

TALK TOPICS

KATHY MORELLI



Kathy Morelli is a Licensed Professional Counselor and the Director of BirthTouch[®], LLC. She helps new parents address stress, negative thoughts and emotions and fears, and to learn to be in the moment with pregnancy and the new baby.

Kathy specializes in Couples Counseling and the Emotions of Pregnancy & Birth. She provides counseling women and their families in the childbearing years around issues of adaptation to motherhood and the couple's transition to parenthood, as well as pregnancy loss, anxiety & depression, and more.

MOTHERHOOD AND MENTAL HEALTH

INTERVIEW QUESTIONS:

Becoming a parent is a time of spiritual & psychological growth. It is also a time of uncertainty and fear about parenting skills, questioning relationships, balancing career and parenthood, wondering how to be a good parent.



- *Based on research, what type of identity changes accompany a woman's transition to motherhood? What about men and fatherhood?*
- *How can a woman's past influence her parenting style?*
- *What are some of the methods that can help a woman move past her frustration and feelings of stuckness?*
- *How does a woman's tendency towards caring and relationships sometimes spill over into an unhealthy codependency?*

NICU PARENTS

INTERVIEW QUESTIONS:

It's very frightening and stressful if the newborn needs to be admitted to the neonatal intensive care unit (NICU). Babies who need to go to the unit are often admitted within the first 24 hours after birth. Kathy Morelli, LPC helps new parents turn towards each other and connect during the difficult time when their baby is being treated in the NICU.



- *How important emotionally is the action of physical touch for parents in the NICU?*
- *How is touch used as a healing technique?*
- *What are some steps to take or words to use to communicate if one partner is not as self-aware as the other?*
- *How important is it to the baby for parents to reduce stress inside of themselves or between them?*

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