



# Perinatal Mood Disorders: Components of Care

Perinatal Mood and Anxiety Disorders Certificate Training

## Training Faculty

TBA

## May 14-15, 2024

## Lincoln, Nebraska

Optional event on May 16, 2024

Also available: PSI's Advanced Perinatal Mental Health Psychotherapy event on May 16, 2024. Please see the registration website for more information!



### Continuing Education

**AAFP CMEs:** This Live activity, Perinatal Mood Disorders: Components of Care, from June 3, 2023 to June 2, 2024, has been reviewed and is acceptable for up to 14.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**APA:** 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. Course eligible for up to 14.5 Credit Hours.

**NASW:** This program is Approved by the National Association of Social Workers (Approval # 886708348-5218) for 14.5 continuing education contact hours.

**NBCC:** Postpartum Support International has been approved by the National Board for Certified Counselors (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. Course eligible for up to 14.5 credit hours.

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### Register online!

<https://postpartum.app.neoncrm.com/event.jsp?event=1342&>

The 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 other providers of color who want in building skills for assessment and treatment of perinatal mood disorders.

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

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



**Place:** Embassy Suites by Hilton Lincoln  
1040 P Street, Lincoln, NE 68508

**Training:** 8:30 am - 5:00 pm

**Registration Deadline:** 5/3/2024 | **Cost:** \$425.00

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

The fee for continuing education certification is included in the registration fee. Continuing education certificates will be emailed approximately three weeks after the training event. Candidates for continuing education certification must document their time at the event by signing in and out for the event.



**Cancellation Policy:** If you cancel before May 4, 2024, you will get a full refund minus a \$50.00 processing fee. If you cancel May 4, 2024 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.

Questions? Please contact Orrin Banta at orrinbanta@postpartum.net.