



Postpartum Support International
Perinatal Mood & Anxiety Disorders Certificate Training
Perinatal Mood Disorders: Components of Care
Farmington Connecticut

in collaboration with The Connecticut Alliance for Perinatal Mental Health
Sponsorship Thanks to Jackson Laboratory for Genomic Medicine
Special Thanks to UConn Health Department of Psychiatry

March 26-27, 2015

Birdie Meyer, RN, MA ~ Wendy Davis, PhD
Cheryl Tatano Beck, DNSc, CNM, FAAN ~ Jeanne Watson Driscoll, PhD, PMHCNS-BC

The Jackson Laboratory | 10 Discovery Drive | Farmington, Connecticut 06032

The 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.*

DAY 1

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| 8:00-8:30 | Registration and light breakfast |
| 8:30-8:45 | Introduction to Postpartum Support International and Faculty - Wendy Davis |
| 8:45-9:30 | Overview: Entering Motherhood & Why they suffer in silence - Wendy Davis <ul style="list-style-type: none"> ➤ 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: - Birdie Meyer <ul style="list-style-type: none"> ➤ Etiology ➤ Signs and Symptoms ➤ Diagnostic Features ➤ Dads and Partners Postpartum Mood and Anxiety Disorders ➤ Risk Factors and Prevention |
| 10:30-10:45 | Break |
| 10:45-11:45 | Post-Traumatic Stress and Childbearing – Cheryl Beck |
| 11:45-12:00 | Educational Video - PSI's educational video: "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders" |
| 12:00- 1:00 | Lunch and Networking |
| 1:00 -1:45 | Panel of Survivors, facilitated by PSI Faculty |

- 1:45 - 2:45 **Other Important Considerations: Birdie Meyer**
- Breastfeeding and PMADs
 - Infertility
 - Adoption
 - Pregnancy Loss
 - Infants in NICU
 - Military Families
- 2:45 -3:00 **BREAK**
- 3:00 -4:15 **Screening and Prevention: Screening Tools and Assessment – Wendy Davis**
- 4:15-4:45 **International Incidence and Cultural Differences of PMADs - Wendy Davis**
- 4:45-5:00 **Q & A and Discussion - Birdie Meyer and Wendy Davis**

DAY 2

- 8:00-8:30 **Registration and breakfast (provided)**
- 8:30-8:45 **The Team & Critical Components to Recovery - Birdie Meyer**
- 8:45-10:15 **Psychotherapeutic Themes and Models: Wendy Davis**
- Interpersonal Therapy
 - Cognitive Behavioral Therapy
 - Group Therapy
 - Couples Therapy
 - Mother-Infant Therapeutic Approaches
- 10:15-10:30 **Complementary and Alternative Therapies CAM - Birdie Meyer**
- 10:30 -10:45 **BREAK**
- 10:45-11:45 **Legislative Updates - Birdie Meyer**
Resource Review – Reading Lists, Websites, and Handouts
Resources in Your State
- 11:45- 12:00 **“Fathers Respond” Dads DVD & Wade Bowen: "Turn on the Lights" for PSI**
- 12:00-1:00 **Lunch (provided) and Networking**
- 1:00 – 1:45 **Social Support Networks: Birdie Meyer**
- 9 Steps to Wellness: Jane Honikman's self-help model
- Support Groups and Warmlines:**
- What they look like, how to start one, successful elements
- 1:45- 2:00 **Faith Communities and Spirituality – Birdie Meyer**
- 2:00 – 2:30 **Effects of Untreated PMADs on Mother, Infant, and Family - Wendy Davis**
- 2:30-2:45 **BREAK**
- 2:45-4:30 **Pharmacological Interventions in Pregnancy, Postpartum and Lactation**
Jeanne Watson Driscoll, PhD, PMHCNS-BC
- Evidence based research
 - Evaluating Studies and Article
 - Talking with families about medication
- 4:30-5:00 **Q&A/Discussion – Wendy Davis, Birdie Meyer, Jeanne Watson Driscoll**

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.

Online Registration

www.psi-pmdtraining-connecticut.eventbrite.com

Full fee 2-Day Training	\$300.00
Join PSI today (Training + membership discount)	\$295.00
PSI Member 2-day Training	\$250.00
PSI Volunteer or Student Rate 2-Day Training	\$200.00
Training One-day only	\$150.00

For more information contact:

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*Thank you to Conference Sponsor
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