



Wildflower Center for Learning

Professional Development & Continuing Education
for Psychotherapists and Allied Professionals



<https://wildflowerllc.thinkific.com/>

Introducing Wildflower Center for Learning

At Wildflower Center for Emotional Health, we believe learning is lifelong. Our Center for Learning is designed to support psychotherapists and other health professionals with engaging, practical, and research-informed training opportunities that can be applied immediately in clinical practice.

We offer:

- ✓ **Live Synchronous Trainings**
Real-time, interactive learning led by experts
- ✓ **Recorded Trainings**
High-quality sessions available anytime, at your own pace. Log in to our online learning platform, Wildflower Center for Learning, to explore our ever-growing catalogue of trainings led by experts on our team
- ✓ **Free Resources**
Downloadable tools and guides to strengthen your work available on Wildflower Center for Learning
- ✓ **Customized Community Trainings**
A virtual or in-person training brought directly to your team based on your specific needs
- ✓ **Consultation**
Ongoing 1:1 and group consultation with members of our team to support you in your clinical practice

What to expect

- ✓ Interactive, relevant training you can use right away
- ✓ Opportunities to deepen knowledge in specialty areas
- ✓ Support from experienced, compassionate clinicians
- ✓ Options to customize training length and format (in-person or virtual)



CEUs

As a verified CE sponsor through Postpartum Support International, all perinatal-focused training sessions count toward obtaining or renewing the Perinatal Mental Health Certification (PMH-C). CEUs are also available for social workers, counselors, marriage and family therapists, and psychologists. Wildflower is a State of Illinois licensed provider of continuing education (license numbers: 159.001538, 268.000127, and 168.000258).

Chicago | Oak Park | Boulder
312.809.0298

www.wildflowerllc.com

Examples of training topics

Wildflower trainings reflect our specialty areas including perinatal mental health, sexuality, relationships, trauma, and mood and anxiety disorders. Examples of trainings we have provided include:

- ✓ Beyond the Worry: Treating Perinatal OCD in Psychotherapy
- ✓ Restoring Pleasure: Healing Sexual Trauma in Psychotherapy
- ✓ Embracing Grief: Integrative Approaches for Addressing Perinatal Loss
- ✓ Pregnancy and Postpartum Mental Health: What Psychotherapists Should Know
- ✓ Step by Step: Applying DBT to the Treatment of Trauma
- ✓ What Makes a Family: Supporting LGBTQ+ Therapy Clients in Redefining Family

...and more. We can work with you to design a training that fits your team's needs.



Ready to learn more?

Contact our Director of Education & Professional Development
Eden Himidian, LCSW, PMH-C, RYT | 312.809.0298 | ehimidian@wildflowerllc.com

Frequently Asked Questions

Q: Who are your educational offerings for?

A: Our programs are designed for a wide variety of professional audiences, including individual clinicians who are looking to earn continuing education units (CEUs) while deepening their knowledge and skills; group practices and hospital teams that want to learn together and strengthen their shared approach to care; and organizations supporting perinatal and general mental health that seek to enhance the expertise of their staff and improve the services they provide.

Q: How long are training sessions?

A: Our live synchronous training sessions for the community are 1–2 hours. Our prerecorded and customized community training opportunities vary in length and range from 1–4 hours. These can be tailored to your schedule.

Q: Do trainings provide CEUs?

A: Yes. CEUs are available for social workers, counselors, marriage and family therapists, and psychologists.

Q: Are trainings interactive?

A: Absolutely. Sessions focus on real-world application and group discussion.

Q: Can trainings be customized?

A: Yes. If you'd like Wildflower to come to you, we'll collaborate with you to choose a topic, format, and length that best fit your team.

Q: What is the cost?

A: Cost varies by format, length, and customization. Please contact us to discuss.