

Deborah Rich, Ph.D., L.P., CPLC
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Education

- 1995 – 1999 Ph.D. Counseling Psychology, Department of Educational Psychology
University of Minnesota, July 1999. APA approved program.
Dissertation: “The relationship between type and timing of post pregnancy loss
interventions and grief outcome.” Minnesota Women in Psychology award.
Internship: University of St. Thomas, Counseling and Career Services, St. Paul, MN.
APA approved internship.
- 1978 – 1980 M.A. Counseling Psychology, Department of Educational Psychology,
University of Minnesota, December 1980.
Thesis: “Design and evaluation of a rape counselor training program.”
Internship: Abbott Hospital Outpatient Clinic, Minneapolis, MN.
- 1973 – 1977 B.A., cum laude, Drama (emphasis in acting) and French

Licensure and Certification

- 2013 Certified Perinatal Loss Caregiver, Hospice and Palliative Credentialing Center
1984 Licensed Psychologist, State of Minnesota #1281 (doctoral level added September 1999)
1989 Perinatal Bereavement Hospital Coordinator and Caregiver, Bereavement Services, RTS

Clinical and Administrative Experience

- 5/1995 - current Founder/Director, Shoshana Center for Reproductive Health Psychology,
St. Paul, MN.
Duties: Psychotherapy, assessment, consultation, program development and
professional training focused on complications of pregnancy, pregnancy and
infant loss, infertility, perinatal mood disorders, and reproductive life cycle
challenges.
- 12/1999 - 3/2013 Coordinator, Pregnancy and Newborn Loss Services and Perinatal Mental
Health Services, Fairview Health System, Twin Cities Metro Area, MN.
Administrative Duties: Design and implementation of system wide program for Fairview
hospitals and clinics; curriculum development, development of multi-specialty leadership
teams, fiscal management and quality assurance.
Training Duties: Clinical Pastoral Education faculty, staff training and supervision,
community training and outreach.
Clinical Duties: Triage, assessment and referral; individual, couple and group
counseling.
- 1991 - 1995 Director, Rape and Sexual Abuse Center (RSAC), Neighborhood Involvement Program,
Minneapolis, MN.
Administrative Duties: Executive management team, program development, fiscal
management and administrative supervision of staff.
Clinical Duties: Individual and group supervision of RSAC clinical staff, consultation
and training for agency staff and students.
- 1991 – 1995 Psychologist, N.I.P. Therapy Associates, Neighborhood Involvement Program,
Minneapolis, MN.
Duties: Individual, couple and group psychotherapy and assessment; consultation; and
psychoeducational workshops.

- 1987-1991 Psychologist and Interim Asst. Director, Chrysalis Mental Health Clinic, Minneapolis, MN
Duties: individual, couple and group psychotherapy, intern supervision, administrative restructuring and program development.
- 1983 – 1986 Management Team, Wellspring Therapeutic Communities, Inc., Minneapolis, MN.
Residential treatment center for chronically mentally ill young adults.
Administrative Duties: Program development, funding reports, community outreach.
Clinical Duties: Individual, group and family assessment and psychotherapy, case management; staff supervision.
- Summer 1983 Therapist, St. Mary’s Hospital Day Treatment, Minneapolis, MN. (Temporary position)
Duties: Individual, group and multi-family group psychotherapy and assessment.
- 1981 - 1983 Counselor Training Director, Midwest Health Center for Women, Minneapolis, MN
Duties: Develop and implement counselor training curriculum; consult with nurses on psychosocial issues; provide individual, couple and group counseling on relationships, sexuality and family planning.
- 1979 – 1980 Assistant Director, Rape and Sexual Abuse Center, Neighborhood Involvement Program, Minneapolis, MN.
Administrative Duties: Develop and implement counselor training curriculum; manage volunteer and on-call counselor schedules.
Clinical Duties: Counselor screening, training and supervision; individual, couple, group and family counseling; crisis counseling; psychoeducational workshops.

Project Consultant and Research Investigator

Consultant, Resolve Through Sharing Bereavement Services, revision and editorial contributor to complete inventory of perinatal loss patient education publications. July 2017.

Consultant, Minnesota Department of Health, Maternal Child Division (MDH), *Bush Foundation Community Innovation Grant*, model development for statewide maternal mental health service delivery and improved community awareness, September 2014 – current.

Consultant, Minnesota Department of Health, Maternal Child Division, *Perinatal Depression Quality Improvement Initiative*, January 2014 - current.

Consultant, HealthPartners, Regions Medical Center, *Pregnancy Loss and Newborn Death Quality Improvement Project*, September 2013 – current.

Rich, D.E. and O’Dougherty, M. (August 2011 - July 2012). *Building capacity in rural Minnesota to support women with perinatal mood and anxiety disorders: A community-university collaboration.*

Rich, D.E. (August 2009). *A model for training community health workers to deliver perinatal bereavement services: Partnering subject matter experts with culture/language experts.* Presented at Resolve Through Sharing National Advanced Coordinator Training annual conference, La Crosse, WI.

Rich, D.E. (February 2006). *Provider practices in routine postpartum depression screening: survey summary.* Presented poster session at North American Society for Psychosocial Obstetrics and Gynecology annual conference, Kona, HI.

Rich, D.E. (February 2001). *When lesbian couples experience perinatal loss: Neglected, overlooked, and at risk.* Presented poster session at North American Society for Psychosocial Obstetrics and Gynecology annual conference Kona, Hawaii.

Rich, D.E. (February 2001). *Gender differences in response to post-pregnancy loss interventions: Impact on psychosocial adjustment and implications for program development.* Presented at roundtable discussion, North American Society for Psychosocial Obstetrics and Gynecology annual conference Kona, Hawaii

Teaching Experience

- 9/2013 - **MommaCare™** – Creator of training model, licensed exclusively to Shoshana Center.
- Current *Perinatal bereavement for psychotherapists: Tools, clinical skills and current controversies.*
Something is wrong with my baby: Collaborative decision-making following diagnosis of fetal abnormality.
Making a baby with assisted reproductive technology

- 3/2006 – National Faculty, Bereavement Services, Resolve Through Sharing.
Current Duties: Trainer for professional perinatal loss caregivers and coordinators, annual curriculum review.
- 1/2000 - Guest lecturer: University of Minnesota Medical School and School of Nursing
2/2013 Minneapolis, MN.
Topics: Psychosocial OB/Gyn, Perinatal Loss, Postpartum Depression
- Fall 2005 – Adjunct Faculty, Minnesota School for Professional Psychology, Doctoral Program in
2009 Clinical Psychology, Argosy University, Minnesota.
Duties: Developed and taught semester class on Reproductive Health Psychology, served on student dissertation committees.
- 9/1999 - Adjunct Faculty, University of Minnesota Graduate School, Counseling and Student
5/2003 Personnel Psychology Program (CSPP), Minneapolis, MN
Duties: Course instructor, clinical supervisor of masters and doctoral practicum students, supervisor of teaching assistants.

Representative Lectures and Workshops

Transition to parenthood: A model for understanding perinatal loss within the framework of perinatal mental health. Postpartum Support International annual conference, concurrent session, Philadelphia, PA, July 2017.

Pregnancy loss as a rupture in the developmental task of achieving parenthood: mental health risks and outcomes. Beyond the Baby Blues annual conference, Minneapolis, MN, June 2017.

Perinatal bereavement for psychotherapists: Tools, clinical skills and current controversies. Invited half-day pre-conference. International Perinatal Bereavement Conference (IPBC), Phoenix, AZ, September 2016.

Research and practice update: Impact of pregnancy loss on psychological functioning and grief outcome. Concurrent session, IPBC, Phoenix, AZ, September 2016.

Twin Cities Jewish Community Pregnancy Loss Initiative: Poster session, IPBC, Phoenix, AZ, September 2016.

Bereaved parents with pre-existing mental health challenges: Discernment and intervention skills for caregivers. Invited keynote, International Death, Grief and Bereavement Conference, La Crosse, WI, June 2016.

Psychological outcomes following pregnancy loss: research, practice and current controversies. Invited talk, Bi-annual conference, North American Society for Psychosocial OB/Gyn, New York, NY, April 2016.

Postpartum grief trajectory and psychological impact. Allina annual conference, Caring for the Sorrow of Pregnancy and Infant Loss, Minneapolis, MN, April 2016.

Reproductive health psychology: Overview, best practice and current controversies. Invited workshop, annual Minnesota Women in Psychology educational event, St. Paul, MN, April 2016.

Recovery of hope and faith in the face of loss: Promoting in-session resourcefulness and utilization in everyday clinical encounters. Invited lecture, Minnesota Society of Clinical Hypnosis, St. Paul, MN, January 2016.

Impact of pregnancy loss on psychological functioning and grief outcome. Concurrent session, Postpartum Support International conference, June 2015.

The patient whisperer: A toolkit for successfully managing challenging clinical interactions. Concurrent session, Beyond the Baby Blues conference, St. Paul, MN, May 2015 and Postpartum Support International conference, Plymouth, MI, June 2015.

Emotional well-being during pregnancy and postpartum: Peer support training workshop. Sponsored by Pregnancy and Postpartum Support Minnesota, November 2014 and April 2015.

Decisions and interventions: Client prenatal diagnosis of severe fetal abnormalities. Accepted for extended concurrent session, Minnesota Psychological Association annual convention, March 2015.

The patient whisperer: Advanced skills for challenging patient interaction in perinatal bereavement care. International Perinatal Bereavement Conference, San Antonio, TX, November 2014, and Advanced Skills Workshop, Bereavement Services National Conference, La Crosse, WI. August 2012.

Jewish views on death and traditional practices for burial and memorialization. Invited webinar, Bereavement Services, RTS. Archived online August 2014.

Perinatal bereavement: grief, trauma, DSM-V controversy and best practice. General session, Stillbirth Summit 2014, Minneapolis, MN, June 2014.

Perinatal Bereavement: Interdisciplinary Care, Clinical Tools and Current Controversies. Minnesota Psychological Association annual convention, Minneapolis, MN, April 2014.

Doing the two-step: Individual and group grief support for couples. Advanced Skills Workshop, Bereavement Services National Conference, La Crosse, WI (with Eichenfield, G.A.), August 2013.

Stretching the boundaries: Training non-mental health perinatal professionals to meet the support needs of rural pregnant and postpartum women. Postpartum Support International Annual Conference (with Post, K., O'Dougherty, M., Swanson, S., and Clancy, C.), June 2013.

Supporting at-risk moms: An overview of research-to-practice. Beyond the Baby Blues annual conference, sponsored by NAMI Minnesota. June 2011.

Reproductive health psychology: research and practice. Minnesota Psychological Association annual convention, St. Paul, MN. May 2011.

Impact of perinatal mood disorders on infant and child development: Strategies for identification and intervention in the ECFE environment. Centennial ISD #12 Lino Lakes, MN. January 2011.

A Mental Health Primer for Perinatal Bereavement Caregivers. Advanced Skills Workshop, Bereavement Services National Conference, La Crosse, WI. August 2011.

Complications of pregnancy: Perinatal loss and perinatal mood disorders. Minneapolis Community Health Workers Perinatal Update Conference. May 2010.

The spiritual journey following perinatal loss. University of Minnesota Psychiatry Residency class on Mental Health and Spirituality. February 2010.

Perinatal depression and anxiety: Research and practice update. Fairview Behavioral Health annual in-service. September 2008.

Guiding the patient's journey following diagnosis of severe fetal anomaly. Resolve Through Sharing National Advanced Coordinator Training, annual conference, La Crosse, WI. August 2007.

Depression and anxiety during pregnancy and postpartum. Leading the Way to Excellence. Powell Center for Women's Health annual nursing conference, Minneapolis, MN. May 2007.

Facilitating patient decision-making following diagnosis of severe fetal anomaly. Symposium, North American Society for Psychosocial Obstetrics and Gynecology annual conference, Portland, OR. February 2007.

Improving care for lesbian obstetric patients: Research and practice. National Perinatal Bereavement Conference, Chicago, IL. October 2006.

Enriching your relationship following pregnancy loss. Pre-conference couple workshop, National Perinatal Bereavement Conference, Chicago, IL. (with Eichenfield, G.A.) October 2006.

Reproductive health psychology: A critical specialty practice. Minnesota Psychological Association First Friday Forum, St. Paul, MN. November 2005.

Hospital-based perinatal bereavement programs: Designing a sustainable model. Poster session. North American Society for Psychosocial Obstetrics and Gynecology annual conference, San Diego, CA. February 2005.

Psychosocial support during pregnancy and postpartum: The role of the perinatal educator. MN Perinatal Educator Group annual conference. November 2004.

Psychosocial programming and interventions with families experiencing pregnancy loss and newborn death. Keynote and breakout session, Oregon Health Sciences University, Department of Obstetrics and Gynecology, annual conference. October 2004.

Psychological aspects of fertility treatment: Current research and practice. University of Minnesota Department of Psychiatry Annual Update, Minneapolis, MN. September 2004.

Maternal postpartum depression: the role of the pediatrician in identification and management. Pediatric Grand Rounds, Children's Hospitals and Clinics of Minneapolis and St. Paul. August 2004.

Maternal postpartum depression: the role of the pediatrician in identification and management. Pediatric Department Grand Rounds, University of Minnesota Hospitals and Medical School. April 2004.

Psychological impact of infertility: theory and treatment. Breakout session, 2nd International Women's Mental Health Conference, Washington, DC, March 2004.

Gender differences in response to post-pregnancy loss interventions: Impact on psychosocial adjustment and implications for program development. Roundtable discussion, North American Society for Psychosocial Obstetrics and Gynecology annual conference, Kauai, Hawaii. February 2003.

When lesbian couples experience perinatal loss: neglected, overlooked and at risk. National Perinatal Bereavement Alliance bi-annual conference, Austin, Texas. September 2002.

The future of perinatal bereavement programming. Keynote address, Ohio State Resolve Through Sharing conference. October 2001.

Psychology of infertility: Understanding the process and strengthening coping. RESOLVE of Minnesota workshop. August 2001.

Enriching your relationship following pregnancy loss. National Perinatal Bereavement Alliance bi-annual conference, Baltimore, MD. (with Eichenfield, G.A.) September 2000.

Enriching your relationship following pregnancy loss. Poster session, North American Society for Psychosocial Obstetrics and Gynecology annual conference. St. Petersburg, FL. (with Eichenfield, G.A.) February 2000.

Publications

Rich, D.E. (invited by guest editor, Jonathan Schaffir, M.D. due 12/2017). Impact of pregnancy loss on perinatal mental health: risks, outcomes and interventions. In symposium on Depression in the Pregnant Patient, *Clinical Obstetrics and Gynecology*, April 2018.

Limbo, R.K. and Rich, D.E. (2017). Conversations in Perinatal Bereavement, in *Conversations in Perinatal, Neonatal and Pediatric Palliative Care*, Kobler, K. and Kavanaugh, K. (Eds). Hospice and Palliative Care Nurses Association: Pittsburgh, PA.

Sethre, R.F. and Rich, D.E. (2015). Online mental health services. *Minnesota Healthcare News* 13(11), 22-23 and 31.

Rich, D.E. (2015). Supporting Jewish families after pregnancy loss. Published October 22, 2015, <http://tcjewfolk.com/supporting-jewish-families-pregnancy-loss/>

Rich, D.E. (2012). Parenting two daughters: the lifelong journey of perinatal bereavement. *Illness, Crisis, and Loss*. Vol. 20(3) 309-311.

Trangle M, Dieperink B, Gabert T, Haight B, Lindvall B, Mitchell J, Novak H, Rich D, Rossmiller D, Setterlund L, Somers K. Institute for Clinical Systems Improvement. Major Depression in Adults in Primary Care. <http://bit.ly/Depr0512>. Updated May 2012.

Gjerdengen, D., Katon, W., and Rich, D.E. (2008). Stepped care treatment of postpartum depression: a primary care-based management model. *Women's Health Issues*, 18(1), 44-52.

Rich, D.E. (December 2005). Pregnancy and Newborn Loss Services Update. *Scope: Physician Newsletter* of Fairview Health Services.

Rich, D.E. (April 2004). Perinatal bereavement: A lifelong journey. *Forum. Association for Death Education and Counseling*.

Rich, D.E. (Fall 2001). Anticipating the difficult days ahead. *Loving Arms Newsletter*, 19, 3 (74).

Rich, D.E. (January 2001). Perinatal grief: Program design. *Minnesota Physician*, XIV, 10.

Rich, D.E. (July 2000). The impact of post-pregnancy loss services on grief outcome: Integrating research and practice in the design of perinatal bereavement programs. *Journal of Illness, Crisis, and Loss*. Sage Publications.

Rich, D.E. (1999). When your client's baby dies. *Journal for Couple Therapy*, 8(2), 49-60.

Rich, D.E. (August 1999). *The relationship between type and timing of post-pregnancy loss interventions and grief outcome. Dissertation Abstracts.*

Rich, D.E. (February 1992). Hurricane Andrew: A firsthand account of mental health disaster relief services. *Minnesota Women Psychologists Newsletter*.

Leadership – Current

Minnesota Women in Psychology, **Board Member**
Minnesota Pregnancy Loss and Infant Death Coalition, **Founder and Chair**
North American Society for Psychosocial Obstetrics and Gynecology
Board Member and Conference Program Committee
Perinatal Loss and Infant Death Alliance of North America
Conference Committee and Education Committee

Leadership – Recent Past

Postpartum Support International, **Conference Committee**
Minnesota Beyond the Baby Blues, **Conference Committee**
Pregnancy and Postpartum Support Minnesota,
Past Steering Committee and Training Director
Minnesota State Task Group on Postpartum Depression, **Advisory Committee**
Perinatal Loss and Infant Death Alliance of North America, **Board Member**
Twin Cities Pregnancy and Infant Loss Coalition, **Founder and Chair**
Fairview Health Services, Minneapolis, MN
Chair - Zero Birth Injury perinatal depression subgroup
Advisory Committee - Palliative Care & Life Transitions
Quality and Safety Committee – Perinatal Services
Diversity Advisory Committee
Institute for Clinical Systems Improvement of MN, **Depression Guidelines Workgroup**

REFERENCES FURNISHED UPON REQUEST