




## [Postpartum Support International](#)

*Come join the PSI June 2012 Trainings in the vibrant city of Las Vegas!*



*The Orleans Arena & Hotel  
4500 West Tropicana Avenue  
Las Vegas, Nevada 89103*

- *Perinatal Mood Disorders Certificate Training*
- *PSI Volunteer Annual Meeting*
- *Social Support Skills Training*
-  *Workshop: Supporting Latina Moms & Families*
- *Friday Dinner at the Orleans*
- *Reproductive Psychiatry Seminar*

### **EVENT DESCRIPTION**

The purpose of the 2012 Postpartum Support International Meeting is to increase education and improve access to informed resources and support for perinatal mood and anxiety disorders. This professional event is a unique training and networking opportunity for care providers such as obstetrical providers, gynecologists, pediatricians, psychiatrists, psychologists, nurses, social workers, counselors and therapists, childbirth professionals, support and resource providers, educators, laypersons, consumers, and others interested in the topic of maternal mental health. CMEs, CEs, and CERPs approved for all four days.

### **Choose to attend any combination of the meeting events:**

- |                   |   |
|-------------------|---|
| <b>June 27-28</b> | PSI Perinatal Mood & Anxiety Disorders Certificate Training |
| <b>June 28</b>    | PSI Volunteers Dinner & Meeting                             |
| <b>June 29</b>    | PSI Social Support Skills Training & Latina Moms Workshop   |
| <b>June 29</b>    | Friday Reception & Dinner at The Orleans                    |
| <b>June 30</b>    | Reproductive Psychiatry Seminar                             |

**Easy online meeting registration [www.psi-2012.eventbrite.com](http://www.psi-2012.eventbrite.com)**

***Reserve your room at The Orleans at our very special group rate until May 26th***

**Online at [www.orleanscasino.com/groups](http://www.orleanscasino.com/groups) (code A2PIC06)**

**or call The Orleans Reservations at 1-800-675-3267**

***Please contact the PSI Office with any questions 503-894-9453***



**June 27 & 28, 2012**  
**Registration & Breakfast: 8:00am**  
**Training: 8:30am – 4:45pm**  
**Perinatal Mood & Anxiety Disorders Certificate Training**  
**2-Day Training Agenda**  
**“Perinatal Mood Disorders: Components of Care”**  
**13 CME/CE/CERPs**

**Faculty: Birdie Gunyon Meyer, RN, MA; Wendy N. Davis, PhD; Merrill Sparago, MD**

The 2-day PSI Certificate of Completion Course, taught by experienced and engaging faculty, is a thorough and evidence-based curriculum designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders. *Registration includes training binder, handouts, breakfast and lunch.*

**Day 1**

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|----------|--|
| 8:00 am  | Registration & Breakfast (provided)  |
| 8:30 am  | Welcome and Introductions  |
| 8:45 am  | Overview: Entering Motherhood & Why they suffer in Silence: Birdie Meyer, RN, MA <ul style="list-style-type: none"><li>➤ The Perinatal Period</li><li>➤ Perfectionism, Dreams, &amp; Expectations</li><li>➤ Myths of Motherhood</li><li>➤ Stigma of Mental illness</li><li>➤ Barriers to Treatment</li></ul> |
| 9:30 am  | The Many Faces of Perinatal Mood Disorders: Wendy Davis, PhD <ul style="list-style-type: none"><li>➤ Etiology</li><li>➤ Signs and Symptoms</li><li>➤ Risk Factors</li></ul>  |
| 10:30 am | Break  |
| 10:45 am | Video - PSI's educational video: "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"  |
| 11:15 am | Screening and Prevention; Screening Tools, Methods, Risk Assessment  |

Birdie Meyer, RN, MA

12:00 pm Lunch (provided)

1:00 pm Social Support Networks:

- Faith Communities and Spirituality: Birdie Meyer, RN, MA
- 9 Steps to Wellness: Jane Honikman's self-help model: Wendy Davis, PhD
- Support Groups: What they look like, how to start one, Successful Implementation; Wendy Davis, PhD

2:15 pm 15 Minute Break

2:30 pm International Incidence and Cultural Differences of PMD: Wendy Davis, PhD

3:00 pm Other Important Considerations: Birdie Meyer, RN, MA

- Breastfeeding and PMD:
- Infertility, Adoption, Pregnancy Loss, Infants in NICU

4:30 pm Closing

## **Day 2**

8:00 am Registration and continental breakfast

8:30 am The Team/Critical Components to Recovery: Birdie Meyer, RN, MA

9:00am Psychotherapeutic Models: Wendy Davis, PhD

- Interpersonal Therapy
- Cognitive Behavioral Therapy
- Group Therapy
- Couples Therapy

10:30 am Break

10:45 am Complementary and Alternative Therapies: Birdie Meyer, RN, MA

11:15 am Legislative Updates: Wendy Davis, PhD

Resource Review

PSI DVD "Fathers Respond"

12:00pm Lunch (provided)

1:00 pm What about the rest of the family? Birdie Meyer, RN, MA

- Effects of Untreated PMD on Mother, Infant, and Family
- Fathers and Partners

2:45 pm DVD: Wade Bowen: "Turn on the Lights" for PSI

3:15 pm Pharmacological Interventions: Pregnancy, Postpartum and Lactation: Evidence based research: Merrill Sparago, MD

4:30 pm Wrap-Up/Discussion

**PSI Social Support Systems Skills Training Agenda**  
**With special workshop on Supporting Latina Moms and Families**  
**Friday, June 29, 2011 | 6.75 CME/CE/CERP**  
**Registration & Breakfast 8:00am**  
**Workshop: 8:30am – 5pm**



**Developing Sustainable Social Support Networks in Community and Agency Settings**

Come learn from Postpartum Support International panelists who have successfully developed social support systems and sustainable projects in their communities. Come share your questions, challenges, and successes, and learn about essential elements of a strong network. The afternoon will focus on creating successful programs to support Latina mothers and families. The workshop will be facilitated to include ample time for questions, discussion, and networking.

- 8:00 am Registration & Breakfast**
- 8:30–12:00 Part I: Social Support Networks: Sustainable Community & Agency-based Support**  
**Moderated by Jane Honikman, MS, PSI Founder & Wendy Davis, PhD, Executive Director**  
**Presenters: Support Network and Group Leaders and PSI Coordinators**
- 8:30 am Introduction: Jane Honikman, MS**  
 What is Social Support? Why is it important? Who provides it?
- 8:45 am Panel Presentation: PSI Social Support Coordinators**  
 Beginning a social support network: research, outreach, collaboration, integrating services  
 The flow of social support networks: phone support lines, groups, email, and social media  
 Volunteers: recruiting, training, and sustaining volunteers
- 10:00 am Break**
- 10:15 am Panel Presentation: PSI Social Support Coordinators**
- Group models & Developing Group Guidelines: therapy; support; educational curriculum.
  - Involving and Supporting Dads, Partners, and Family: Groups for Dads
  - Organizational structure and development: grass-roots and not-for-profit organizations
  - Funding, finding, and fueling: how to build a financial foundation
- 11:30 am Q & A and Discussion**
- 12:00 pm Lunch & Networking**
- 1:00-4:00 Part II: Creating Support Systems for Latina Mothers and Families**  
**Moderated by Andrea Zas Jimenez, PSI Spanish Warmline Coordinator**  
**Panel: Andrea Zas Jimenez Chris Errea, Emma Santizo, Tara Farajian, Maria Addressi, Sandraluz Lara-Cinisomo, Maritza Smidy**
- 1:00 pm**
- Intro: Cultural Implication of peer support for Latina moms Andrea Zas Jimenez
  - Focus Group Research: Culturally-informed support & treatment: Sandraluz Lara-Cinisomo
  - Telephone Support for Spanish-speaking women: Maria Addressi & PSI warmline staff
  - PSI Educational DVD in Spanish: “*Madre Saludable, Familia Feliz: Entendiendo los trastornos de ánimo y ansiedad durante el embarazo y después del parto*”
- 1:45 pm Break**
- 2:00 pm Successful projects serving Latina Moms and Families**
- Prenatal and Postpartum Hospital-based Childbirth Education: E Santizo & T Farajian
  - Community Systems and Collaboration: Maritza Smidy
  - Curso Madres y Bebés: Maria Addressi
  - Postpartum Education for Parents (PEP) Bilingual Group Facilitator Training; Chris Errea
- 3:15 pm Panel Q & A and Discussion: Latina Moms and Families**
- 4:00 pm Social Support Workshop Wrap-Up and Discussion**
- 4:45 pm Evaluations & Adjourn**



## Reproductive Psychiatry Seminar

Hosted by Postpartum Support International | 6 CME/CE/CERPs  
Saturday, June 30th, 2012 | 9am – 5pm | Las Vegas Nevada

**8:30 – 9:00: Registration**

**9:00 – 9:30: Introductions of Seminar Participants**

**9:30 – 10:00: Reproductive Psychiatry Survey: Adrienne Einarson, RN, Consultant, The Motherisk Program, The Hospital for Sick Children, Toronto, Ontario, Canada.** Results and discussion of Repro Psych Member Survey conducted regarding attitudes, practices and challenges regarding the use of psychotropic drugs in the perinatal period. Discuss provider background, practice settings, attitudes, challenges, and clinical judgment in the practice of perinatal psychiatry.

**10:00 – 10:45: Autism Spectrum Disorders and SSRIs: Merrill Sparago, MD**

In this presentation, Dr. Sparago will give an overview and then facilitate conversation about this timely and provocative topic. He will review the diagnostic criteria of autistic spectrum disorders (ASDs); discuss putative neuroanatomic and neurotransmitter abnormalities hypothesized to play a role in ASDs; review recent literature suggesting a possible link between SSRI use in pregnancy and ASDs, and share recommendations for using the literature in clinical settings.

**10:45 – 11:00: Break**

**11:00 – 11:45: Transcranial Magnetic Stimulation - Where Does it Fit in the Treatment Algorithm of Perinatal Maternal Depression? Kira Stein, MD, Diplomate ABPN, TMS Institute Director, UCLA Department of Psychiatry Faculty Clinical Instructor.** Dr. Kira Stein will share research on TMS treatment, risks, benefits and efficacy specifically in pregnancy and postpartum depression. Dr. Stein will discuss other first-line treatments for Perinatal Depression (Psychotherapy, medication, bright light therapy, exercise, folic acid supplementation, etc) and share treatment options for medication-resistant depression such as TMS, ECT, and other more alternative therapies. She will share research on treating other conditions with TMS, such as PTSD, Fibromyalgia, generalized anxiety, and stroke.

**11:45 – 12:00: PSI Educational Perinatal Mood Disorders DVD Showing:** PSI has produced a 13 minute educational DVD, available in English and Spanish. *“Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”* or *“Madre Saludable, Familia Feliz: Entendiendo los trastornos de animo y ansiedad durante el embarazo y el parto.”* The video introduces four women who have each suffered and recovered from perinatal mood disorders. Sharing their experiences, these women help reassure and educate new mothers, their family members and friends, and health care professionals. Their poignant stories are complemented by up-to-date information from experts in the field: PSI Past-President Birdie Meyer RN, MA; Pec Indman EdD, MFT; and Caroline Little Cribari MD, PhD, and Laura Sirulnik, MD, in the Spanish version.

**12:00 – 1:00: Lunch (Provided)**

**1:00 – 1:45: Provider Engagement in Perinatal Depression Care: Finding Comfortable, Workable Ways to Bridge the Gap between Obstetrics and Mental Health Care: Christie Lancaster Palladino, MD, MSc, Educational Researcher, GHSU Education Discovery Institute; Assistant Professor, Obstetrics and Gynecology, Georgia Health Sciences University.** This presentation will highlight findings from mixed methods research related to provider engagement and decision-making in perinatal depression care. Findings from both qualitative case studies and a national quantitative survey will be presented. These studies highlight the importance of role identity and familiarity in motivating providers to provide depression care. Implications for clinical practice will be discussed. An active discussion session with all participants will focus on ways to build collaborations between obstetric and mental health providers, in order to enhance provider engagement.

**1:45 – 2:30: Treating the Bipolar Pregnant and Postpartum Patient - Maintaining Psychiatric Stability in the Real World of Obstetric and Psychiatric Complications: Vivien K. Burt, MD, PhD, Director, The Women's Life Center, Department of Psychiatry, UCLA-Geffen School of Medicine.** This presentation will present and review treatment decisions made in the setting of multiple obstetric and psychiatric complications that do not clearly fit published algorithms regarding the treatment of bipolar women who wish to become pregnant, and who move through pregnancy and the postpartum. The importance of incorporating family and social supports as an integral part of the treatment plan is emphasized.

**2:30 – 2:45: Break**

**2:45 – 3:30: Psychotherapeutic Treatment Issues in Perinatal Psychiatry: Pec Indman, EdD, LMFT, PA** This presentation will review the current research about psychotherapies found to be effective with perinatal women. Common issues such as loss, previous abuse, domestic violence, traumatic birth, breastfeeding complications, obsessive-compulsive disorder, self-esteem, depression and anxiety will be reviewed in light of evidence-based psychotherapies found appropriate with this population. Barriers to psychotherapy will be reviewed, and effective strategies for reducing barriers to treatment will be discussed.

**3:30 – 4:15: Management of Non-Affective Perinatal Psychosis: Consideration of epidemiological, obstetric and socioemotional factors: Eydie Moses-Kolko, MD, Assistant Professor of Psychiatry, Western Psychiatric Institute and Clinic, University of Pittsburgh School of Medicine.** Dr. Moses-Kolko will discuss periconceptual psychopharmacology topics pertinent to women with non-affective psychosis. Relevant issues in epidemiology, illness presentation and course, infant bonding, fertility, reproductive outcomes, as well as psychiatric emergencies in perinatal psychosis will be reviewed to provide the context for selection of perinatal treatment.

**4:15 – 4:45: Reproductive Psychiatry Training for Residents: Where are We Now?**

**Nicole Cirino, MD and Jane Gregory Payne, MD**

Presentation and discussion of current perinatal psychiatry curricula developed for medical school residents. Drs. Cirino and Payne will present the curriculum they have developed at the Oregon Health and Sciences University and facilitate discussion about what other faculty are using in academic settings.

**4:45 – 5:00 Closing Discussion & Evaluations**



## **Learning Objectives for Reproductive Psychiatry Seminar**

- Reproductive Psychiatry Seminar (6 teaching hours requested)
- Describe results of survey regarding practices and challenges of perinatal psychiatric providers.
- Discuss recent literature and practice implications of research suggesting a possible link between antidepressant use in pregnancy and autism spectrum disorders.
- Understand Transcranial Magnetic Stimulation and evidence-based indications for treatment.
- Describe content and potential uses of Perinatal Mood Disorders educational DVD for patients and providers.
- Compare different models for collaboration between obstetrics and mental health.
- Review the risks and benefits of psychopharmacological options to treat bipolar women during pregnancy.
- Describe common psychotherapeutic themes related to pregnancy: loss and trauma, obsessive thinking and anxiety, role changes, perfectionism, personality disorders and post-traumatic stress reactions.
- Name and discuss two common evidence-based psychotherapies effective in the perinatal population.
- Identify psychopharmacological treatment options for psychotic symptoms during pregnancy and postpartum.
- Describe and compare perinatal psychiatry curriculum used by expert academic instructors for medical school residents.

## **Complete Program Learning Objectives**

*At the end of the trainings, participants should be able to do the following:*

### **2-Day Certificate Training (13 teaching hours)**

- Describe some common cultural expectations that increase social and psychological pressure on pregnant and postpartum women.
- Identify the challenges faced when identifying and treating Perinatal Mood and Anxiety Disorders. (PMADs)
- Describe the symptoms and understand the differential diagnosis of prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders and psychosis.
- Assess prenatal and postpartum risk factors.
- Describe effective tools for screening, assessment, intake, and diagnosis of PMADs.
- Identify treatment and appropriate psychotherapy modalities for PMADs.
- Discuss breastfeeding and PMADs.
- Develop psychosocial and self-help treatment plans.
- Indicate consequences of untreated Perinatal Mood and Anxiety Disorders.
- Discuss effects and consequences on infants, children, and partners.
- Identify ways to create social support programs, including groups and classes.
- Describe legislative changes related to maternal mental health.
- Identify specific online resources for pregnant and postpartum women and men.
- Discuss cultural differences and PMADs.
- Describe and assess co-existing childbearing complications affecting postpartum mental health.
- Describe complementary and alternative treatment modalities and research.
- Discuss spirituality and PMADs.
- Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation.

### **Social Support Skills Training and Latina Moms Workshop (6.75 teaching hours)**

- Understand challenges and lessons of building sustainable social support networks
- Identify successful ways to identify and build relationships with community partners and providers
- Describe types of social support, such as groups, phone lines, email, and social media
- Identify sustainable models and tools for volunteer recruitment, development, and support

- Compare models of organizational structure and development, from grass-roots to not-for-profit organizations
- Describe effective models and curriculum for peer support
- Identify sources of funding and in-kind donations for social support networks
- Describe effective approaches to involved and support fathers
- Identify successful support programs for Latina mothers and families
- Identify potential differences in the meaning of stressors as expressed by women in different racial and ethnic groups
- Describe cultural implications of peer and social support for Latina moms and families
- Compare models of support and treatment for pregnant and postpartum Latina women.

### **Reproductive Psychiatry Seminar (6 teaching hours)**

- Discuss recent literature suggesting a possible link between antidepressant use in pregnancy and autism spectrum disorders
- Gain knowledge regarding practices and challenges of perinatal psychiatric providers
- Examine different models for collaboration between obstetrics and mental health
- Understand Transcranial Magnetic Stimulation and evidence-based indications for treatment
- Review the risks and benefits of psychopharmacological options to treat bipolar women during pregnancy
- Describe common psychotherapeutic themes during pregnancy and postpartum: previous loss and trauma, obsessive thinking and anxiety, role changes, perfectionism, personality disorders and post-traumatic stress reactions.

**Total Teaching Hours: 25.75 hours**