



Postpartum Support International

Perinatal Mood & Anxiety Disorders Certificate Training

Perinatal Mood Disorders: Components of Care

Agenda

DAY 1

- 8:00-8:30** **Registration and Breakfast (provided)**
- 8:30-8:45** **Welcome and Introduction to PSI Faculty**
- 8:45-9:30** **Overview: History of PSI and Perinatal Mental Health**
- **Perinatal Mental Health Certification**
 - **Understanding Terminology**
- Entering Parenthood**
- **Assumptions of Parenthood**
- 9:30-10:30** **Etiology, Prevalence, and Exacerbating Risk Factors**
- VIDEO: “Can Two Men Make a Baby?”**
- 10:30-10:45** **BREAK**
- 10:45-12:00** **VIDEO: “What Postpartum Depression Feels Like”**
- The Many Faces of Perinatal Mood and Anxiety Disorders**
- **Signs and Symptoms**
 - **Diagnostic Features (Baby Blues vs. Major Depression)**
- VIDEO: “Postpartum Depression and African American Community” PSA**
- **Signs and Symptoms**
 - **Diagnostic Features (Anxiety, OCD, PTSD, Bipolar, Psychosis)**
- VIDEO: “Postpartum Anxiety” PSA**
- VIDEO: “Overcoming Postpartum Mental Illness” PSA**
- VIDEO: “Postpartum Psychosis” PSA**
- VIDEO: “Calls for Dad”**

- 12:00-12:15** VIDEO: *“Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders”*
- 12:15-1:20** Lunch (provided) and Panel Presentation
- 1:20-1:30** BREAK
- 1:30-1:45** Consequences of Paternal PMADs
VIDEO: *“Parental PMADs: A Father’s Story”*
- 1:45-2:30** Identifying Risk and Screening Tools
- Protective Cultural Practices
 - Postpartum Planning
 - Screening Tools
- 2:30-3:00** Suicide Assessment
- 3:00-3:15** BREAK
- 3:15-4:15** Other Considerations
- Substance Use
 - Breastfeeding
- Additional Perinatal Challenges
- Perinatal Loss, Fertility Challenges, Multiples, Adoption
- 4:15-4:50** Special Populations
- Adolescents
 - Military
 - Parents of Infants in NICU
 - Parents with Physical Disabilities
- VIDEO: *“Giving Birth While Deaf”*
- 4:50-5:00** Wrap-Up

DAY 2

- 8:00-8:30** Registration and Breakfast (provided)
- 8:30-9:20** Trauma and Culturally Informed Care
VIDEO: *"Let's Talk – Postpartum Depression Awareness"*
VIDEO: *"Black Maternal Mortality in US and its Slave Origins"*
- 9:20-10:10** Intake Assessment
- 10:10-10:30** The Team and Making Referrals
➤ PSI's Online Provider Directory
- 10:30-10:45** BREAK
- 10:45-11:40** Support Groups
➤ Jane Honikman's 9 Steps to Wellness
VIDEO: *"Baby Dove | Under Pressure | Postpartum"*
➤ Support Group Networks
➤ Role of Facilitators
➤ Developing a Sustainable Network
- 11:40-12:00** Local Resources
- 12:00-1:00** Lunch (provided)
- 1:00-2:45** Medications and Untreated Effects
➤ Evidence-Based Research
➤ Evaluating Studies and Articles
➤ Talking with Families about Medication
- 2:45-3:00** BREAK
- 3:00-3:20** Complementary and Alternative Modalities
- 3:20-4:40** Evidence Based Psychotherapeutic Treatment Models
VIDEO: *"Fathers Respond to PMADs"*
- 4:40-5:00** PSI Resources and Wrap-Up