



Postpartum Support International (PSI) Certificate Training Perinatal Mood Disorders: Components of Care

University of North Carolina ~ Chapel Hill

Date/Time: June 18-19, 2014, 8:00am – 5:00pm each day

Birdie Gunyon Meyer, RN MA | Pec Indman, Ed, MFT | Samantha Meltzer-Brody, MD, MPH



The 2-day Postpartum Support International Certificate of Completion Course, taught by experienced 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 binder, handouts, and meals (choice of sponsor)*

DAY 1

- 8:00-8:30** Registration
- 8:30-8:45** PSI and Social Support History
- 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 Postpartum Mood and Anxiety Disorders
- 10:30-10:45** Break
- 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
 - Adoption
 - Pregnancy Loss
 - Infants in NICU
- 12:15-1:30** Lunch (provided) Panel of Survivors, facilitated by PSI Faculty
- 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
- 4:00-4:12 Faith Communities and Spirituality
- 4:12-4:30 International Incidence and Cultural Differences of PMADs
- 4:30-5:00 Q & A, Discussion, Evaluations

DAY 2

- 8:00-8:30 Registration and breakfast (provided)
- 8:30-8:45 Raising Public Awareness and reducing stigma
- 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
- 10:30 -10:45 Break
- 10:45-11:15 Complementary and Alternative Therapies
- 11:15-12:00 Legislative Updates
- Resource Review – Reading Lists and Handouts*
- Local Resources*
- 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
- 2:15-2:30 Break
- 2:30-2:45 "Fathers Respond" – PSI DVD
- 2:45-4:30 Samantha Meltzer Brody, MD, MPH
- Pharmacological Interventions in Pregnancy, Postpartum and Lactation
 - Evidence based research
 - Evaluating Studies and Articles
 - Talking with families about medication
- 4:30-5:00 Q&A, Discussion
Evaluations