## Feedback from Trainings

"This was the most interesting and applicable training I've attended in my 20 years of social work."

"I got exactly what I wanted to learn at this training. Very well taught."

## TO SET UP A TRAINING AT YOUR LOCATION CONTACT:

psioffice@postpartum.net or 503-894-9453

Postpartum Support International 6706 SW 54th AVE Portland, OR 97219 Office Phone: 503-894-9453 Fax: 503-894-9452 www.postpartum.net

> Support Warmline 1-800-944-4PPD (4773)



### Components Of Care

# PERINATAL MOOD DISORDERS



An Essential Workshop for all Who work with Childbearing Women

psioffice@postpartum.net 503-894-9453

#### Who We Are

Postpartum Support International is the world's largest non-profit organization dedicated to helping women suffering from perinatal (prenatal and postpartum) mood and anxiety disorders. PSI was founded in 1987 to increase awareness among public and professional communities about the emotional difficulties that women can experience during and after pregnancy.

The organization offers support, reliable information, best practice training, and volunteer coordinators in all 50 U.S. states as well as 26 countries around the world. Working together with its volunteers, caring professionals, researchers, legislators and others, PSI is committed to eliminating stigma and ensuring that compassionate and quality care is available to all families.

PSI has developed a nationally recognized unique evidence-based training program for health providers and social support networks. We have created an expert corps of experienced trainers and are committed to providing you with the most current research.

#### Why You Should Attend

Depression and other mood disorders occur in up to 15% of pregnancies and postpartum women. Perinatal mood disorders are the most common complication of pregnancy, and most often are undiagnosed and untreated.

Untreated maternal mood disorders can have significant long-term negative consequences on the mother, fetus, infant, and family. These can include chronic maternal depression, low birth weight, premature birth, and family conflict.

#### Course Content

- · Overview of Motherhood
- The Many Faces of Perinatal Mood Disorders (PMD)
- Screening and Prevention
- Consequences of Untreated PMD
- Fathers and Partners
- Interview, Risk, Assessment
- Cultural Aspects
- Breastfeeding and PMD
- Infertility, Adoption, Loss, Infants in NICU
- The Treatment Team
- Components of Recovery
- Psychotherapeutic Models
- Alternative and Complementary Therapies
- Legislative Updates
- Resource Review
- Social Support/Self Help
- Spirituality and PMD
- Pharmacological Interventions: Pregnancy, Postpartum, Lactation

#### Workshop Objectives

At the end of this workshop you should be able to:

- Assess perinatal mood disorders.
- Differentially diagnose prenatal and postpartum depression, anxiety, panic, OCD, bipolar disorder, and psychosis.
- Assess prenatal and postpartum risk factors.
- Develop psychosocial and self-help support and treatment plans.
- State appropriate psychotherapy techniques.
- Discuss psychopharmacology as it relates to pregnancy and postpartum treatment.

#### PROGRAMS INCLUDE

The latest evidence based curriculum Content outline for CE

2 PSI Certified PMD trainers

Assistance locating local psychiatrist for medication content

Manual/syllabus available for purchase

Course completion certificate

Consultation on course brochures

#### **CUSTOM PROGRAMS**

We can tailor a program to meet your organization's unique needs:

3 hour training

1 day training

2 day in-depth training with 2 trainers Advanced Social Support Training (Developing Social Support Networks)

#### YOU PROVIDE:

Workshop setting
Continuing Education Units
A/V equipment
Purchase of manual
Advertising & Registration
Compensation for Speaker fees/travel