

Program Description

Join us to learn more about *depression* in new mothers and how and why *breastfeeding* and other anti-inflammatory treatments protect maternal mental health by lowering the inflammatory response.

Does nighttime breastfeeding elevate the risk of postpartum depression? Dr. Kendall-Tackett will unpack the most current research on breastfeeding, *maternal sleep*, and depression.

Our speaker will offer a comprehensive summary of *treatments* for postpartum depression, including non-pharmacologic options. Information about the potential *effect on breastfeeding* of various treatments will also be discussed.

Recent research has found that 1 in 4 women have symptoms of *posttraumatic stress disorder* (PTSD) following their births. In this final session, you will learn about the new DSM-5 criteria for PTSD and why some types of *births* are more likely to cause symptoms. You will also learn how these symptoms might impact breastfeeding, and what mothers and practitioners can do to help.

Faculty

Kathy Kendall-Tackett, PhD, IBCLC,

Dr. Kendall-Tackett is a health psychologist, International Board Certified Lactation Consultant, and Owner and Editor-in-Chief of Praeclarus Press. She is Editor-in-Chief of Clinical Lactation, a Fellow of the American Psychological Association in the Divisions of Health and Trauma Psychology, President-elect of the APA Division of Trauma Psychology, and incoming Editor-in-Chief of Psychological Trauma. She is a Clinical Associate Professor of Pediatrics at the Texas Tech University School of Medicine in Amarillo, Texas, and Research Associate at the Crimes against Children Research Center at the University of New Hampshire.

Continuing Education Credits offered at no additional charge

Nurses: The Community Perinatal Network is an approved provider by the California Board of Registered Nursing. This course offers 6 contact hours of continuing education. CPN's provider number is CEP 14797. Licensee must maintain certificate for a period of four years.

Lactation Consultants: BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36. CERP (5 L) application will be submitted.

CHES: The National Commission for Health Education Credentialing, Inc. designates Los Angeles County Department of Public Health, Health Education Administration (LACDPH/HEA) as a provider of continuing education contact hours (CECH) in health education (Provider number MEP 2460). Certified Health Education Specialists (CHES) may receive up to 6 Category I CECH for this event.

Registered Dietitians: Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio.

Sponsored by



Co-sponsored by

**Good Samaritan Hospital, Los Angeles
Community Perinatal Network
Los Angeles County Perinatal Mental
Health Task Force**

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Redondo Beach, CA 90278
Phone and Fax: (213) 596-5776
www.breastfeedla.org

Breastfeeding and Maternal Mental Health



Wednesday, April 16, 2014
9:00 am to 4:00 pm

Good Samaritan Hospital
Moseley-Salvatori Conference Center
637 Lucas Ave
Los Angeles, CA 90017

Agenda

- 9:00 Registration
- 9:30 A New Paradigm for Depression in New Mothers
- 10:45 Break
- 11:00 Nighttime Breastfeeding and Postpartum Depression
- 12:15 Lunch
- 1:15 Treatment Options for Depressed, Breastfeeding Mothers
- 2:30 Break
- 2:45 Birth Trauma: Causes and Consequences of Birth-Related PTSD
- 4:00 Adjourn

Objectives

Following the didactic presentations, participants will be able to:

- ❖ Describe the role of breastfeeding and standard treatments for depression in lowering inflammation and down-regulating the stress response;
- ❖ Identify key questions to ask new mothers about their sleep and fatigue;
- ❖ Describe compatibility of current treatments for depression with breastfeeding; and
- ❖ Identify the relationship between traumatic birth and breastfeeding.

Registration Fees

Registration includes continental breakfast, lunch, and continuing education credit.

\$90 - Up to April 9

\$100 - On or after April 10 and at the door

Location and Parking

Good Samaritan Hospital, Moseley-Salvatori Conference Center, 637 Lucas Ave. Los Angeles.

Limited parking is available in the structure on Lucas Avenue for a fee. Additional parking is available in the structure on the west side of the hospital. Please allow adequate time for traffic and walking to the conference center from parking.

Participant Confirmation and Handouts

Confirmation and handouts will be sent to participants providing an e-mail address. Participants are encouraged to print their own handouts in advance of the seminar.

Cancellation Policy

Written cancellations received one week prior to the event will be granted subject to a \$5 fee. No refunds after this date.

Target Audience

Physicians, Registered Nurses, Registered Dietitians, Nutritionists, Occupational Therapists, CPHWs, Lactation Consultants & Educators, LLL Leaders, Health Educators, Case Managers, Home Visitors, Doulas, Breastfeeding Peer Counselors, Students, and others interested in supporting families in the initiation and maintenance of breastfeeding.

Registration Form

Breastfeeding and Maternal Mental Health, April 16, 2014

Register Online
www.BreastfeedLA.org

Mail: BreastfeedLA, 2110 Artesia Blvd, #423
Redondo Beach, CA 90278

Fax: 213-596-5776

	Price
<input type="checkbox"/> Early Bird (on or before 4/9/2014)	\$90
<input type="checkbox"/> General (on or after 4/10/2014)	\$100
<input type="checkbox"/> Tax Deductible Contribution	\$ _____
Total:	\$ _____

Name _____

Job Title _____

Company/Hospital _____

Billing Address _____

Billing City, ZIP _____

Email Address—required to receive confirmation _____

Phone _____

License No. _____

IBCLC? If yes, check this box.

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