



Postpartum Support International
Perinatal Mood & Anxiety Disorders Certificate Training
Perinatal Mood Disorders: Components of Care
DATES May 25/26 2018



The 2-day Postpartum Support International Certificate of Completion Course, taught by expert and engaging faculty, is a thorough and evidence-based curriculum designed for psychiatrists, nurses, 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 breakfast and lunch. training manual, handouts, and certification of continuing education credits.*

DAY 1

7:15-8:15 Registration and light breakfast

8:15-8:30 Welcome

8:30-9:15 Overview: Entering Motherhood & Why they suffer in silence

- The Perinatal Period
- Perfectionism, Dreams, & Expectations
- Myths of Motherhood
- Stigma of Mental illness
- Barriers to Treatment

9:15-10:30 The Many Faces of Perinatal Mood and Anxiety Disorders

- Etiology
- Signs and Symptoms
- Diagnostic Features

10:30-10:45 BREAK

10:45-11:15 The Many Faces—continued

- Dads and Partners Postpartum Mood and Anxiety Disorders
- David Levine video
- Risk Factors and Prevention

11:15-12:00 Other Important Considerations:

- Breastfeeding and PMADs
- Infertility
- Adoption
- Pregnancy Loss
- Infants in NICU
- Military Families
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12:00-13:00 LUNCH and Videos

12:00-13:00 CMHA Annual General Meeting

13:00-14:00 Screening and Prevention: Screening Tools and Assessment
Motherfirst Guidelines

14:00-14:45 Panel of Survivors

14:45-15:00 BREAK

15:00-16:00 Cultural Differences/Trauma/PTSD

16:00-16:45 Social Support Networks

- Support Groups and Warmlines
 - What they look like, how to start one, successful elements
- 9 Steps to Wellness
- Public Service Announcements: Using media to raise awareness
- Good vs Bad support/social media

16:45-17:00 Q & A and Discussion

OPTIONAL FRIDAY EVENING EVENT, NOT PART OF PSI TRAINING

19:00-21:00 Life with Baby

Social support, building communities for mothers at risk and in isolation

DAY 2

7:30-8:00 Registration and breakfast

8:00-8:10 Welcome

8:10-9:30 Pharmacological Interventions in Pregnancy, Postpartum and Lactation

- Evidence based research
- Evaluating Studies and Articles
- Talking with families about medication

9:30-10:00 The Team and Critical Components to Recovery
Psychotherapeutic Themes and Models:

- Interpersonal Therapy

10:00-10:15 BREAK

10:15-11:30 Psychotherapeutic Themes and Models

- Cognitive Behavioral Therapy
- Group Therapy
- Couples Therapy
- Mother-Infant Therapeutic Approaches

11:30-12:00 Complementary and Alternative Therapies CAM

Local Resources & Resource Review – Reading Lists and Handouts

- Mental Health First Aid
- Maternal Wellness Line
- Child Health Check

12:00-12:30 LUNCH

12:30 – 13:30 Special Guest Speaker – [Margaret Trudeau](#) shares her experiences with bipolar disorder and postpartum illness

13:30-14:15 **Effects of Untreated PMADs on Mother, Infant, and Family**

14:15-14:30 **BREAK**

1430-16:15 **Where to next? Determining priorities for MMH within Saskatchewan – Group discussion**

16:15-16:30 **Wrap-Up/Discussion/Evaluations**
World Maternal Mental Health Day/Canadian Initiatives--Angela