



Postpartum Action: A Train the Trainer Workshop

Jane I. Honikman, M.S.

Thursday June 25, 2015, 8:30am-12:30pm

JUDITH ROOM – 2nd FLOOR

Inn at St. John's, Plymouth Michigan

Postpartum Action: The Basics will provide fundamental information and tools needed to conduct a training session on how to provide postpartum emotional support to mothers and family members.

Jane Honikman, MS, co-founded Postpartum Education for Parents (PEP) in 1977. In 1987 she founded Postpartum Support International (PSI). She was elected as PSI's first President in 1989 and operated the organization from her home until 2004. Jane authored *I'm Listening* (2014) and *Community Support for New Families* (2013). In 2012 *I'm Listening* was adapted by the humanitarian organization CARE for use in Bangladesh. It has also been translated into Chinese and Hebrew. Learn more at www.Janehonikman.com



Learning Objectives:

By the end of this workshop, participants will be able to:

1. Provide an overview of postpartum depression (ppd)
2. Provide quality, personalized support for women experiencing (ppd) and support for family members.
3. Implement "steps to wellness" and a "plan of action."
4. Reflect on the role of spirituality in overcoming ppd.
5. Build a supportive community for women and their families.

Agenda

- ✦ Opening Session
- ✦ Perceptions about depression
- ✦ Postpartum Depression (PPD)
- ✦ How to communicate with mothers experiencing ppd
- ✦ The Steps to Wellness
- ✦ Creating an action plan
- ✦ Building a Supportive Community

SOCIAL WORK CONTINUING EDUCATION CREDIT

NASW: This program is Approved by the National Association of Social Workers (Approval #886437768-6492) for a maximum of 4 continuing education contact hours.

Michigan NASW: The University of Michigan Depression Center is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0063. This program is approved for a maximum of 4 CE contact hours.

Participants must complete an evaluation and sign in and out to receive social work credit.