN, LPN, LVN
- Currently serve as a perinatal health care provider in the United States
- Currently provide care to marginalized and/or primarily BIPOC perinatal populations.

Time Commitment

- Eight 60-minute training modules (self-paced and online)
- Brief online surveys at three time points
- Eight journal entries (associated with the 8 training modules) in response to prepared prompts
- Participation in a 90-minute online focus group

The study will take place October 6, 2026 through February 13, 2027, with an opportunity to participate in an (optional) online group session to review and discuss preliminary study findings ("data party") in March 2027.

Compensation
While no monetary compensation is provided, physicians will be eligible for a maximum of 7.25 AMA PRA Category 1 Credits™ from AMEDCO. Nurses will be eligible for 7.25 contact hours from the California Board of Registered Nursing.

To confirm your eligibility, click here.
To ask questions, click here.

Thank you for considering participation in this research!

CME/CE Information

In support of improving patient care, this activity has been planned and implemented by Amedco LLC and Lumos Transforms. Amedco LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Amedco Joint Accreditation Provider Number: 4008163

For Physicians:
Amedco LLC designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credits™ for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For Nurses:
Provider Nkemdilim Ndefo is approved by the California Board of Registered Nursing, Provider Number 15871, for 7.25 contact hours.