



POSTPARTUM SUPPORT  
INTERNATIONAL



## Perinatal Mood & Anxiety Disorders Training

Friday, February 9, 2018 ~ 8:30am – 4:30pm

Faculty: Chris Raines, RN MSN APRN-BC and Ann Smith, CNM

Nantucket Police Department, 4 Fairgrounds Rd, Nantucket, Massachusetts 02554

REGISTER ONLINE [www.perinatalmooddisorders.eventbrite.com](http://www.perinatalmooddisorders.eventbrite.com)

Questions? Contact Paul Keeshan at 508.228.2689

The Postpartum Support International training is a thorough and evidence-based curriculum designed for mental health providers, physicians and advanced practice nurses in obstetrics, family practice, pediatrics and psychiatry, social workers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders. *Registration includes handouts and certificate of continuing education credits.*

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| 8:30 - 9:00   | Registration -- Fruit, Snacks, and Coffee Provided  |
| 9:00 - 9:10   | Welcome and Introduction  |
| 9:10 - 9:30   | Overview: Entering Motherhood <ul style="list-style-type: none"><li>• The Perinatal Period</li><li>• Myths of Motherhood</li><li>• Life after baby</li><li>• Journey to Motherhood</li><li>• Treatment Barriers</li></ul>   |
| 9:30-10:30    | The Many Faces of Perinatal Mood and Anxiety Disorders: <ul style="list-style-type: none"><li>• Etiology</li><li>• Signs and Symptoms</li><li>• Diagnostic Features</li><li>• Dads and Postpartum Mood and Anxiety Disorders</li><li>• Risk Factors</li></ul>   |
| 10:45-11:00   | PSI's educational video: <i>"Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"</i>  |
| 11:00-12:00n  | Screening: Tools, Intake Assessment, Interpretation   |
| 12:00p-1:00pm | LUNCH – Eat on your own in the community  |
| 1:00-2:00pm   | Evidence-Based Methods of Treatment: Effective Therapy and Complimentary Methods that work: <ul style="list-style-type: none"><li>• Breastfeeding and PMADs</li><li>• Infertility, Adoption, Pregnancy Loss, Infants in NICU</li><li>• Effects of Untreated PMDs</li><li>• The Team and Critical Components to Recovery</li><li>• Integrating medical, psychotherapeutic and social support interventions</li><li>• Resources</li></ul> |
| 2:00-3:00p    | Pharmacological Interventions in Pregnancy, Postpartum and Lactation <ul style="list-style-type: none"><li>• Evidence based research</li><li>• Evaluating Studies and Articles</li><li>• Talking with families about medication</li></ul>   |
| 3:15-4:15p    | Medication: Dosages, Choices, Pitfalls and When and How to Consult, Case Studies  |
| 4:15-4:30p    | Q&A, Evaluations  |