Postpartum Support International
Perinatal Mood and Anxiety Disorders Certificate Training
Perinatal Mood Disorders: Components of Care
Wednesday, May 20, 2020 and Thursday, May 21, 2020
8:00 Registration | 8:30 – 5:00 Training
Zoom Webinar
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DAY 1

8:00-8:30 Registration
8:30-8:45 Introduction to PSI Faculty
8:45-9:45 Overview: History of PSI and Perinatal Mental Health
  ➢ Understanding Terminology
  Entering Parenthood
  ➢ Assumptions of Parenthood
Ciology and Prevalence
  ➢ Fathers
  ➢ PMH among Sexual Minorities
  ➢ Single Parents
9:45-10:30 Video: What Postpartum Depression Feels Like
  The Many Faces of Perinatal Mood and Anxiety Disorders – Part 1
  ➢ Etiology
  ➢ Signs and Symptoms
  ➢ Diagnostic Features
10:30-10:45 BREAK
10:45-11:00 Video: Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders
11:00-11:40 The Many Faces of Perinatal Mood and Anxiety Disorders – Part 2
  ➢ Etiology
  ➢ Signs and Symptoms
  ➢ Diagnostic Features
  Video: David Levine
  ➢ Unintended Consequences of Paternal PMADs
  ➢ Additional Risk Factors
11:40-12:15 Other Considerations:
  ➢ Substance Use and Pregnancy
Breastfeeding and PMADs

12:15-1:20  Lunch and Panel of Survivors
1:20-1:30  BREAK
1:30-2:30  Special Populations: Parents of Infants in NICU; Perinatal and Neonatal Loss; Infertility; Multiples; Adoption; Adolescents; Military; Women with Physical Disabilities
  Video: Giving Birth While Deaf
2:30-3:15  Risks and Screening Tools
3:15-3:30  BREAK
3:30-3:50  Video: Postpartum Depression in African American Community PSA
  Cultural Dimensions of PMADs
  ➢ Cultural Humility
  ➢ Protective Cultural Practices
  Video: A Womb of Their Own (movie trailer)
3:50-4:00  Faith Communities and Spirituality
4:00-4:50  Social Support
4:50-5:00  Q & A and Discussion; Evaluations

8:00-8:30  Registration
8:30-10:30  Video: Public Service Announcements: Using Media to Raise Awareness
  ➢ Trauma-Informed Care
  ➢ Intake and Suicide Assessment
  Video: Ask the Question
  ➢ The Team and Critical Components of Care
  ➢ Evidence-Based Psychotherapeutic Treatment Models – Part 1
10:30-10:45  BREAK
10:45-11:10  Evidence-Based Psychotherapeutic Treatment Models – Part 2
  Video: Turn on the Lights
11:10-11:40  Complementary and Alternative Modalities
11:40-12:00  Local Resources
12:00-1:00  Lunch and Networking
1:00-3:20  Medications and Untreated Effects
  ➢ Evidence-Based Research
  ➢ Evaluating Studies and Articles
  ➢ Talking with Families About Medication
3:20-3:30  Q & A
3:30-3:45  BREAK
3:45-3:50  Video: Fathers Respond
3:50-4:30  PSI Resources
4:30-5:00  Wrap-Up; Discussion; Evaluations