

# Postpartum Support International



## Perinatal Mood & Anxiety Disorders Certificate Training “Perinatal Mood Disorders: Components of Care” June 27 & 28, 2012 | Las Vegas, Nevada | 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

- 8:00 am Registration & Breakfast (provided)
- 8:30 am Welcome and Introductions
- 8:45 am Overview: Entering Motherhood & Why they suffer in silence
- The Perinatal Period
  - Perfectionism, Dreams, & Expectations
  - Myths of Motherhood
  - Stigma of Mental illness
  - Barriers to Treatment
- 9:30 am The Many Faces of Perinatal Mood and Anxiety Disorders:
- Etiology
  - Signs and Symptoms
  - Risk Factors
- 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
- 12:00 pm Lunch (provided)
- 1:00 pm Social Support Networks:
- Faith Communities and Spirituality
  - 9 Steps to Wellness: Jane Honikman's self-help model
  - Support Groups: What they look like, how to start one, successful elements

---

CE/CME/CERPs for Physicians, Nurses, Nurse-midwives, Psychologists, Social Workers, LPCs, LMFTs, LPCs, LMHCs, Lactation Consultants, Doulas, and Childbirth Educators

- 2:15 pm 15 Minute Break
- 2:30 pm International Incidence and Cultural Differences of PMADs
- 3:00 pm Other Important Considerations:
  - Breastfeeding and PMADs
  - Infertility, Adoption, Pregnancy Loss, Infants in NICU
- 4:30 pm Closing

## **Day 2**

- 8:00-8:30a Registration and breakfast (provided)
- 8:30-9:00a The Team & Critical Components to Recovery
- 9:00 am Psychotherapeutic Models:
  - Interpersonal Therapy
  - Cognitive Behavioral Therapy
  - Group Therapy
  - Couples Therapy
- 10:30 am Break
- 10:45 am Complementary and Alternative Therapies
- 11:15 am Legislative Updates  
Resource Review  
DVD: Wade Bowen: "Turn on the Lights" for PSI
- 12:00pm Lunch (provided)
- 1:00 pm What about the rest of the family?
  - Effects of Untreated PMADs on Mother, Infant, and Family
  - Fathers and Partners
- 2:15 pm Break
- 2:30 pm PSI DVD "Fathers Respond"
- 2:45 pm Pharmacological Interventions in Pregnancy, Postpartum and Lactation; Evidence based research: Merrill Sparago, MD
- 4:30 pm Wrap-Up/Discussion

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



PSI Volunteer	\$200.00
PSI Member	\$250.00
Non Member	\$300.00



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

### **Learning Objectives of PSI 2-Day Certificate Training**

- Describe 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 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.

**Learn more about Postpartum Support International programs and services at [www.postpartum.net](http://www.postpartum.net)**