



Reproductive Psychiatry Seminar

Hosted by Postpartum Support International
Saturday, June 30th, 2012, 9am – 5pm
Las Vegas Nevada, PSI Training
Discount for Medical Residents and Students

8:30 – 9:00: Registration

9:00 – 9:30: Introductions of Seminar Participants

9:30 – 10:00: Reproductive Psychiatry Survey: Adrienne Einarson, RN, Consultant, The Motherisk Program, The Hospital for Sick Children, Toronto, Ontario, Canada. Results and discussion of Repro Psych Member Survey conducted regarding attitudes, practices and challenges regarding the use of psychotropic drugs in the perinatal period. Discuss provider background, practice settings, attitudes, challenges, and clinical judgment in the practice of perinatal psychiatry.

10:00 – 10:45: Autism Spectrum Disorders and SSRIs: Merrill Sparago, MD

In this presentation, Dr. Sparago will give an overview and then facilitate conversation about this timely and provocative topic. He will review the diagnostic criteria of autistic spectrum disorders (ASDs); discuss putative neuroanatomic and neurotransmitter abnormalities hypothesized to play a role in ASDs; review recent literature suggesting a possible link between SSRI use in pregnancy and ASDs, and share recommendations for using the literature in clinical settings.

10:45 – 11:00: Break

11:00 – 11:45: Transcranial Magnetic Stimulation - Where Does it Fit in the Treatment Algorithm of Perinatal Maternal Depression?

Kira Stein, MD, Diplomate ABPN, TMS Institute Director, UCLA Department of Psychiatry Faculty Clinical Instructor. Dr. Kira Stein will share research on TMS treatment, risks, benefits and efficacy specifically in pregnancy and postpartum depression. Dr. Stein will discuss other first-line treatments for Perinatal Depression (Psychotherapy, medication, bright light therapy, exercise, folic acid supplementation, etc) and share treatment options for medication-resistant depression such as TMS, ECT, and other more alternative therapies. She will share research on treating other conditions with TMS, such as PTSD, Fibromyalgia, generalized anxiety, and stroke.

11:45 – 12:00: PSI Educational Perinatal Mood Disorders DVD Showing: PSI has produced a 13 minute educational DVD, available in English and Spanish. *“Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”* or *“Madre Saludable, Familia Feliz: Entendiendo los trastornos de animo y ansiedad durante el embarazo y el postparto.”* The video introduces four women who have each suffered and recovered from perinatal mood disorders. Sharing their experiences, these women help reassure and educate new mothers, their family members and friends, and health care professionals. Their poignant stories are complemented by up-to-date information from experts in the field: PSI Past-President Birdie Meyer RN, MA; Pec Indman EdD, MFT; and Caroline Little Cribari MD, PhD, and Laura Sirulnik, MD, in the Spanish version.

12:00 – 1:00: Lunch (Provided)

1:00 – 1:45: Provider Engagement in Perinatal Depression Care: Finding Comfortable, Workable Ways to Bridge the Gap between Obstetrics and Mental Health Care: Christie Lancaster Palladino, MD, MSc, Educational Researcher, GHSU Education Discovery Institute; Assistant Professor, Obstetrics and Gynecology, Georgia Health Sciences University. This presentation will highlight findings from mixed methods research related to provider engagement and decision-making in perinatal depression care. Findings from both qualitative case studies and a national quantitative survey will be presented. These studies highlight the importance of role identity and familiarity in motivating providers to provide depression care. Implications for clinical practice will be discussed. An active discussion session with all participants will focus on ways to build collaborations between obstetric and mental health providers, in order to enhance provider engagement.

CE/CME/CERPs approved for Physicians, Nurses, Nurse-Midwives, Psychologists, LMFTs, LPCs, LMHCs, Lactation Consultants, Doulas, and Childbirth Educators. Approval pending for social workers.

1:45 – 2:30: Treating the Bipolar Pregnant and Postpartum Patient - Maintaining Psychiatric Stability in the Real World of Obstetric and Psychiatric Complications: Vivien K. Burt, MD, PhD, Director, The Women's Life Center, Department of Psychiatry, UCLA-Geffen School of Medicine. This presentation will present and review treatment decisions made in the setting of multiple obstetric and psychiatric complications that do not clearly fit published algorithms regarding the treatment of bipolar women who wish to become pregnant, and who move through pregnancy and the postpartum. The importance of incorporating family and social supports as an integral part of the treatment plan is emphasized.

2:30 – 2:45: Break

2:45 – 3:30: Psychotherapeutic Treatment Issues in Perinatal Psychiatry: Pec Indman, EdD, LMFT, PA

This presentation will review the current research about psychotherapies found to be effective with perinatal women. Common issues such as loss, previous abuse, domestic violence, traumatic birth, breastfeeding complications, obsessive-compulsive disorder, self-esteem, depression and anxiety will be reviewed in light of evidence-based psychotherapies found appropriate with this population. Barriers to psychotherapy will be reviewed, and effective strategies for reducing barriers to treatment will be discussed.

3:30 – 4:15: Management of Non-Affective Perinatal Psychosis: Consideration of epidemiological, obstetric and socioemotional factors: Eydie Moses-Kolko, MD, Assistant Professor of Psychiatry, Western Psychiatric Institute and Clinic, University of Pittsburgh School of Medicine.

Dr. Moses-Kolko will discuss periconceptual psychopharmacology topics pertinent to women with non-affective psychosis. Relevant issues in epidemiology, illness presentation and course, infant bonding, fertility, reproductive outcomes, as well as psychiatric emergencies in perinatal psychosis will be reviewed to provide the context for selection of perinatal treatment.

4:15 – 4:45: Reproductive Psychiatry Training for Residents: Where are We Now? Nicole Cirino, MD and Jane Payne, MD

Presentation and discussion of current perinatal psychiatry curricula developed for medical school residents. Drs. Cirino and Payne will present the curriculum they have developed at the Oregon Health and Sciences University and facilitate discussion about what other faculty are using in academic settings.

4:45 – 5:00 Closing Discussion & Evaluations

Learning Objectives for Reproductive Psychiatry Seminar

- Reproductive Psychiatry Seminar (6 teaching hours requested)
- Describe results of survey regarding practices and challenges of perinatal psychiatric providers.
- Discuss recent literature and practice implications of research suggesting a possible link between antidepressant use in pregnancy and autism spectrum disorders.
- Understand Transcranial Magnetic Stimulation and evidence-based indications for treatment.
- Describe content and potential uses of Perinatal Mood Disorders educational DVD for patients and providers.
- Compare different models for collaboration between obstetrics and mental health.
- Review the risks and benefits of psychopharmacological options to treat bipolar women during pregnancy.
- Describe common psychotherapeutic themes related to pregnancy: loss and trauma, obsessive thinking and anxiety, role changes, perfectionism, personality disorders and post-traumatic stress reactions.
- Name and discuss two common evidence-based psychotherapies effective in the perinatal population.
- Identify psychopharmacological treatment options for psychotic symptoms during pregnancy and postpartum.
- Describe and compare perinatal psychiatry curriculum used by expert academic instructors for medical school residents.

PSI Member \$250.00 • Non Member \$300.00 • Student or PSI Volunteer \$125.00

Registration Fee includes 6 CME/CE/CERPs

www.psi-2012.eventbrite.com

Become a PSI Member Today and save!

www.postpartum.net/Join-Us/Become-a-Member.aspx

We offer a discounted registration for current PSI members and for those joining PSI at this time.

If you're not sure of your membership status, contact psioffice@postpartum.net or 503-894-9453