



Postpartum Support International

Advanced Perinatal Mental Health Psychotherapy Training

Agenda

- 8:00-9:00** Sign into Zoom
- 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 Break

- 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**