



Postpartum Support International
Perinatal Mood & Anxiety Disorders Certificate Training
Perinatal Mood Disorders: Components of Care

Agenda

DAY 1

8:00-8:30 Sign into Zoom

8:30-8:45 Introduction to PSI Faculty

8:45-10:00 Overview: History of PSI and Perinatal Mental Health

- **Perinatal MH Certification**
- **Understanding Terminology**

Entering Parenthood

- **Assumptions of Parenthood**

Etiology and Prevalence

10:00-10:30 VIDEO: "What Postpartum Depression Feels Like"

The Many Faces of Perinatal Mood and Anxiety Disorders - Part 1

- **Etiology**
- **Signs and Symptoms**
- **Diagnostic Features**

10:30-10:45 BREAK

10:45-11:00 VIDEO: "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders"

11:00-11:45 The Many Faces of Perinatal Mood and Anxiety Disorders - Continued

- **Etiology**
- **Signs and Symptoms**
- **Diagnostic Features**

VIDEO: “Parental PMADs: A Father’s Story”

- **Consequences of Paternal PMADs**
- **Additional Risk Factors**

12:00-12:15 Risks and Exacerbating Factors

12:15-1:20 Lunch and Panel Presentation

1:20-1:30 Break

1:30-1:40 Q&A/Parking Lot

1:40-2:45 Additional Risks Factors

- **Substance Use**
- **Breastfeeding**

Special Populations

- **Adolescents**
- **Military**
- **Women with Physical Disabilities**

VIDEO: “Giving Birth While Deaf”

- **Parents of Infants in NICU**

2:45-3:00 Additional Perinatal Challenges

- **Perinatal Loss, Fertility Challenges, Multiples, Adoption**

3:00-3:15 BREAK

3:15-4:30 Identifying Risk and Screening Tools

- **Protective Cultural Practices**
- **Postpartum Planning**
- **Screening Tools**

VIDEO: “Postpartum Depression and Communities of Color” PSA

4:30-5:00 Q&A/Parking Lot; Wrap-Up

DAY 2

- 8:00-8:30** Sign into Zoom
- 8:30-9:00** Trauma and Culturally Informed Care
VIDEO: *“A Womb of their Own”* movie trailer
- 9:00-9:50** Intake and Suicide Assessment
VIDEO: *“Ask the Question”*
- 9:50-10:10** The Team & Making Referrals
- 10:10-10:30** Support Groups (Part One)
- 10:30-10:45** BREAK
- 10:45-11:30** Support Groups (Continued)
➤ Jane Honikman’s 9 Steps to Wellness
- 11:30-11:40** Q&A/Parking Lot
- 11:40-12:00** Local Resources
- 12:00-1:00** Lunch (on your own)
- 1:00-2:30** Medications and Untreated Effects
➤ Evidence-Based Research
➤ Evaluating Studies and Articles
➤ Talking with Families about Medication
- 2:30-2:45** Q&A/Parking Lot
- 2:45-3:00** Break
- 3:00-4:00** Evidence Based Psychotherapeutic Treatment Models
VIDEO: *“Turn on the Lights”*
- 4:00-4:10** Q&A/Parking Lot
- 4:10-4:30** Complementary and Alternative Modalities
- 4:30-4:40** VIDEO: *“Father’s Respond”*
- 4:40-4:55** PSI Resources
- 4:55-5:00** Q&A/Parking Lot; Wrap-Up