



[Postpartum Support International](#)

Perinatal Mood & Anxiety Disorders Certificate Training

Perinatal Mood Disorders: Components of Care

Tuesday July 7- Wednesday 8, 2015

8:00 Registration and light breakfast

8:30 – 5:00 Training

The Lighthouse Inn

681 US-101, Crescent City, CA 95531

in collaboration with County of Del Norte Department of Health & Human Services

Pec Indman, MFT, EdD | Wendy Davis, PhD | Christopher Eaton, M.D.

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 training manual, handouts, breakfast and lunch.*

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
- 10:45-11:00 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
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- Adoption
- Pregnancy Loss
- Infants in NICU
- Military Families

- 12:15-1:30 Lunch (provided)
- 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
- 3:00-3:15 15 min break
- 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: 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
- Evidence based research
 - Evaluating Studies and Article
 - Talking with families about medication
- 4:30-5:00 Wrap-Up/Discussion/ Evaluations
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