

# Postpartum Support International & Policy Center for Maternal Mental Health Maternal Mental Health Training Webinar Series



**Class #1: 12:30-3:00pm Eastern Time**  
**All other Classes (#2-8) are 1:00 - 3:00pm Eastern Time**

**RECORDINGS SENT AFTER LIVE WEBINAR**

**September 9, 2024: Class begins at 9:30am PACIFIC TIME**

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

**Sept 23, 2024**

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

**,October 7, 2024**

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

**October 21, 2024**

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

**November 4, 2024**

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

**November 18, 2024**

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

**December 2, 2024**

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

**December 16, 2024**

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





**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 the founder and executive director of Policy Center for Maternal Mental Health. She founded the organization in 2011 after leading policy work in California to address maternal mental health and experiencing the loss of her brother to suicide. Joy spent

nearly 25 years working for Cigna as a state policy and quality improvement leader. She is a member of the American College of Obstetricians and Gynecologist's expert workgroup on Maternal Mental Health, the Federal Maternal Mental Health Task Force, and is a board member of the California Maternal Quality Care Collaborative (the nation's first agency working to solve the U.S.'s maternal mortality crisis), and The Health Care Transformation Task Force. She is the Board Chair of Mom Congress, an organization she founded and the Policy Center incubated. Joy has received numerous awards, including The American Public Health Association's Maternal Child Health Leadership and Advocacy Award and The Emerging Leader Award in Women's Health from the federal Health and Human Services Agency, Office of Women's Health. Joy holds an MBA from Regis University and lives with her husband and two high-schoolers in Los Angeles, California.

**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 certificate courses as well as 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.



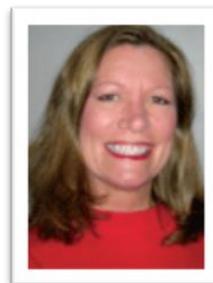
**Wendy N. Davis, PhD, PMH-C** is the Executive Director of Postpartum Support International. She has provided counseling and consulting in Portland Oregon, specializing in perinatal mental health. She is the Founding Director of Oregon's Baby Blues

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 is a past president of Board of Directors of Postpartum Support International.

**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/](http://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

**CEs for Psychologists:** 16 hours. 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.

**LMFTs, LPCs, LMFTs:** Check with your state or national CE board for reciprocal approval. Most boards accept CE's from organizations that are approved sponsors of APA.

**NURSES:** Pending

**CMEs: 16 hours** The AAFP has reviewed Postpartum Support International Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals, and deemed it acceptable for AAFP credit. Term of approval is from 09/09/2024 to 12/16/2024. *AMA/AAFP Equivalency - AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.*

**SOCIAL WORKERS:** This program is Approved by the National Association of Social Workers (Approval # 886708348-4859) for 16 continuing education contact hours.

**NBCC: 16 hours.** 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, as required by Section I.3."

**Occupational Therapists:** PSI is an AOTA Approved Provider of professional development. Course approval ID# 11342. This live webinar series is offered at 16 CEUs, intermediate, Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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