



COLORADO
Department of Public
Health & Environment



COLORADO
Office of Early Childhood
Department of Human Services

Postpartum Support International

Perinatal Mood & Anxiety Disorders Certificate Training

Perinatal Mood Disorders: Components of Care

April 30-May 1, 2015

Birdie Meyer, RN, MA | Wendy Davis, PhD | Karen Horst, MD

University of Colorado, Boulder

Medium Ice Overlook Meeting Room

1855 Pleasant Street | Boulder, Colorado 80309

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, primary care 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 manual, handouts, breakfast and lunch. Approved pending for CEs, CNEs, and CMEs.*

DAY 1

- 8:00-8:30 Registration and light breakfast
- 8:30-8:45 Introduction to Postpartum Support International 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
- 10:45-11:00 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), Panel of Survivors, facilitated by PSI Faculty
- 1:30-2:45 Screening and Prevention: Screening Tools and Assessment
- 2:45-3:00 Social Support Networks:
- 9 Steps to Wellness: Jane Honikman's self-help model
- 3:15-4:00 Support Groups and Warmlines:
- What they look like, how to start one, successful elements
- 4:00-4:10 Faith Communities and Spirituality
- 4:10-4:30 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 – Raising Public 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 Legislative Updates
- *Resource Review – Reading Lists and Handouts*
 - *Local Resources*
- 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
- Evidence based research
 - Evaluating Studies and Article
 - Talking with families about medication
- 4:30-4:45 Wrap-Up/Discussion
- 4:45-5:00 Evaluations and sign out

ONLINE REGISTRATION AND INFORMATION
<http://www.psi-pmdtraining-colorado.eventbrite.com>

PSI Certificate Training Learning Objectives

Upon completion of this course, the participant will be able to:

1. Identify the challenges faced when identifying and treating Perinatal Mood and Anxiety Disorders.
2. Describe the symptoms and understand the differential diagnosis of prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders and psychosis.
3. Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation.
4. Assess prenatal and postpartum risk factors.
5. Assess for Perinatal Mood and Anxiety Disorders.
6. Identify treatment options for PMADs.
7. Discuss breastfeeding and PMADs.
8. Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies
9. State appropriate psychotherapy modalities.
10. Indicate consequences of untreated Perinatal Mood and Anxiety Disorders.
11. Discuss effects and consequences on partners.
12. Describe ways to develop and sustain social support systems, groups, warmlines, and classes.
13. Discuss legislative changes and community resources.
14. List online resources for perinatal mental health support.
15. Discuss cultural considerations and PMADs.
16. Discuss spirituality and PMADs.

Full fee 2-Day Training	\$300.00
PSI Member 2-day Training	\$250.00
PSI Volunteer or Student Rate 2-Day Training	\$200.00
Training One-day only	\$150.00
COLORADO RESIDENTS – 50% off with CDPHE Scholarship!	

For more information contact:

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