



## [Postpartum Support International](#)

### Perinatal Mood & Anxiety Disorders Certificate Training

#### Perinatal Mood Disorders: Components of Care

Thursday January 28 – Friday January 29, 2016

8:00 Registration and light breakfast | 8:30 – 5:00 Training

2030 West El Camino Avenue | Sacramento, California 95833

in collaboration with Strategies Center at Youth for Change

**Pec Indman, MFT, EdD | Wendy Davis, PhD | Annell Mavrantonis MD**

The 2-day Postpartum Support International Certificate of Completion Course, taught by expert and engaging faculty, is a thorough and evidence-based curriculum designed for psychiatrists, 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 breakfast and lunch. training manual, handouts, and certification of continuing education credits. CMEs, CNEs, California MFTs and LCSWs.*

#### DAY 1

- 8:00-8:30 Registration and light breakfast
- 8:30-8:45 Introduction to PSI and Faculty
- 8:45-9:30 Overview: Entering Motherhood & Why they suffer in silence
- The Perinatal Period
  - Perfectionism, Dreams, & Expectations
  - Myths of Motherhood
  - Stigma of Mental illness
  - Barriers to Treatment
- 9:30-10:30 The Many Faces of Perinatal Mood and Anxiety Disorders:
- Etiology
  - Signs and Symptoms
  - Diagnostic Features
  - Dads and Partners Postpartum Mood and Anxiety Disorders
- 10:30-10:45 BREAK
- 10:45-11:00 Video - PSI's educational video: "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"
- 11:00-11:15 Risk Factors and Prevention
- 11:15-12:15 Other Important Considerations:
- Breastfeeding and PMADs
  - Infertility
  - Adoption
  - Pregnancy Loss
  - Infants in NICU
  - Military Families

- 12:15-1:30 Lunch (provided) and Panel of Survivors  
 1:30-2:45 Screening and Prevention: Screening Tools and Assessment  
 2:45-3:00 BREAK  
 3:00-3:45 Social Support Networks:  
     ➤ Support Groups and Warmlines:  
         ○ What they look like, how to start one, successful elements  
     ➤ 9 Steps to Wellness: Jane Honikman's self-help model  
 3:45-4:00 Faith Communities and Spirituality  
 4:00-4:30 International Incidence and Cultural Differences of PMADs  
 4:30-5:00 Q & A and Discussion

**DAY 2**

- 8:00-8:30 Registration and breakfast (provided)  
 8:30-8:45 Public Service Announcements: Using media to raise awareness  
 8:45-9:00 The Team & Critical Components to Recovery  
 9:00-10:30 Psychotherapeutic Themes and Models:  
     ➤ Interpersonal Therapy  
     ➤ Cognitive Behavioral Therapy  
     ➤ Group Therapy  
     ➤ Couples Therapy  
     ➤ Mother-Infant Therapeutic Approaches  
 10:45-11:15 Complementary and Alternative Therapies CAM  
 11:15-12:00 Resources  
     ➤ *Local Resources & Resource Review – Reading Lists and Handouts*  
 12:00-1:00 Lunch (provided) and Networking  
 1:00-1:10 DVD: Wade Bowen: "Turn on the Lights" for PSI  
 1:10-2:15 Effects of Untreated PMADs on Mother, Infant, and Family  
 2:30-2:45 PSI DVD "Fathers Respond"  
 2:45-4:30 Pharmacological Interventions in Pregnancy, Postpartum and Lactation  
 Annell Mavrantonis MD  
     ➤ Evidence based research  
     ➤ Evaluating Studies and Article  
     ➤ Talking with families about medication  
 4:30-5:00 Wrap-Up/Discussion/ Evaluations

**ONLINE REGISTRATION AND INFORMATION**

[www.psi-pmd-sacramento.eventbrite.com](http://www.psi-pmd-sacramento.eventbrite.com)

Full fee 2-Day Training	\$375.00
PSI Member 2-day Training	\$325.00
PSI Volunteer or Student Rate 2-Day Training	\$275.00

For more information, contact Orrin Banta

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