



**Perinatal Mood Disorders  
Components of Care  
March 4 & 5, 2010  
at  
Indiana Southeast University Conference Center  
(In the Louisville Area)**

**Brought to you by:**


Postpartum Support Kentuckiana

Kentucky Psychological Association

American College of Nurse-Midwives Kentucky Chapter  
And



**NORTON**  
HEALTHCARE FOUNDATION  
*Making a difference*



**COURSE DESCRIPTION** This two-day certification course in the assessment and treatment of Perinatal Mood Disorders is designed for maternal health care providers, including nurses, physicians, social workers, and mental health professionals. This is the standard certification course of Postpartum Support International.

**WHO SHOULD ATTEND**

Maternal health care providers, including, nurses, social workers, mental health professionals, and others involved in the care of new mothers.

# Objectives

At the end of this workshop you be able to:

- ✓ Assess perinatal mood disorders.
- ✓ Differentially diagnose prenatal and postpartum depression, anxiety, panic, 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.

# Certification

This program is co-sponsored by *Postpartum Support Kentuckiana* and the Kentucky Psychological Association. The Kentucky Psychological Association is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. KPA is also approved to provide continuing education by the Kentucky Board of **Social Work**, the Kentucky Board of Professional **Art Therapists** and the Kentucky Board of Professional Counselors. The Kentucky Psychological Association maintains responsibility for the program. "This program/workshop has been approved for 16.2 hours of Continuing Education credits for **psychologists** and other mental health professionals." attendee must attend the entire program in order to receive CE Credit (no partial credit can be given).

# Nursing

The University of Louisville Department of Obstetrics, Gynecology and Women's Health provides this offering for 16.2 contact hours. The University of Louisville Department of Obstetrics, Gynecology and Women's Health is an approved provider of continuing education in nursing by the Kentucky board of Nursing. KBN approval of an individual nursing continuing education provider does not constitute endorsement of offering content. Provider number 3-0044-44.

**“ACNM specialty credit has been applied for.”**  
**ACNM ID number for this program is #2010/001 Faculty**

# Perinatal Mood Disorders: Components of Care

## Day 1

- 8:00 am Registration & Breakfast (provided)
- 8:30 am Welcome and Introductions
- 8:45 am Overview: Entering Motherhood & Why they suffer in Silence
- The Perinatal Period
  - Perfectionism, Dreams, & Expectations
  - Myths of Motherhood
  - Stigma of Mental illness
  - Barriers to Treatment
- 9:30 am The Many Faces of Perinatal Mood Disorders
- Etiology
  - Signs and Symptoms
  - Risk Factors
- 10:30 am Break
- 10:45 am Video - "Feel Like Yourself Again"
- 11:15 am Screening and Prevention
- 12:00 pm Lunch (provided) (Panel of Survivors, optional)
- 1:00 pm Social Support Networks
- Faith Communities and Spirituality
  - 9 Steps to Wellness: A self-help model
  - Support Groups: What they look like, how to start one, successful Implementation
- 2:15 pm 15 Minute Break
- 2:30 pm International Incidence and Cultural Differences of PMD
- 3:00 pm Other Important Considerations
- Breastfeeding and PMD
  - Infertility, Adoption, Pregnancy Loss, Infants in NICU
- 4:30 pm Closing and Evaluations

## *Feedback*

"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."



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**AGENDA DAY 2**  
**Perinatal Mood Disorders:**  
**Components of Care**

**Day 2**

8:00-8:30a	Registration and continental breakfast
8:30-9:00a	The Team/Critical Components to Recovery
9:00am	Psychotherapeutic Models <ul style="list-style-type: none"><li>➤ Interpersonal Therapy</li><li>➤ Cognitive Behavioral Therapy</li><li>➤ Group Therapy</li><li>➤ Couples Therapy</li></ul>
10:30 am	Break
10:45 am	Alternative and Complimentary Therapies
11:15 am	Legislative Updates Resource Review
12:00pm	Lunch
1:00 pm	What about the rest of the family? <ul style="list-style-type: none"><li>➤ Effects of Untreated PMD on Mother, Infant, and Family</li><li>➤ Fathers and Partners</li></ul>
2:30 pm	Break
2:45 pm	DVD: <i>Postpartum Mood Disorder: The Couples Experience</i>
3:15 pm	Pharmacological Interventions: Pregnancy, Postpartum, Lactation: Wrap-Up/Discussion
4:45 pm	Evaluation and Adjourn



**Faculty**

**Wendy Davis PhD PhD** is a counselor, and consultant specializing in perinatal mental health and recovery. She provides training and consultation in clinical, governmental, and community settings. She is a founding director and clinical advisor for Oregon's Baby Blues Connections, is a PSI State Coordinator in Oregon, and serves as program director for PSI

**Birdie Meyer, RN, MA,** is the current president of Post Partum Support international. Birdie is an RN with a Master's in Counseling. She is the coordinator of the Perinatal Mood Disorders Program at Clarian Health in Indianapolis IN. She is the past chair of the PSI Education and training/Curriculum Committee. She speaks frequently on Postpartum Disorders to communities, nursing schools, grand rounds, physician's offices, and local and regional conferences

**Sheila Ward CNM, PMHNP.** Sheila is nurse-midwife and psychiatric nurse practitioner who specializes in the treatment of perinatal mood disorders at the University of Louisville School of Medicine Department of Obstetrics, Gynecology & Women's Health. She is the founder and current president of Postpartum Support Kentuckiana (PSK). She presents frequently at medical, nursing, and psychological conferences on clinical reproductive psychopharmacologic issues.

## Registration Form

Registration Fee: \$160 for 2 day training. This includes the training binder, food and refreshments and continuing education certificate.

**On-line registration will be available Jan 15**  
At [postpartumsupportkentuckiana.org](http://postpartumsupportkentuckiana.org)

### Mail-in Registration form:

Name:

Street Address:

City:

State:

Zip:

Phone:

e-mail:(Please print very carefully)

Special assistance/accommodations (please request)

Cancellation policy: Full refund will be given for notice of cancellation by Feb 25. One half refund will be given for notice by 5 pm on March 3. No refund will be given for no-show.

**Make check payable to Postpartum Support Kentuckiana**  
**Send check and registration form to:**

**Postpartum Support Kentuckiana**  
2740 Shippen Avenue  
Louisville KY 40206

**Confirmation will be sent by e-mail only.**