

Outline

The Clinical Profile of PMADs: (Perinatal Mood and Anxiety Disorders):

What causes postpartum mental health disorders?  
The “perinatal masquerade” and illusion of perfection in motherhood  
Why “perinatal” is a multi-decade stage in life  
What makes mood disorders during this period unique  
Breaking through guilt, shame and silence  
Limitations of the research and potential risks

PMAD Screening and Assessment

Are you asking the right questions?  
Red flags: What to look/listen for each time you see her  
Evidence-based assessment tools  
Differential diagnosis: The PMAD spectrum  
Depression, Anxiety, OCD, PTSD, psychosis  
The Postpartum Stress Center PMAD Response Model  
How to respond if she discloses thoughts of harm to herself or the baby  
Where and how to refer to a specialist/higher level of care

Clinical Interventions for Mothers Who are Symptomatic, Exhausted, and Preoccupied

How treatment differs for this population  
Create a safe “holding environment”  
Help her break through guilt, shame and silence  
Navigating scary intrusive thoughts  
Practical interventions for busy new moms  
The perinatal family: Identify and engage necessary supports in treatment

Tools for healing the perinatal intimate partnership  
Psychotropic medications: Safe for pregnant or nursing mothers?  
Collaborative care with other providers  
Videos: Beyond the Fear & Voices of Recovery  
Exercises: Token assessment and case examples

The Nuanced Experience of the Perinatal Clinician

Managing countertransference  
Ethical decision making: Breaking the rules and self-disclosure  
Collaboration and collegial support

Special Considerations

Feeding issues: Breastfeeding and/or bottle  
Infertility/Assisted reproductive technologies  
Trauma  
NICU  
Perinatal grief and loss  
When PMADs are left untreated or present later in motherhood  
Multicultural factors

FREE Materials for Your Clinical Toolbox!

- ✓ Evidence-based PMAD assessments
- ✓ Postpartum pact
- ✓ Tokens assessment
- ✓ Referral resources
- ✓ And more!

Objectives

1. Recognize how and why mood disorders in the perinatal period are unique, nuanced and high-risk.
2. Differentiate between “normal” perinatal experiences and clinically relevant symptoms.
3. Design effective, efficient, and appropriate interventions utilizing screening tools, interview questions, and The PPSC’s Voice of Depression Response Model.
4. Explain ways the family system is impacted by PMADs and how to address intergenerational issues between grandmother, mother and child.
5. Articulate why therapist vulnerability and urgent client need render supervision and collegial collaboration especially important in this field of work.
6. Discuss impact of special circumstances (breastfeeding, NICU, perinatal loss, adoption, depression in the partner) on therapeutic process and treatment planning.

Target Audience:

Social Workers • Counselors • Psychologists • Marriage and Family Therapists • Psychiatrists • Pediatricians  
Gynecologists • Nurses • Nurse Practitioners • Midwives and Doulas • Lactation Consultants  
Other professionals who work with perinatal women

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POSTPARTUM  
DEPRESSION

& Related Disorders

Clinical Strategies to Identify and Treat Mothers Who Are Suffering in Silence

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POSTPARTUM  
DEPRESSION

& Related Disorders

Clinical Strategies to Identify and Treat Mothers Who Are Suffering in Silence

- Discern between “normal” perinatal experiences and clinically relevant symptoms
- Gain specific language and tools to immediately engage and intervene with this vulnerable, high-risk population
- Differentiate diagnostically between the various Perinatal Mood and Anxiety Disorders (PMADs)
- Best practices for screening, assessment, and treatment with consideration to her pregnant or lactating state

NEW ROCHELLE, NY  
Wednesday, November 6, 2019

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Designed for...

- Mental Health Professionals
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- Pediatricians
- Psychiatrists

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# Postpartum Depression & Related Disorders

## Clinical Strategies to Identify and Treat Mothers Who Are Suffering in Silence

It's not a topic that comes up at play groups or over coffee. Instead, 1 in 7 new mothers prefer to suffer quietly, engulfed in shame and secrecy, afraid to dispel the ever-present myths about motherhood – “everything is perfect”, “I love being a mother”, and “this is the happiest time of my life”.

She doesn't share the dark thoughts, intense anxiety, scary intrusive thoughts, checking excessively on the baby, feelings of inadequacy, grief over her former independence, thoughts of harming herself or the baby, and even delusions and hallucinations.

**Perinatal Mood and Anxiety Disorders (PMADs) are real, pervasive, and life-threatening.**

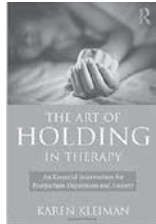
**Are you missing the signs with the women you treat?**

Attend this compelling one-day seminar and gain tools to intervene during a **critical period that does not offer the luxury of time**. Postpartum women are exceptionally vulnerable, as are their infants who are fully dependent on them. And given that **suicide is the 2nd leading cause of maternal death**, this seminar is a must-attend for any professional working with pregnant or postpartum women.

Sign up today!

“Every postpartum woman is preoccupied, whether she is depressed or not... but if her symptoms of depression and anxiety are acute enough, **if she is sick enough, if her thoughts are distorted enough, she needs help. And she needs help right away.**” – Karen Kleiman, *The Art of Holding in Therapy: An Essential Intervention for Postpartum Depression and Anxiety*

### \*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



#### **The Art of Holding in Therapy** *An Essential Intervention for Postpartum Depression and Anxiety*

By Karen Kleiman, MSW, LCSW

Readers will learn how to contain high levels of agitation, fear, and panic in a way that cultivates trust and the early stages of connectedness. Also addressed through vignettes are personality types that make holding difficult, styles of ineffective holding, and how to modify holding techniques to accommodate the individual woman. A must-read for postpartum professionals, the techniques learned in this book will help clients achieve meaningful and enduring recovery.



#### **Dropping the Baby and Other Scary Thoughts** *Breaking the Cycle of Unwanted Thoughts in Motherhood*

By Karen Kleiman, MSW, LCSW

What if I drop my baby when I go down the steps? What if I burn the baby in the bathtub?

Thoughts like these can be frightening to new mothers, but are a common symptom pregnant and postpartum women can experience. *Dropping the Baby and Other Scary Thoughts* addresses the nature of these intrusive, negative and unwanted thoughts. Kleiman and Wenzel offer answers to the women who seek information, clarification, and validation in this useful resource for healthcare professionals working with these mothers.

## Speaker

**Hilary Waller, MS, LPC**, is a psychotherapist who specializes in the treatment of perinatal mood and anxiety disorders. She is the director of education and programming at The Postpartum Stress Center outside of Philadelphia, which was founded by renowned perinatal expert Karen Kleiman and was listed in *Philly Magazine* as a “Center of Excellence” for Maternal/Fetal Care in 2008. In addition to providing direct care services to individuals, couples and groups at the center, Hilary serves as an instructor with Karen Kleiman, providing a quarterly 12 CE hour post-graduate advanced training for clinicians across the US and abroad who want to specialize in treating the perinatal population. Hilary also conducts workshops and trainings for maternal mental healthcare providers as well as non-clinical staff working with the perinatal population. Hilary completed her master's degree in counseling psychology from Holy Family University in 2013. She is deeply honored to support new parents as they navigate the challenges pregnancy and parenthood present.

Speaker Disclosures:

Financial: Hilary Waller has an employment relationship with The Postpartum Stress Center. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Hilary Waller is a member of the American Counseling Association; National Certified Counselor; and the Postpartum Support International.

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

**Seminar on CD or DVD Package:** You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal.

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



### LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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**New York Counselors:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**New York Marriage & Family Therapists:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**Certified Childbirth Educators/Doulas:** This course has been submitted to the ICEA for review for contact hour approval. Please contact our customer service department for the most current information.

**Lactation Consultants:** CERPs applied for from IBLCE. Contact PESI's Customer Service Department for the most current information. PLEASE BRING YOUR IBLCE NUMBER WITH YOU TO THE PROGRAM.

**Midwives:** ACNM specialty credit has been applied for.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Psychologists & Psychiatrists & Physicians: Psychiatrists & Physicians**

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists**

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**New York Psychologists:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**New Jersey Social Workers:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/74640](http://www.pesi.com/events/detail/74640).

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**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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POSTPARTUM DEPRESSION & RELATED DISORDERS: CLINICAL STRATEGIES TO IDENTIFY AND TREAT MOTHERS WHO ARE SUFFERING IN SILENCE

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