



## **Postpartum Support International**

### **Advanced Perinatal Mental Health Psychotherapy Training**

### **Agenda**

- 8:00-9:00** Sign-in and Breakfast (provided)
- 9:00-9:15** Introduction to PSI Faculty and Virtual Orientation
- 9:15-9:30** PMH Certification
- 9:30-10:15** Trauma and Sequela of COVID-19
- VIDEO: *"Born in Quarantine"*
  - Utilization of Telehealth
  - PTSD and Psychophysiology of Trauma
  - Traumatic Birth
  - Trauma Assessment
- 10:15-11:00** Trauma Informed and Culturally Sensitive Care
- Trauma Informed Care
  - Disparities in Health Care
  - Personal and Professional Backgrounds and Biases
  - Intersectionality and Microaggressions
- 11:00-11:15** Break
- 11:15-12:30** Perinatal Loss and Fertility Challenges
- Fertility Challenges
  - Medical Complexities in Pregnancy
  - Options Counseling and Termination
  - Complex Losses
  - Integration of Perinatal Loss Experience
- 12:30-1:15** Lunch (provided)

- 1:15-2:00**    **Perinatal OCD and Cognitive Behavioral Therapy**  
➤ **VIDEO: “*Beyond the Fear: A Story of Postpartum*”**
- 2:00-2:45**    **Identity, Perinatal Depression, and Interpersonal Therapy**
- 2:45-3:00**    **Break**
- 3:00-3:40**    **Perinatal Psychosis and Emergencies**  
➤ **VIDEO: “*Fathers Talk about Postpartum Psychosis*” PSA**
- 3:40-4:00**    **Emerging Therapies**
- 4:00-4:30**    **PSI Resources and Q&A**