

# Perinatal Psychiatry Seminar in Southern France

La **Teppe**



**Repro Psych  
Group**

**La Teppe Medical Center  
Postpartum Support International  
Reproductive Psychiatry Group**

**28th Sept - 2nd Oct 2015**

**La Teppe Medical Center, Tain L'Hermitage, France**

*Under the auspices of the International Marcé Society*

*In collaboration with the French Speaking Marcé Society, WAIMH-F and A.R.I.P.*

*International Workshops in Clinical Skills for Perinatal Psychiatry*

*La Teppe Medical Centre, France*

Presented by La Teppe Medical Center and Postpartum Support International, this five-day 2015 Perinatal Mental Health Training brings together experts in the field of perinatal mental health. Approved for CMEs.

Tain L'Hermitage, a beautiful spot in the South of France, is easily accessible by fast train from Paris Charles de Gaulle airport and is close to Lyon airport. All workshops are presented in English and are applicable for psychiatrists, psychotherapists, researchers, nurses, social workers, and other perinatal mental health providers.

- [28 - 29 Sept 2015: "Interpersonal Psychotherapy in the Perinatal Context"](#)  
Two-Day Interpersonal Psychotherapy (IPT) Training - Oguz Omay, MD
- [30 Sept 2015: "Traumatic Birth and Recovery: When the Unexpected Happens"](#)  
One-Day Perinatal Trauma Training: Leslie Butterfield, PhD and Birdie Gunyon Meyer, RN, MA, CLC
- [1-2 October 2015: Reproductive Psychiatry Seminar](#)  
Two Day Seminar: Cases and special topics, presentations, and discussion, facilitated by Adrienne Einarson, RN, PhD Candidate, Reproductive Psychiatry Group Founder

La Teppe holds a maximum of 60 people for the training, providing a highly interactive and stimulating seminar and workshop environment. The cost has been kept to a minimum, and includes delicious catered lunch, refreshments, and materials.

- Early Bird rate for all three workshops (before Feb 15): 300 euros
- All three workshops (after Feb 15): 450 euros
- IPT workshop only: 200 euros
- Trauma workshop: 100 euros
- ReproPsych Seminar only: 250 euros
- Special Speaker Registration Rate - contact [wdavis@postpartum.net](mailto:wdavis@postpartum.net) for details

**REGISTRATION & INFO:** [www.perinatalpsych-lateppe.eventbrite.com](http://www.perinatalpsych-lateppe.eventbrite.com)

## **Interpersonal Psychotherapy (IPT) in the Perinatal Context**

**Oguz Omay, Psychiatrist, La Teppe Medical Center, Tain l'Hermitage, France**

**Monday 28 September – Tuesday 29 September 2015**

Interpersonal Psychotherapy (IPT) is an Evidence-Based Psychotherapy for adults and adolescents. It has demonstrated efficacy for affective disorders, anxiety disorders, eating disorders, PTSD and perinatal depression. IPT has also been demonstrated to be efficacious as a maintenance treatment to prevent relapse of depression and has been effective when delivered in a variety of settings, including mental health clinics and school-based clinics.

IPT is based on an attachment model, in which distress is tied to difficulty in interpersonal relationships. The targets of IPT are not only symptoms, but also improvement in interpersonal functioning and relationships as well as improved social support. Therapy focuses on one or more interpersonal problem areas, including Interpersonal Disputes, Role Transitions, and Grief and Loss Issues. IPT is time-limited, and typical courses of therapy last from 8-20 sessions, which are tapered over time.

IPT has several advantages in addition to its well-established efficacy. It is intuitively appealing both to clients and therapists. This is largely because interpersonal problems are nearly always what lead people to seek or be referred to treatment. Having a therapy that addresses these issues directly is the strength of IPT.

IPT is now widely used for the treatment of mood disorders during the perinatal period. IPT is recommended as a first line treatment for perinatal women, both because of its efficacy and because of concerns about medication usage during pregnancy and breastfeeding. Clinicians working with perinatal women and their families should be familiar with IPT in order to provide the highest quality treatment.

IPT has a powerful multidisciplinary appeal. There are links to be created between IPT circles and experts working in the Infant Mental Health domain, Attachment Research, Reproductive Psychiatry. We hope that this workshop will create such an occasion.

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*During this two-day workshop, theoretical basis of IPT, its structure and techniques will be covered in an interactive way. Its use in depressed pregnant and postnatal women, for whom it is an empirically validated treatment of choice, will be underlined and demonstrated with clinical examples. The number of participants will be limited to enable a small group setting.*

### **Oguz Omay, MD**

*Dr Oguz Omay, psychiatrist, is a certified therapist, supervisor and trainer at the IPT Institute (Iowa, USA). He has specific expertise in perinatal uses of IPT and has collaborated extensively with Pr Scott STUART (University of Iowa, USA). Oguz Omay has been an active member of The International Marcé Society for many years. He collaborated with Postpartum Support International and organized the first PSI Training in Europe in 2013 in Tain l'Hermitage, South of France, where he works.*

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## **TRAUMATIC BIRTH and RECOVERY: WHEN THE UNEXPECTED HAPPENS**

**Leslie Butterfield, PhD, and Birdie Meyer, RN, MA, CLC**

**Wednesday, 30 September 2015**

For the past 20 years healthcare providers and researchers have been exploring the phenomenon of traumatic childbirth: birth experiences that are marked by intense fear, horror, helplessness, and a threat to the physical integrity or life of mother or child. Between 33% and 45% of women assessed in multiple countries identify their births as traumatic. While many of them are able to recover as time passes, their connections to others often diminish, and their trust in others is damaged. Approximately 4% - 7% go on to develop Posttraumatic Stress Disorder. Unfortunately, many of these women are incorrectly identified as suffering from postpartum depression, and thus, do not receive the proper treatment. Much suffering occurs, both for the mothers, their partners, the babies, and even the health care providers.

This workshop will address the importance of resilience as we examine personal history, objective occurrences during birth, and subjective experiences of birth as they contribute to the traumatic birth experience. We will discuss the risk factors associated with traumatic birth, ways to strengthen women before birth, and various methods of helping women with traumatic birth experiences to recover. In addition, we will focus on particular activities that women can use to shift their traumatic experiences to experiences of psychological growth and increased psychological wellbeing.

We will also discuss issues for families who in Neonatal Intensive Care Units, with case examples, and recommendations to promote mental health, bonding, and attachment. We will explore traumatic stress responses experienced by labor and delivery and postpartum acute care providers.

### **Leslie Butterfield, PhD**

Leslie Butterfield is a clinical psychologist specializing in perinatal and reproductive health concerns. For twenty five years she has maintained a clinical and consulting practice (Transition to Parenthood) providing psychotherapy and designing workshops and trainings for organizations that provide perinatal services. She has worked with organizations such as University of Washington Maternal and Infant Care Unit, La Leche League, Catholic Family Services, Attachment Parenting International, KK Women and Children's Hospital in Singapore, and PALS Doulas. Since 2010 she has been the Chairwoman of Postpartum Support International for Washington State and has recently assumed the Vice President position for PATTCh (an organization devoted to the Prevention and Treatment of Traumatic Childbirth). She has additionally been an instructor for the Seattle Midwifery School and the Department of Midwifery at Bastyr University for nearly two decades, developing and teaching a yearlong class in counseling skills for midwives.

### **Birdie Gunyon Meyer, RN, MA, CLC**

Birdie is an RN with a Master's in Counseling. She is a past president of PSI and is currently serving as the Chair of Education and Training. Birdie is a PSI Certified PMD International Trainer and speaks frequently to communities, nursing schools, grand rounds, and conferences. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is the coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis. Birdie is highlighted as a PMD expert in PSI's DVD that is shown around the country. "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders".

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## **REPRO PSYCH SEMINAR TOPICS & CASES**

Facilitated by Adrienne Einarson, PhD, Repro Psych Group Founder

**Thurs October 1 - Friday October 2, 2015**

A two-day seminar to study and discuss topics and cases in the field of perinatal psychiatry

Moderated by Adrienne Einarson, PhD, and Nicole Cirino, MD



The two-day Reproductive Psychiatry seminar will include these selected topics. Each will be presented by experts in the field of perinatal psychiatry, followed by Q & A, robust discussion, and resource sharing.

**The Repro Psych meeting will include these vital topics and more in our two-day seminar:**

- Acute psychotic disorders
- Antipsychotic medications
- Assisted Reproductive Technology and mental health
- Bipolar disorders
- Intrusive thoughts of harming baby
- Tokophobia
- Maternal bonding, PPD/anxiety
- OB perspective
- Obsessive Compulsive Disorders
- Sleeping and medication
- Substance abuse

**FACULTY: Moderated by Adrienne Einarson, RN, and Nicole Cirino, MD**

- ✚ Pritpal Atwal, MD, Canada
- ✚ Pierre Azzam, MD, USA
- ✚ Caroline Carr, CNS, UK
- ✚ Lisa Gagnon, MD, Canada
- ✚ Jody Glance, MD, USA
- ✚ Priya Gopalan, MD, USA
- ✚ Kristina Hofberg, MD, UK
- ✚ Camille Hoffman, MD, USA
- ✚ Margaret Howard, PhD, USA
- ✚ Mark Huthwaite, MD, New Zealand
- ✚ Vesna Pirec, MD, PhD, USA
- ✚ Gabi Aisenberg Romano, MD, Israel
- ✚ Lyndall White, MD, Australia

**Adrienne Einarson, PhD**

Adrienne Einarson, RN, PhD, is the founder and coordinator of the Reproductive Psychiatry Group. She retired from her position at The Motherisk Program at The Hospital for Sick Children in Toronto Canada, in Jan 2014 after 24 years of service. Her main research interests are in psychiatry and the safety of psychopharmacologic drugs in pregnancy. Other research interests include perception of risk, determinants of decision-making, attitudes and practices, knowledge transfer and translation. To date, she has published 194 papers in the peer reviewed literature and has collaborated on several book chapters and other projects in this field. She is scheduled to defend her PhD thesis on April 8th 2015 which is entitled "Knowledge transfer and translation: focusing on antidepressant use in pregnancy."

**Nicole Cirino, MD**

Dr. Cirino is the Director of the Oregon Health & Sciences University Division of Women’s Mental Health and Wellness in Portland Oregon, USA. She was trained as a Reproductive Psychiatrist and has specialty experience working with mental health issues experienced exclusively by women across their reproductive life cycle. Dr. Cirino has worked extensively with women and their families who experience perinatal mood and anxiety symptoms for the past 10 years. She also treats women experiencing mood and anxiety symptoms related to genital pain, reproduction, meno pause, gynecologic oncology, and sexual health. She can provide psychiatric assessment, second opinion services, medication management and psychotherapy.

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**Online Registration**  
[www.perinatalpsych-lateppe.eventbrite.com](http://www.perinatalpsych-lateppe.eventbrite.com)

**Hotels in Tain L'Hermitage**

**Hotel Les Deux Coteaux**

18, rue Joseph Péala  
26600 Tain l’Hermitage  
France

Tel : +33 (0)4 75 08 33 01

<http://www.hotel-les-2-coteaux-26.com/>

**Hotel Le Castel**

16 rue Paul Durand  
26600 Tain-l'Hermitage  
France

Tel. +33 04 75 08 04 53

<http://www.hotel-le-castel.fr/>

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<http://ht-tourisme.com/en/>



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