CONTINUING EDUCATION CREDITS NURSING

Application for contact hours for this continuing nursing education activity is pending approval from the Arizona's Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

PSYCHOLOGY

The Southern Arizona Psychological Association (SAPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. SAPA maintains responsibility for this program and its content. This introductory training is offered for 13 credits. Sign-in, presence for the entire presentation, and completion of an evaluation form are required to receive a certificate of attendance.

SOCIAL WORKERS/THERAPISTS

13.75 CE credits approved by the Arizona Board of Behavioral Health Examiners.

REGISTRATION:

New! Lower Registration Rates! \$145 Early Bird (by 10/15/12) (Was \$175) \$170 Late (after 10/15/12) (Was \$200) First Day Only: \$100

(It is recommended to attend both days.

Certificates of completion will only be awarded to those who complete the entire program.

Must attend Day 1 to attend Day 2)

TO REGISTER, visit:

http://www.postpartumcouples.com

(click on "Upcoming Events")

Complete Online Registration Form,
then Make Payment.

Credit Cards accepted Via PayPal or
Mail in Check/Money Order.

LOCATION

St. Joseph's Center for Education and Development

(Learning Institute)

3115 N. 3rd Avenue Park Central Suite 132 (N. of 3rd Avenue Parking Garage)

Park in the 3rd Avenue Parking Garage. This garage can be accessed off 3rd Avenue, just north of Thomas Road.

You will receive a parking pass at the conference.

Map: please visit http://ow.ly/dyCrk or call St Joseph's Hospital Concierge Service: 602-406-4949

FACULTY

Christina G. Hibbert, Psy.D
Clinical Psychologist, Private Practice
Founder, AZ Postpartum Wellness Coalition
Producer, Postpartum Couples DVD
Flagstaff, Arizona

Michelle Lacy, MA, LPC
East Valley Maternal Wellness, PLLC
Private Practice in Women's Mental Health
Gilbert, Arizona

Kathy W. Smith, MD
Clinical Assistant Professor of Psychiatry,
University of Arizona, Department of Psychiatry





Presents:

Perinatal Mood & Anxiety Disorders:

Assessment & Treatment



November 5-6, 2012 8:00 am -4:30 pm Phoenix, AZ

Why is this so Important?

Up to 20% of women experience a perinatal mood or anxiety disorder (PMAD). Prevention and early intervention can reduce suffering for the entire family. Perinatal mood & anxiety disorders are treatable, yet there are few clinicians who specialize in them. This 2-day course will prepare healthcare professionals to provide appropriate treatment for women suffering with mood or anxiety disorders during pregnancy and postpartum.

TRAINING OBJECTIVES

- Assess prenatal & postpartum risk factors
- Recognize & differentiate between prenatal and postpartum depression, anxiety, panic, OCD, PTSD, and psychosis
- Assess prenatal & postpartum mood & anxiety disorders
- Define psychopharmacology as it relates to perinatal mood & anxiety disorders
- Recognize the impact of perinatal mood disorders on the partner and/or family and role of the family in treatment
- Recognize effective and appropriate treatment modalities
- Measure the importance of social support

WHO SHOULD ATTEND?

Anyone working with a pregnant or postpartum woman, including:

- ♦ Physicians
- ♦ Psychologists
- ♦ Counselors
- ♦ Social Workers
- ♦ Nurse Practitioners/Nurses
- ♦ Doulas
- ♦ Midwives
- ♦ Lactation Consultants
- ♦ Home Visitors

MONDAY, NOVEMBER 5, 2012

8:00	Registration/ Continental Breakfast
8:30	Welcome & Introduction
8:45	Myths of Motherhood
9:15	Perinatal Mood & Anxiety Disorders:
	Symptomatology
	Etiology, Risk Factors
10:30	Break
10:45	International Occurrence & Cultural
	Relevance
11:15	Dads, Partners, & PMADs
	Video: Postpartum Couples
12:00	Lunch
	PMAD Survivor's Panel
1:00	Effects of Untreated Mood Disorders on
	Mother, Baby, Partner, Family
2:00	PMAD Assessment & Screening
3:15	Break
3:30	The Team & Legislative Update
4:30	Adjourn **

Tuition includes: course materials, continuing education credits, continental breakfast, snacks, and lunch.

** Attendance at both days of this event is highly encouraged. Certificates of Completion will be awarded only to those who complete the entire program.**

Persons with a disability may request a reasonable accommodation (i.e. sign language interpreter) by contacting Tami Boyd, tamiboyd4@msn.com.

TUESDAY, NOVEMBER 6, 2012

8:00	Registration/ Continental Breakfast
8:30	Discussion:
	Personal & Professional Biases & PMADs
	Video: Postpartum Aware
9:15	Social Support
10:15	Break
10:30	Psychotherapeutic Models
•	Interpersonal Therapy
•	Cognitive-Behavioral Therapy
•	Couples Therapy
•	Group Therapy
12:00	Lunch
1:00	Other Factors Inherent in Postpartum
	Adjustment
•	Breastfeeding
•	Post-Adoption
•	Loss
•	Infertility
2:00	Complementary Alternative Modalities
2:45	Psychopharmacology
	Dr. Kathy W. Smith



Closing, Evaluations

Adjourn **

4:15

4:30