

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

TREVOSE, PA
Monday, December 9, 2019

LIVE VIDEO WEBCAST
Tuesday, December 10, 2019

KING OF PRUSSIA, PA
Tuesday, December 10, 2019

MT. LAUREL, NJ
Wednesday, December 11, 2019

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

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Designed for...

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- OB-GYN Nurses, NP's and Doctors
- Midwives and Doulas
- Lactation Consultants
- 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!

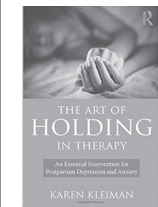
“Every postpartum woman is preoccupied, whether she is depressed or not...but if her symptoms of depression and anxiety are acute enough, **if she is sick enough, if her thoughts are distorted enough, she needs help. And she needs help right away.**” – Karen Kleiman, *The Art of Holding in Therapy: An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

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on December 10, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75796

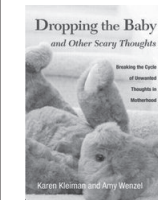
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The Art of Holding in Therapy
An Essential Intervention for Postpartum Depression and Anxiety

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 & Amy Wenzel, Ph.D.

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 & Webcast Schedule *(Times listed in Eastern)*

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 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 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.

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Pennsylvania Counselors: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

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.

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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.

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Psychologists

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Pennsylvania Psychologists: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 6.25 continuing education hours.

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New Jersey Social Workers: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75400.

Pennsylvania Social Workers: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This Intermediate activity consists of 6.25 clock hours of continuing education instruction.

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