

Postpartum Support International & 2020 Mom Project Maternal Mental Health Training Webinar Series



All Classes: 1:00pm-3:00pm Eastern Time

February 29, 2016

Class 1: Overview of Perinatal Mood and Anxiety Disorders

Range of perinatal mental health disorders, symptoms, causes, and risk factors.

Introduction: Joy Burkhard, MBA and Wendy N. Davis, PhD

Faculty: Wendy N. Davis, PhD

March 14, 2016

Class 2: Screening, Assessment, and Treatment Options

Tools for screening and assessing depression and anxiety, breastfeeding and perinatal mental health, and traditional and non-traditional treatment.

Birdie Gunyon Meyer, RN, MA, CLC

March 28, 2016

Class 3: Social Support Inventory/Tools and Professional Development

Trish McGarrigle, RN, MS, MFT, NCC, LPC and Kate DeStefano-Torres, MA, NCC, ACS, LPC

April 11, 2016

Class 4: Treatment: Evidence Based Psychotherapy

Overview of evidence-based therapeutic models and approaches.

Pec Indman, EdD, MFT, PA

April 25, 2016

Class 5: Psychological Gestation of Pregnancy and Postpartum Psychosis and Forensics

Diana Lynn Barnes, PsyD, MFT

May 9, 2016

Class 6: Additional Considerations and Cultural Competency

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC

May 23, 2016

Class 7: Partners and Perinatal Mental Health

-Dads and Perinatal Mental Health: Danny Singley, PhD

-Lesbian Moms and Maternal Mental Health: Caroline Redstone, CNM, PMHNP-BC, DNP

June 6, 2016

Class 8: Resources for Families, Professionals, and Communities

Wendy N. Davis, PhD and Joy Burkhard, MBA





**Diana Lynn Barnes, PsyD,
LMFT**

is an internationally recognized expert on the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President’s Advisory Council for that organization. She is a member of the Los Angeles County Perinatal

Mental Health Task Force, a core faculty member of their training institute, as well as a member of the statewide California Maternal Mental Health Collaborative. In 2009, she co-founded “The Motherhood Consortium, an inter-disciplinary network of professionals working with mothers, infants and young families. In addition to private practice specializing in all facets of women’s reproductive mental health, Dr. Barnes frequently consults with defense counsel on cases of infanticide, pregnancy denial, neonaticide, child abuse and neglect. The author of *The Journey to Parenthood, - Myths, Reality and What Really Matters*, Dr. Barnes is a fellow of the American Psychotherapy Association, and a clinical fellow of the California Association of Marriage and Family Therapists and the American Association of Marriage and Family Therapists. Her papers have been published in a number of academic journals and she contributed the entry on infanticide for *The Encyclopedia of Motherhood* (Sage Publications, 2010). Dr. Barnes is the 2007 recipient of an award presented by Postpartum Support International for her outstanding contributions to the field of reproductive mental health, and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her work in the area of child-bearing illness. Dr. Barnes is completing an edited volume for Springer Publishing on *Women’s Reproductive Mental Health Across the Lifespan*, with a publication date of 2014.



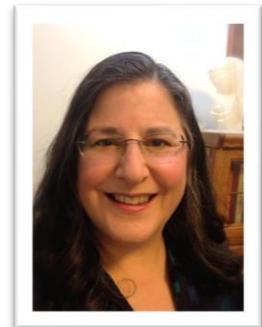
Joy Burkhard, MBA

is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC). Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She is responsible for identifying gaps in service and compliance, consulting with business leaders,

influencing appropriate change, and managing projects related to implementation of state laws and audits. She is a Six Sigma Green Belt and has served in numerous positions including Service Quality Director and Accreditation Manager. Joy is recognized for her ability to problem-solve and find creative solutions to difficult problems. Joy earned her Bachelor of Science degree in Organizational Communication from Northern Arizona University and has a Masters of Business Administration from Regis University. Joy resides in Valencia California with her husband and two young children.

Wendy N. Davis, PhD

has a counseling and consulting practice in Portland Oregon specializing in depression, anxiety, and communication, with a special focus on pregnancy, birth, and postpartum mental health. She is the Executive Director for Postpartum Support International (PSI) www.postpartum.net , where she coordinates PSI services, programs, and 200



U.S. and International PSI Support Volunteers. Wendy is the Founding Director of Oregon’s Baby Blues Connection mom-to-mom support organization www.babybluesconnection.org, and now serves as their clinical advisor and volunteer training consultant. Wendy is a trainer for PSI’s 2-day certificate course, “Perinatal Mood Disorders, Components of Care,” and conducts trainings, consultations, and keynote addresses on perinatal mental health internationally. She chaired Oregon’s Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon’s 2011 successful legislation, the Maternal Mental Health Patient and Provider Education Act. Wendy consults to the Oregon Health Authority in their development of initiatives to support public awareness, treatment pathways, and provider education of the mental health needs of pregnant, postpartum, and post pregnancy-loss women and their families. She provides professional training and consultation in governmental, clinical, and community settings and enjoys working with diverse communities to develop sustainable perinatal mental health support and treatment networks.

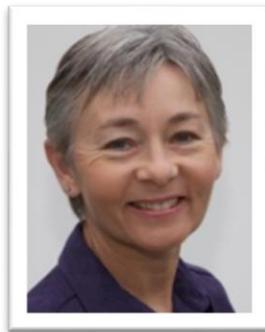


Kate DeStefano-Torres, MA, NCC, ACS, LPC is a National Certified Counselor and a Licensed Professional Counselor in New Jersey and Pennsylvania. In addition she is an Approved Clinical Supervisor through the Center for Credentialing and Education. Kate completed an undergraduate degree in Psychology at La Salle University and earned her

Master's in Applied Psychology at Rowan University in Glassboro, New Jersey. Kate founded The Artemis Center for Guidance in an effort to bring quality treatment, continuing education and clinical supervision options to Gloucester County. Kate's areas of expertise include maternal mental health, trauma and recovery, EMDR, Dialectical Behavior Therapy, and issues related to law enforcement personnel and their families. Kate provides mentoring in these areas and in practice development and management. Kate is responsible for the daily operations of the practice, a full clinical caseload and is the moderator for Artemis' continuing education programming. In addition to these responsibilities, Kate is an adjunct faculty member in the Rowan University Psychology Department, and instructs undergraduate level psychology courses such as LifeSpan Development and Abnormal Psychology

Pec Indman , EdD, MFT, PA is the

Director of Women's health at Regroup Therapy, online maternal mental health support groups. Pec has been actively and intimately involved with postpartum depression for years. Apart from co-authoring an award-winning book, "Beyond the Blues," Pec served for years on the board of Postpartum Support International. She is a trainer for Postpartum Support International, and speaks nationally and internationally. The list of what she has achieved is impressive. She genuinely cares about reaching people to help them feel better. Her sessions on www.regroupttherapy.com will be the best place on the net for support thanks to the guidance she'll bring. Pec recognizes the potential that video support groups offers women who otherwise fall outside the reach of traditional groups.



Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is director of Training and Technical Assistance for the Los Angeles County Perinatal

Mental Health Task Force. Prior to this, she served as director of the New Moms Connect Program of Jewish Family Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. Ms. Kaufman has spoken widely, published articles on parenting, and served as editor for Bringing Light To Motherhood. She serves as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish languages.

Trish McGarrigle, RN, MS, MFT, NCC, LPC received her Bachelor of Science in psychology from The Pennsylvania State University and a Master of Science in counseling psychology, with a focus on marriage and family therapy, from Holy Family University. She is a New Jersey Licensed Associate Counselor. Between her graduate and undergraduate studies, Trish completed her nursing degree at Germantown Hospital & Medical Center School of Nursing and has been a Registered Nurse in Pennsylvania for over 16 years. Trish also completed continuing education through The Pennsylvania State University and Parenting Resource Education Network to become a Certified Parenting Educator.



In addition to her expertise in maternal mental health, Trish specializes in the treatment of children and adolescents as well as veteran's and military family readjustment. Trish is the lead trainer for Artemis' continuing education program and is responsible for development and marketing for the practice.



Birdie Meyer, RN, MA, CLC is an RN with a Master’s Degree in Psychology/Counseling. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, Indiana. She is a Past-President of Postpartum Support International, and past Chair of PSI Education and Training, and is now the PSI

Certification Director. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor. She has been interviewed for radio, television, and print media. She was the subject matter expert on an e-learning CD produced by Indiana Perinatal Network that is used to train Healthy Families Home Visitors. Birdie is highlighted as a PMD expert in a DVD that is shown around the country. “Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”. She has been speaking to audiences for over 25 years and is a Certified International Trainer for PSI’s 2-day “Perinatal Mood Disorders, Components of Care”. In 2007, Birdie received the Jane Honikman award which is given annually by the founder of PSI for “outstanding contribution to the goal of increasing awareness of emotional health related to childbearing”. In 2008, she was given the Award of Excellence in Advocacy from The Association of Women’s Health, Obstetric, and Neonatal Nurses (AWHONN) and was a finalist for Indiana Business Journal’s “Healthcare Hero” award. Birdie is member of PSI, AWHONN, Sigma Theta Tau, North American Society for Psychosocial Obstetrics & Gynecology (NASPOG), and the Indiana Perinatal Network (IPN).



Caroline Jones Redstone, MSN, CNM, PMHNP-BC, DNP, completed her Doctor of Nursing Practice degree at Oregon Health and Science University. She is a nurse-midwife and psychiatric mental health nurse practitioner. While providing women and families with midwifery care, she became interested in reproductive

psychiatry and finding ways to support mental wellness.

Originally from Philadelphia, Caroline now lives in Portland, Oregon and has worked in women’s health care since 2000. Her previous volunteer experiences are varied and include working with a number of HIV/AIDS service organizations, tutoring at-risk youth, disaster relief efforts with Midwives for Haiti, and most recently Caroline volunteered with Portland Oregon’s Baby Blues Connection.



Daniel B. Singley, PhD, APBB is a San Diego-based board certified psychologist and Director of The Center for Men’s Excellence. His research and practice focus on men’s mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He conducts trainings and presentations around the country to assist individuals and organizations to

enhance their level of father inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. He is Past President of the APA’s Section on Positive Psychology and currently serves on the Board of the APA’s Division on the Psychological Study of Men and Masculinity as well as Postpartum Support International. In his free time, Dr. Singley likes to surf, cook, and take his two boys on hikes to throw rocks at things.

Certificate of Completion

All presentations will be recorded and available to registered participants. Certificates will be issued to participants who attend or listen to the recording of all eight classes. Course includes recommended reading materials, resources, and small group discussions. To receive the Certificate of Completion, class members participate in assigned small discussion groups and either attend all eight live webinars or attest to listening to the recording of any missed sessions.

Nurses and social workers who want CE credit need to attend the live webinar for CE credit. A Certificate of Completion is awarded to all attendees who view the whole course, whether through live sessions or by viewing the recordings and evaluating.

Continuing Education Credits

CMEs: Applied and approval pending for this series.

NASW: This program is Approved by the National Association of Social Workers (Approval #886708348-3565) for 16 continuing education contact hours.



NBCC: Postpartum Support International has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs.



Indiana University Health

CNEs -- IU Health Indianapolis (OH-412, 6/1/2016) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Attendance to the entire program and submission of an evaluation is necessary to receive the contact hours for nurses. To receive CNE credit, participants must attend live webinars.