



Perinatal Mood Disorders: Components of Care Training

Mon-Tues, May 18 & 19, 2026

Hilton Garden Inn Freeport Downtown

This two-day course, taught by expert and engaging faculty, uses a thorough, evidence-based curriculum designed for psychiatrists, nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, and anyone interested in building skills for assessing and treating perinatal mood disorders. Your registration includes a training manual, handouts, and certification of continuing education credits.

Upon completion of this course, participants will be able to:

- Identify the challenges faced when identifying and treating perinatal mood and anxiety disorders.
- Describe the symptoms and understand the differential diagnosis of prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, bipolar disorders, and psychosis.
- Discuss psychopharmacology as it relates to pregnancy, postpartum, and lactation.
- Assess prenatal and postpartum risk factors.
- Assess for perinatal mood and anxiety disorders.
- Identify treatment options for perinatal mood disorders (PMDs).
- Discuss breastfeeding and PMDs.
- Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies.
- State appropriate psychotherapy modalities.
- Indicate the consequences of untreated PMDs.
- Discuss the effects and consequences on partners.
- Identify social support, legislative changes, and community resources, including how to set up support groups and offer social support.
- Discuss cultural differences and PMDs.
- Discuss spirituality and PMDs.

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5 Park Street Freeport, ME 04032

Training: 8:00 am - 5:00 pm

Registration Deadline: May 4, 2026

Cost: \$500 - Standard Registration Fee

\$400 - Student Registration Fee

Registration includes a training manual, handouts, certification of continuing education, a light breakfast, and lunch. The cost is discounted if you are a PSI member, PSI volunteer, or student. See the registration site for more information.

Cancellation Policy: If you cancel before **May 5, 2026**, you will get a full refund minus a \$50.00 processing fee. If you cancel **May 5, 2026** or later, you will be refunded 50% of your registration fee minus a \$50.00 processing fee. Fees can be transferred to future events, and substitutions are accepted.



Continuing education credits are available for:

- Physician CMEs
- Nurses
- Psychologists
- Social Workers
- Counselors
- Occupational Therapists

Learn more and register:



<https://go.postpartum.net/2day>

ADDITIONAL TRAINING

For Psychotherapists and Others

**PSI's Advanced Perinatal Mental
Health Psychotherapy Training**

Wednesday, May 20

8 am-4:30 pm

Cost: \$325