

Postpartum Support International (PSI) and 2020Mom Project Oct 2015- Feb 2016
[Maternal Mental Health Online Certificate Training for Mental Health and Clinical Professionals](#)

Session Title	HOURS	Speakers	Objectives	Summary
Class 1 – Oct 12, 2015 Introduction to Perinatal Mood and Anxiety Disorders (PMDs)	10:00 am	Wendy N. Davis, PhD; Joy Burkhard, MBA	<ol style="list-style-type: none"> 1. List the types of pregnancy and postpartum mood and anxiety disorders. (PMADs.) 2. Identify evidence-based risk factors for development of PMDs. 3. Describe theories of cause/etiology 	Perinatal Mood and Anxiety Disorders (PMAD's). Depression, anxiety, ocd, panic, ptsd, bipolar disorders, and psychosis. Range of perinatal mental health disorders, symptoms, causes, and risk factors.
	12:00 pm			
	120 minutes			
Class 2 – Oct 26, 2015 PMDs Triggers and Primary Prevention	10:00	Trish McGarrigle, MS, MFT, LAC and Kate DeStefano-Torres, MA, NCC, ACS, LPC	<ol style="list-style-type: none"> 1. Participants will be able to identify the 5 tenets of wellness 2. Participants will be able to discuss incorporating the wellness tenets into a primary prevention plan 	Triggers and Prevention: Perinatal Mood Disorders and role of sleep, breastfeeding. The five-factor model of wellness will be explained including the "fresh-air factor." Practical assessment and intervention strategies will be covered.
	12:00			
	120 minutes			
Class 3 – Nov 16, 2015 Screening and Treatment Options for PMDs	10:00	Birdie Gunyon Meyer, RN, MA	<ol style="list-style-type: none"> 1. List validated screening tools for PMDs. 2. Identify effective intake questions 3. Describe common issues related to breastfeeding and PMDs. 4. Describe 2 commonly-used non-traditional treatment approaches. 	Tools for screening and assessing depression and anxiety, breastfeeding and perinatal mental health, and traditional and non-traditional treatment
	12:00			
	120 minutes			
Class 4– Dec 7, 2015 Additional Considerations and Cultural Competency related to PMDs	10:00	Gabrielle Kaufman, MA,LPCC,BC-DMT,NCC	<ol style="list-style-type: none"> 1. Describe 3-5 special considerations and identify how these considerations impact treatment of perinatal mental health. 2. Identify the role of cultural competence in identification and treatment of maternal depression. 3. Discuss the ways in which men may display symptoms of postnatal depression and anxiety. 	Perinatal Mental Health disorders often overlap with a variety of other disorders and circumstances that impact identification and treatment. Cultural competency is a crucial element of successful treatment. As well, considerations about prior losses and concurrent struggles impact the emotional well-being of women prior to and during pregnancy and in the postpartum period. Issues covered in this class include substance abuse, intimate
	12:00			
	120 minutes			

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				partner violence, infant death and miscarriage, LGBTQI families and adoption. Understanding how these issues relate to maternal mental health is key in order to address the complexity of PMD presentation and treatment goals and outcomes.
Class 5 – Dec 21, 2015 Overview of evidence-based therapeutic models and approaches.	10:00	Pec Indman, EdD, MFT	<ol style="list-style-type: none">1. Name 3 evidence-based models used to treat perinatal mood disorders.2. Describe common therapeutic issues and themes in perinatal mental health.3. Describe how trauma and loss influence perinatal mental health.	Psychotherapy Methods: Overview of evidence-based therapeutic models and approaches. This session will review the current research about the efficacy of psychotherapy for treatment of Perinatal Mood/Anxiety Disorders. Techniques of Interpersonal Therapy and Cognitive Behavioral Therapy will be discussed as well as approaches to trauma, resilience, and OCD.
	12:00			
	120 minutes			
	12:00			
	120 minutes			
Class 6 – Jan 11, 2016 <ul style="list-style-type: none">• Practice Marketing• Resources for Continuing Ed• Resources for Clients	10:00	<ul style="list-style-type: none">• Trish McGarrigle, MS, MFT, LAC• Kate DeStefano-Torres, MA, NCC, ACS, LPC• Wendy Davis, PhD	<ol style="list-style-type: none">1. Discuss the interconnection of marketing, community outreach and professional connectivity and their relation to excellent client care.2. Identify 5 components of a mission statement.	<ul style="list-style-type: none">• Knowing your resources, developing your support network and business plan.• Learn how marketing and practitioner self-care can go hand in hand.• Learn how to contribute to your community while increasing name recognition for your practice.
	12:00			
	120 minutes			
Class 7 – Feb 1, 2016 <ul style="list-style-type: none">• Postpartum Psychosis• The Psychological Gestation of Pregnancy and Postpartum	10:00	<ul style="list-style-type: none">• Diana Lynn Barnes, LMFT, PsyD	<ol style="list-style-type: none">1. Describe assessment for psychosis2. List the 3 emotional conflicts that women with postpartum depression experience.3. Describe at least 4 concerns that women with severe mental illness have around motherhood.	<ul style="list-style-type: none">• Signs/symptoms of psychosis• Assess possible psychosis• Understanding the psychological gestation of pregnancy and the postpartum period
	12:00			
	120 minutes			
TOTAL Hours:	14 hours			

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