



PERINATAL SERVICES



www.sage-clinics.com



Sage Clinics is a premium mental health care provider founded by well-established UAE healthcare professionals, with the goal of delivering high quality, evidence-based mental health care.

The Sage team comprises international, western-trained mental health specialists –psychiatrists, clinical psychologists and dietitians – who work as an integrated team using evidence-based practice to deliver the best outcomes for every individual, couple, family, group or company they work with.



What are perinatal mental health problems?

Perinatal mental health problems are mental health problems that are present throughout pregnancy and/or the first year after the baby is born.

It might be that an existing problem gets worse, a problem you have had in the past reappears, or sometimes people do experience a mental health problem for the first time.

Becoming a parent can be one of the most exciting and rewarding yet also one of the most challenging experiences of our lives. It is normal and understandable that our mental health might be affected during this time.

We know that up to 20% of all men and women becoming parents will experience a mental health problem either during the pregnancy or in the postnatal period.

Living with these difficulties can have a huge impact on the health and wellbeing of the whole family. However, it doesn't have to be this way, with the right help and support things can improve.



When might I want to see a perinatal specialist?

You might want to consider seeing a perinatal mental health specialist if you notice any of the following:

- Feeling low in mood or depressed
- Feeling more anxious and worried than usual, this can be about a range of things but might include the health and safety of your baby or giving birth
- Feeling overwhelmed by parenthood and all that it entails
- Feeling overwhelmed by your emotions and struggling to manage them
- Difficult memories and experiences from your own childhood and struggling to manage these
- Struggling to bond with your baby, during pregnancy or once they have been born
- Difficulties within your relationship with your partner
- Feeling traumatized by your experience of the birth of your baby - both women and men can be traumatized by birth



What does the Perinatal Mental Health Service offer?

We have a team of highly trained mental health professionals with expertise in perinatal mental health.

We offer a range of evidence-based psychological therapies, and where appropriate, medication.



Perinatal Assessment

During your assessment we will meet with you, and anyone else you wish to accompany you to the appointment, such as your partner or a close family member. We will work together to develop a shared understanding of the current difficulty.

This will include identifying any factors that have contributed to the development of the difficulty and might be keeping the difficulty going. We will also explore your history, including any previous mental health difficulties or experiences of pregnancy, birth and caring for a baby.

We will think with you about your hopes, goals and expectations for treatment. This enables us to decide the best form of treatment for you, which may include psychological therapy and/or an appointment with our Consultant Psychiatrist to discuss medication.





Specific Perinatal Assessment

Emotional wellbeing assessment during pregnancy (50 minutes)

Together we identify any areas of wellbeing you are struggling with.

We will then develop a wellness plan, identifying ways of improving and maintaining all aspects of your emotional wellbeing.

Whilst this can be a standalone session, at the end of the session we may decide to meet again to allow us time to discuss things in greater detail.



Specific Perinatal Assessment

Emotional wellbeing assessment for parents (50 minutes)

This assessment provides an opportunity to look at all aspects of your wellbeing, either as an individual or a couple, and to identify any areas in which you are struggling.

Together we will then develop a wellness plan, identifying ways of improving and maintaining all aspects of your emotional wellbeing.

Whilst this can be a standalone session, at the end of the session we may decide to meet again to allow us time to discuss things in greater detail.





Specific Perinatal Assessment

Birth review (1h30m)

In this birth review, we provide an opportunity for you to talk about your experience of birth. We will give time and space to listen to you, without judgement.

We will ask you to complete a short questionnaire, which helps us to identify if you are experiencing Post Traumatic Stress Disorder (PTSD) as a result of your experience of giving birth, this is often referred to as birth trauma.

At the end of the appointment, we will share our recommendations for next steps, which may include a course of trauma focused therapy.



What psychological treatment do you offer?

We can offer a range of psychological therapies, including:

- **Cognitive Behavioural Therapy (CBT)**
- **Compassion Focused Therapy (CFT)**
- **Acceptance and Commitment Therapy (ACT)**
- **Couples and family-based work**
- **Parent-infant therapy** – either as mother-infant or father-infant dyad or as a mother, father and infant triad
- **Eye movement desensitization and reprocessing (EMDR)**





What psychological treatment do you offer?

Trauma focused therapy for birth trauma (50 minutes or 1h30m for EMDR)

Research suggests that around 4% of women who give birth go on to develop PTSD, or birth trauma.

Symptoms of PTSD include re-experiencing the trauma (e.g. flashbacks and nightmares); avoidance (avoiding any reminder of the birth or the events surrounding the birth); negative cognitions and mood (such as feelings of guilt or shame); and arousal (such as a constant feeling of fear).

At Sage Clinics we offer evidence based psychological therapy for birth trauma, this includes trauma-focused Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing (EMDR).





What psychological treatment do you offer?

Psychologically informed birth preferences and planning (50 minutes)

The session provides an opportunity to talk about what worries, scares or concerns you about giving birth. We will then work together to identify things that could be put in place to make you feel more comfortable and confident about giving birth.

These ideas can be put into a list of preferences or wishes that can be shared with your care team and inform the care you receive in the lead up to, during and after giving birth. You might find this session particularly helpful if you have had a previous experience of birth that was difficult or traumatic.

Whilst this can be a standalone session, at the end of this session we may decide that it would be helpful to meet on another occasion to discuss things in more detail.



What psychological treatment do you offer?

Preparing psychologically for a caesarean section (50 minutes)

This session provides a space to talk about any worries or concerns you have about your caesarean. We will share information with you about the process, to help you feel well informed and psychologically prepared going into the process.

Together we will also identify things you can put in place, in the lead up to, during and after the surgery to look after your psychological health throughout the process and during recovery.

Whilst this can be a standalone session, at the end of this session we may decide that it would be helpful to meet on another occasion to discuss things in more detail.





What psychological treatment do you offer?

Couples therapy (50 minute sessions)

Couples therapy can provide a space to help you to identify and talk about any challenges you are experiencing as a couple and parents. It can also help identify solutions.

Some of the things we support couples with in couples therapy include improving communication, increasing connection and intimacy and creating greater consistency in your parenting approach.



What psychological treatment do you offer?

Parent-infant therapy (50 minute sessions)

We offer evidence-based parent-infant therapy. Parent-infant therapy is for mums and dads. We can work with a mother and infant, father and infant or mother, father and infant.

The focus of parent-infant therapy is to provide a space in which to identify the things you are struggling with in your relationship with your baby and to work with you and your baby to improve the relationship and help you to be the parent that you want to be to your baby.





Meet our perinatal mental health specialists



Dr Charlotte Cousins, is a UK trained Clinical Psychologist. Prior to moving to Dubai she worked within the NHS and private practice.

This includes within Community Perinatal Mental Health Teams and a Mother and Baby Inpatient Unit. Charlotte provides specialist psychological assessment, formulation and evidence-based therapy for individuals, couples, parent-infant dyads and triads experiencing a wide range of mental health difficulties.

Charlotte's special areas of interest include tokophobia (a fear of childbirth), supporting parents to develop a relationship with their baby both during pregnancy and in the postnatal period and working with parents to increase their confidence in their ability as a parent.



Meet our perinatal mental health specialists



Dr Zeeshan Ahmad is a General Adult Consultant Psychiatrist with over 10 years of experience treating patients with various mental health conditions.

He has a particular interest in treating patients with perinatal mental health problems as well as Adult ADHD and Autism. He has vast experience of looking after patients before and during their pregnancy and after childbirth as well.

Dr Ahmad was trained in the UK. He completed his training in East London NHS Foundation Trust (Hackney) and worked as a Consultant Psychiatrist for several years in North East London NHS Foundation Trust. He uses a pragmatic and holistic approach using a biopsychosocial model to enable his patient's sustained recovery.

Contact Our Team



Our team of mental health professionals are here to help you

If you're interested in learning more about our perinatal services and how we can help support your mental health, please don't hesitate to contact us.



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