



**Perinatal Mood Disorders
Components of Care
March 4 & 5, 2010
at
Indiana Southeast University Conference Center
(In the Louisville Area)**

Brought to you by:


Postpartum Support Kentuckiana

Kentucky Psychological Association

American College of Nurse-Midwives Kentucky Chapter
And



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HEALTHCARE FOUNDATION
Making a difference



COURSE DESCRIPTION This two-day certification course in the assessment and treatment of Perinatal Mood Disorders is designed for maternal health care providers, including nurses, physicians, social workers, and mental health professionals. This is the standard certification course of Postpartum Support International.

WHO SHOULD ATTEND

Maternal health care providers, including, nurses, social workers, mental health professionals, and others involved in the care of new mothers.

Objectives

At the end of this workshop you be able to:

- ✓ Assess perinatal mood disorders.
- ✓ Differentially diagnose prenatal and postpartum depression, anxiety, panic, bipolar disorder, and psychosis.
- ✓ Assess prenatal and postpartum risk factors.
- ✓ Develop psychosocial and self-help support and treatment plans.
- ✓ State appropriate psychotherapy techniques.
- ✓ Discuss psychopharmacology as it relates to pregnancy and postpartum treatment.

Certification

This program is co-sponsored by *Postpartum Support Kentuckiana* and the Kentucky Psychological Association. The Kentucky Psychological Association is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. KPA is also approved to provide continuing education by the Kentucky Board of **Social Work**, the Kentucky Board of Professional **Art Therapists** and the Kentucky Board of Professional Counselors. The Kentucky Psychological Association maintains responsibility for the program. "This program/workshop has been approved for 16.2 hours of Continuing Education credits for **psychologists** and other mental health professionals." attendee must attend the entire program in order to receive CE Credit (no partial credit can be given).

Nursing

The University of Louisville Department of Obstetrics, Gynecology and Women's Health provides this offering for 16.2 contact hours. The University of Louisville Department of Obstetrics, Gynecology and Women's Health is an approved provider of continuing education in nursing by the Kentucky board of Nursing. KBN approval of an individual nursing continuing education provider does not constitute endorsement of offering content. Provider number 3-0044-44.

“ACNM specialty credit has been applied for.”

Feedback

“This was the most interesting and applicable training I’ve attended in my 20 years of social work.” “I got exactly what I wanted to learn at this training. Very well taught.”



POSTPARTUM SUPPORT INTERNATIONAL
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Perinatal inatal Mood Disorders: Components of Care

Day 1

8:00 am	Registration & Breakfast (provided)
8:30 am	Welcome and Introductions
8:45 am	Overview: Entering Motherhood & Why they suffer in Silence <ul style="list-style-type: none">➤ The Perinatal Period➤ Perfectionism, Dreams, & Expectations➤ Myths of Motherhood➤ Stigma of Mental illness➤ Barriers to Treatment
9:30 am	The Many Faces of Perinatal Mood Disorders <ul style="list-style-type: none">➤ Etiology➤ Signs and Symptoms➤ Risk Factors
10:30 am	Break
10:45 am	Video - “Feel Like Yourself Again”
11:15 am	Screening and Prevention
12:00 pm	Lunch (provided) (Panel of Survivors, optional)
1:00 pm	Social Support Networks <ul style="list-style-type: none">➤ Faith Communities and Spirituality➤ 9 Steps to Wellness: A self-help model➤ Support Groups: What they look like, how to start one, successful Implementation
2:15 pm	15 Minute Break
2:30 pm	International Incidence and Cultural Differences of PMD
3:00 pm	Other Important Considerations <ul style="list-style-type: none">➤ Breastfeeding and PMD➤ Infertility, Adoption, Pregnancy Loss, Infants in NICU
4:30 pm	Closing and Evaluations

AGENDA DAY 2
Perinatal Mood Disorders:
Components of Care

Day 2

8:00-8:30a	Registration and continental breakfast
8:30-9:00a	The Team/Critical Components to Recovery
9:00am	Psychotherapeutic Models <ul style="list-style-type: none">➤ Interpersonal Therapy➤ Cognitive Behavioral Therapy➤ Group Therapy➤ Couples Therapy
10:30 am	Break
10:45 am	Alternative and Complimentary Therapies
11:15 am	Legislative Updates Resource Review
12:00pm	Lunch
1:00 pm	What about the rest of the family? <ul style="list-style-type: none">➤ Effects of Untreated PMD on Mother, Infant, and Family➤ Fathers and Partners
2:30 pm	Break
2:45 pm	DVD: <i>Postpartum Mood Disorder: The Couples Experience</i>
3:15 pm	Pharmacological Interventions: Pregnancy, Postpartum, Lactation: Wrap-Up/Discussion
4:45 pm	Evaluation and Adjourn



Faculty

Wendy Davis PhD is a practicing psychologist specializing in perinatal mood disorders. She is also the executive director of Postpartum Support international.

Birdie Meyer RN is the president of Postpartum Support International and is the Coordinator of the Perinatal Mood Disorders program at Methodist Hospital and IU Hospital, Indianapolis IN

Sheila Ward is a nurse-midwife and psychiatric nurse practitioner who specializes in women's mental health at the University of Louisville School of Medicine Department of Obstetrics, Gynecology & Women's Health.

Registration Form

Registration Fee: \$160 for 2 day training. This includes the training binder, food and refreshments and continuing education certificate.

On-line registration will be available Jan 15
At postpartumsupportkentuckiana.org

Mail-in Registration form:

Name:

Street Address:

City:

State:

Zip:

Phone:

e-mail:(Please print very carefully)

Special assistance/accommodations (please request)

Cancellation policy: Full refund will be given for notice of cancellation by Feb 25. One half refund will be given for notice by 5 pm on March 3. No refund will be given for no-show.

**Make check payable to Postpartum Support Kentuckiana
Send check and registration form to:**

Postpartum Support Kentuckiana
2740 Shippen Avenue
Louisville KY 40206

Confirmation will be sent by e-mail only.