# **Postpartum Health Alliance**

presents

# **Maternal Mental Health 2012:**

# Special Challenges During Pregnancy and the Postpartum Period

Saturday, October 13, 2012 8:00am-5:00pm

University of California, San Diego Medical Education and Telemedicine Building 9500 Gilman Drive La Jolla, CA 92093



### Purpose

Pregnancy and the postpartum period can be a time of struggle for women with substance use disorders, eating disorders, past sexual trauma and mood or anxiety disorders. Therapists and healthcare professionals receive little, if any, training on the recognition and treatment of women with these disorders.

## **Objectives**

At the end of this program, the participant will be able to:

- 1. Discuss the impact of past sexual trauma and/or eating disorders on a woman during pregnancy and the postpartum period.
- 2. List assessment questions for and describe the emotional impact of substance use disorders during pregnancy and the postpartum period.
- 3. Discuss current data on psychotropic medication use in pregnancy and breastfeeding.
- 4. Describe potential boundary violations that can occur when a therapist is not vigilant about his/her own biases during therapy.
- 5. Describe psychotherapy techniques for treatment of a woman during and after a pregnancy following perinatal loss.

#### **Target Audience:**

- Therapists: Psychologists, Marriage and Family Therapists, Licensed Clinical Social Workers
- 2. Professionals: Doulas, Lactation Consultants, Nurses (ambulatory, inpatient and public health), Social Workers
- 3. Healthcare Providers: Certified Nurse Midwives, Nurse Practitioners, Physicians (Obstetricians, Family Physicians, Psychiatrists)



## Registration

Doulas and Lactation Consultants: \$50
Bachelor's and Master's Level Clinicians (RN, MSW, MFT, CNM, NP, etc): \$75
Doctorate Level Clinicians (PhD, MD, DO etc): \$125
Students and Trainees (limited space): \$30
There is a \$10 discount for PHA members.

After October 1st, there is a \$25 late fee.

Cancellations: A full refund, less \$20, will be provided prior to October 6th. No refunds will be issued after this date.

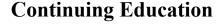
See next page for CEU and CME information.

Register online at PHA2012.eventbrite.com

Questions? Email Katie Hirst: khirst@ucsd.edu

## **Program**

<ol> <li>Insomnia and Hyperarousal</li> <li>Intrusive Images and Thoughts</li> <li>Subsequent Pregnancies and Parenting in the Shado of Perinatal Loss         <i>Yvonne Rothermel, MSW, LCSW</i></li> <li>p.m. Break</li> <li>patient and Provider Panel: Perinatal Loss</li> <li>p.m. Check Your Values at the Door: The Importance of Self-Awareness For Perinatal Therapists</li> </ol>		<del>-</del>
<ul> <li>Katie Hirst, MD</li> <li>8:05 a.m Sexual Trauma and PTSD in the Perinatal Patient Carolyn Allard, PhD</li> <li>9:00 a.m. Substance Use Disorders in Pregnancy Judy Saalinger, PhD, MFT, CAS Art Farkas, PhD</li> <li>10:00 a.m. Break</li> <li>10:15 a.m. Therapeutic Approach to Eating Disorders in Pregnancy and the Postpartum Period Jennifer Torio-Hurley, MSW, LCSW</li> <li>11:15 a.m. Psychiatric Consultation for Perinatal Mental Illness: Introducing the Risk-Benefit Discussion to Your Clients Katie Hirst, MD</li> <li>12:00 p.m. Lunch (box lunch provided)</li> <li>1:00 p.m. Case Conferences: Diagnostic Challenges <ol> <li>Emotional Reactivity and Affective Dysregulation</li> <li>Insomnia and Hyperarousal</li> <li>Intrusive Images and Thoughts</li> </ol> </li> <li>1:40 p.m. Subsequent Pregnancies and Parenting in the Shado of Perinatal Loss <ol> <li>Yvonne Rothermel, MSW, LCSW</li> </ol> </li> <li>2:30 p.m. Break</li> <li>2:45 p.m. Patient and Provider Panel: Perinatal Loss <ol> <li>Check Your Values at the Door: The Importance of Self-Awareness For Perinatal Therapists</li> </ol> </li> </ul>	7:30 a.m.	Registration and Continental Breakfast
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Self-Awareness For Perinatal Therapists	2:45 p.m.	Patient and Provider Panel: Perinatal Loss
Rosemary Mason, CCE, CLC, PCD (DONA)	4:15 p.m.	Self-Awareness For Perinatal Therapists  Amber Rukaj, LMFT



**Evaluations and Closing** 

## **Board of Behavioral Sciences:**

5:00p.m.

Postpartum Health Alliance is a California BBS-approved Continuing Education Provider, number 5218. This course meets the qualifications for **7.5 hours of continuing education credit** for MFTs, LPCCs, LEPs, and/or LCSWs as required by the California Board of Behavioral Sciences.

### **Board of Registered Nursing:**

Approved by the California Board of Registered Nursing, Provider Number 16006, for **7.5 contact hours.** 

# **American Psychological Association and Continuing Medical Education:**

Approval pending through Naval Medical Center San Diego.



**Course Faculty** 

#### **Course Director:**

Katie Hirst, MD

Reproductive Psychiatrist

Director, UC San Diego Maternal Mental Health Clinic Education Coordinator, Postpartum Health Alliance

### **Course Faculty:**

Carolyn Allard, PhD

Psychologist

Program Director, Military Sexual Trauma Clinic

VA San Diego Health System

### Art Farkas, PhD

Licensed Clinical Psychologist

Clinical Director, Lasting Recovery Alcohol and Drug

Addiction Treatment Center

Rosemary Mason, CCE, CLC, PCD (DONA)

Lactation Consultant and Postpartum Doula

Director, North County Doulas

Yvonne Rothermel, MSW, LCSW

Reproductive Therapist in Private Practice

Volunteer Coordinator, Postpartum Health Alliance

Amber Rukaj, LMFT

Reproductive Therapist

UC San Diego Department of Reproductive Medicine

President, Postpartum Health Alliance

Judy Saalinger, LMFT, CAS

Licensed Marriage and Family Therapist

Executive Director, Lasting Recovery Alcohol and Drug

Addiction Treatment Center

Jennifer Torio-Hurley, MSW, LCSW

Therapist in Private Practice

Eating Disorders, Substance Use, Perinatal Mood Disorders Medical Social Worker, Sharp Grossmont Prenatal Clinic

