

Postpartum Support International & 2020 Mom Maternal Mental Health Training Webinar Series



**All Classes: 1:00 - 3:00pm Eastern Time
RECORDINGS SENT AFTER LIVE WEBINAR**

February 28, 2022

Class 1: Overview of Perinatal Mood and Anxiety Disorders
Wendy N. Davis, PhD, PMH-C

March 14, 2022

Class 2: Screening, Assessment/Intake, Breastfeeding, Treatment Options
Birdie Gunyon Meyer, RN, MA, CLC, PMH-C

March 28, 2022

Class 3: Evidence Based Perinatal Mental Health Psychotherapy
Kristy Christopher-Holloway, EdD, LPC, NCC, BC-TMH, CPCS, ACS, PHM-C

April 11, 2022

Class 4: Dads and Perinatal Mental Health
Danny Singley, PhD, PMH-C, APBB

April 25, 2022

Class 5: Additional Considerations and Cultural Competency
Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C

May 9, 2022

Class 6: Psychological Gestation of Pregnancy and Postpartum
Diana Lynn Barnes, PsyD, MFT, PMH-C

May 23, 2022

Class 7: Perinatal Mental Health and Psychopharmacology
Chris Raines RN, MSN, APRN-BC, PMH-C

June 6, 2022

Class 8: Resources for Families, Professionals, and Communities
Wendy N. Davis, PhD, PMH-C and Joy Burkhard, MBA





Diana Lynn Barnes, PsyD, LMFT, PMH-C is an internationally recognized expert on the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President’s Advisory Council for that organization. She is

a member of the Los Angeles County Perinatal Mental Health Task Force, a core faculty member of their training institute, as well as a member of the statewide California Maternal Mental Health Collaborative. In 2009, she co-founded “The Motherhood Consortium, an inter-disciplinary network of professionals working with mothers, infants and young families. In addition to private practice specializing in all facets of women’s reproductive mental health, Dr. Barnes frequently consults with defense counsel on cases of infanticide, pregnancy denial, neonaticide, child abuse and neglect. The author of *The Journey to Parenthood, - Myths, Reality and What Really Matters*, Dr. Barnes is a fellow of the American Psychotherapy Association, and a clinical fellow of the California Association of Marriage and Family Therapists and the American Association of Marriage and Family Therapists. Her papers have been published in a number of academic journals and she contributed the entry on infanticide for *The Encyclopedia of Motherhood* (Sage Publications, 2010). Dr. Barnes is the 2007 recipient of an award presented by Postpartum Support International for her outstanding contributions to the field of reproductive mental health, and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her work in the area of child-bearing illness. Dr. Barnes is completing an edited volume for Springer Publishing on *Women’s Reproductive Mental Health Across the Lifespan*, with a publication date of 2014.



Joy Burkhard, MBA is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC). Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She

is responsible for identifying gaps in service and compliance, consulting with business leaders, influencing appropriate change, and managing projects related to implementation of state laws and audits. She is a Six Sigma Green Belt and has served in numerous positions including Service Quality Director and Accreditation Manager. Joy is recognized for her ability to problem-solve and find creative solutions to difficult problems. Joy earned her Bachelor of Science degree in Organizational Communication from Northern Arizona University and has a Masters of Business Administration from Regis University. Joy resides in Valencia California with her husband and two young children.

Kristy Christopher-Holloway, EdD, LPC, NCC, BC-TMH, CPCS, ACS, PHM-C is an Assistant Professor, the founder and director of New Vision Counseling Center, LLC, and founder of New Vision Consulting and Training, LLC, both located in Georgia. She is a Licensed Professional



Counselor, a National Certified Counselor, a Board Certified Tele-mental Health Provider, a Counselor Supervisor, and certified in Perinatal Mental Health. She works with racial and ethnic minority women experiencing infertility trauma, birth trauma, pregnancy and infant loss, and issues related to maternal mental health. Dr. Christopher-Holloway is also a trainer for PSI’s 2-day certificate course, “Perinatal Mood Disorders, Components of Care”, as well as is a national and international speaker with foci on African Americans and mental health, the psycho-emotional impact of infertility in African American women, perinatal mood disorders, the

strong Black woman syndrome, generational trauma, and more. She has received numerous honors, including the Breakthrough Award for Outstanding Research awarded by the National Board of Certified Counselors, in recognition of her work related to mental health and infertility.



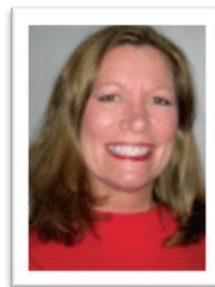
Wendy N. Davis, PhD, PMH-C is the Executive Director of Postpartum Support International. She has provided counseling and consulting in Portland Oregon, specializing in perinatal mental health. She is the Founding Director of Oregon's Baby Blues

Connection, and started volunteering as a PSI Support Coordinator in 1997. In 2009, she was hired as PSI's first Executive Director. She coordinates PSI staff and services and has been a trainer for PSI's 2-day certificate courses. She provides consultation, training, and keynote addresses on perinatal mental health internationally. She chaired Oregon's Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon's 2011 successful legislation, the Maternal Mental Health Patient and Provider Education Act. Wendy consulted to the Oregon Health Authority in their development of initiatives to support public awareness, treatment pathways, and provider education of the mental health needs of pregnant, postpartum, and post pregnancy-loss women and their families. She provides professional training and consultation in governmental, clinical, and community settings and enjoys working with diverse communities to develop sustainable perinatal mental health support and treatment networks.



Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is director of Training and Technical Assistance for Maternal Mental Health Now.

Prior to this, she served as director of the New Moms Connect Program of Jewish Family Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. Ms. Kaufman has spoken widely, published articles on parenting, and served as editor for *Bringing Light To Motherhood*. She serves as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish.



Birdie Gunyon Meyer, RN, MA, PMH-C is the Founder of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis. She is Certified in Perinatal Mental Health, and is an internationally known expert and speaker. She is Past-President and Past-Chair

of Education and Training for PSI and currently is the Director of Certification. Birdie is also on the PSI Advisory Council and the International Childbirth Education Association. She specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor. Birdie has been interviewed frequently for radio, television, and print media and is highlighted as a PMD expert in PSI's video "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders". Birdie has been speaking to audiences for over 35 years and is an International Trainer for PSI's 2-day certificate course and "Advanced Psychotherapy" training. She also speaks frequently to communities, nursing schools, grand rounds, and conferences.



Christena Raines, RN, MSN, APRN-BC, PMH-C, is Associate Director of Obstetrical Liaison and Community Outreach at the University of North Carolina Perinatal Psychiatry. Chris is a dual trained, board certified nurse practitioner in both Women's Health and

Psychiatric-Mental Health and has practiced as a Perinatal Psychiatric Nurse Practitioner at the UNC center for Women's Mood Disorders for over a decade. She was a member of the planning team instrumental in opening the first in-patient Perinatal Mental Health unit in the country and continues to be an integral part of training this specialized nursing staff. Chris serves on the Board of Directors of Postpartum Support International. She is currently the Vice-President of PSI and is the committee chair for the PSI Chapter Committee and was the Co-Chair for the International PSI conference held in Chapel Hill in June 2014.

Daniel B. Singley, PhD, APBB is a San Diego-based board-certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. Dr. Singley won

the American Psychological Association's 2017 Practitioner of the Year Award from the Division on Men & Masculinities. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Society for the Psychological Study of Men and Masculinities. He conducts training and presentations around the country to assist individuals and organizations to enhance their level of father inclusiveness, and founded the grant-funded Basic Training for New Dads, Inc. nonprofit and Padre Cadre social networking application in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. In his free time, Dr. Singley likes to cook, surf, read, and drive his two sons to activities all over town so they can't escape his annoying shrinky questions. Follow him @MenExcel and www.facebook.com/MenExcel/.



Certificate of Completion

All presentations will be recorded and available to registered participants. Certificates will be issued to participants who attend or listen to the recording of all eight classes. Course includes recommended reading materials, resources, and small group discussions. To receive the Certificate of Completion, class members participate in assigned small discussion groups and either attend all eight live webinars or attest to listening to the recording of any missed sessions. Nurses and social workers who want NASW CE's need to fill out a post-test if they are not able to attend the live webinar. **A Certificate of Completion is awarded to all attendees who view the whole course, whether through live sessions or by viewing the recordings.**

16 Continuing Education Credits

APA Continuing Education: Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. The total course provides 16 CE contact hours..

CMEs: pending approval

SOCIAL WORKERS: Pending approval

NURSES: This nursing continuing professional development activity was approved by Oregon Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval valid through 9/13/2023. OCEAN ID #2021-26

NBCC: Postpartum Support International has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. *"In order to award NBCC credit, the Provider must ensure that the participant attended the live program, and was present for the number of NBCC hours indicated on the certificate or letter of completion."*

Occupational Therapists: PSI is an approved provider of CEUs by American Occupational Therapy Association (AOTA), Provider #11342. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.

CAPPA: PSI is an approved provider of continuing education by CAPPA

LMFTs, LPCs: Check with your state or national CE board for reciprocal approval. Many LPC and LMFT boards accept CEs from organizations that are approved sponsors of APA.

Learning Objectives

1. List the types of pregnancy and postpartum mood and anxiety disorders. (PMDs.)
2. Identify evidence-based risk factors for development of PMDs.
3. Describe theories of cause/etiology of PMDs

4. List validated screening tools for PMDs.
5. Identify effective intake questions
6. Describe common issues related to breastfeeding and PMDs.
7. Describe 2 commonly used non-traditional treatment approaches.
8. Name 3 evidence-based models used to treat perinatal mood disorders.
9. Describe common therapeutic issues and themes in perinatal mental health.
10. Describe how trauma and loss influence perinatal mental health.
11. Describe 3-5 special considerations and identify how these considerations impact treatment of PMH.
12. Identify the role of cultural competence in identification and treatment of maternal depression.
13. Discuss prevalence of depression and anxiety in new fathers
14. Describe common ways that mood disorders manifest in men
15. Describe effective methods to support partners.
16. Describe assessment for psychosis
17. Describe at least 4 concerns that women with severe mental illness have around motherhood.
18. Describe risks and benefits of psychopharmacological treatment in pregnancy and lactation
19. Identify resources for evidence-based data about medication during pregnancy and lactation
20. Describe reliable resources for patient support and information
21. Identify resources for community and systems development for perinatal mental health systems.