



Postpartum Support International

Advanced Perinatal Mental Health Psychotherapy Training

Agenda

- 8:00-9:00** Sign-in and Breakfast (provided)
- 9:00-9:20** Introduction to PSI Faculty and Orientation
- 9:20-9:35** PMH Certification
- 9:30-10:30** Trauma and Sequela of COVID-19
- VIDEO: *"Born in Quarantine"*
 - Utilization of Telehealth
 - PTSD and Psychophysiology of Trauma
 - Traumatic Birth
 - Trauma Assessment
- 10:30-10:45** Break
- 10:45-11:45** Trauma Informed and Culturally Sensitive Care
- Trauma Informed Care
 - Disparities in Health Care
 - Personal and Professional Backgrounds and Biases
 - Intersectionality and Microaggressions
- 11:45-12:30** Navigating PMADS when Working with Couples
- 12:30-1:15** Lunch (provided)
- 1:15-2:00** Perinatal Psychosis and Emergencies
- VIDEO: *"Fathers Talk about Postpartum Psychosis"* PSA
- 2:00-2:45** Perinatal OCD and Cognitive Behavioral Therapy
- VIDEO: *"Beyond the Fear: A Story of Postpartum OCD"*

2:45-3:00 Break

3:00-4:00 Perinatal Depression and Interpersonal Therapy

4:00-4:30 PSI Resources and Q&A