



# Perinatal Mood Disorders: Components of Care Training

## Wed-Thurs, October 7 & 8, 2026

Pier B Resort Hotel

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.



### Continuing education credits are available for:

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

### Learn more and register:



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

### Pier B Resort Hotel

800 West Railroad Street Duluth, MN 55802

Training: 8:00 am - 5:00 pm

**Registration Deadline: Wednesday, September 23, 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 **September 24, 2026**, you will get a full refund minus a \$50.00 processing fee. If you cancel **September 24, 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.

### ADDITIONAL TRAINING

For Psychotherapists and Others

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

**Friday, October 9, 2026**

**8 am-4:30 pm**

**Cost: \$325**



# Advanced Perinatal Mental Health Psychotherapy Training

**Friday, October 9, 2026**  
Pier B Resort Hotel

PSI's Advanced Perinatal Mental Health Psychotherapy Training is an evidence-based curriculum designed for mental health and psychotherapy providers who have previously completed at least fourteen hours of perinatal mental health training.

This advanced training covers differential diagnosis, evidence-based psychotherapeutic approaches, and advanced therapeutic issues. It combines expert presentation with case studies, group discussion, and practical examples of treatment approaches.

This course or an equivalent six-hour advanced training course is a prerequisite for the Perinatal Mental Health Certification in the mental health/psychotherapy specialty. Registration includes a training binder and continuing education credits.

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

- Understand diagnostic coding related to perinatal mental health (PMH)
- Discuss evidence-based therapeutic approaches for PMH
- Discuss grief and loss related to PMH
- Describe evidence-based psychotherapeutic tools to address symptoms in PMH

## Continuing education credits are available for:

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



## Learn more and register:



<https://go.postpartum.net/AdvPsych>

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