

Perinatal Mood Disorders: Components of Care

March 17-18, 2010

Location:

Visalia Holiday Inn Hotel & Conference Center; 9000 W. Airport Drive; Visalia, CA



Description & Objectives:

The Tulare County Maternal Child Health Division presents the **Postpartum Support International 2-day Certification of Completion course**. The course is evidence based and includes information concerning assessment and treatment of Perinatal Mood Disorders. The course is designed for nurses, physicians, social workers, mental health professionals or anyone interested in acquiring formal knowledge about the subject.

Upon completion of this course, participants will be able to:

1. Identify the challenges faced when identifying and treating Perinatal Mood Disorders.
2. Differentially diagnose prenatal and postpartum depression, anxiety, panic disorder, OCD, PTSD, 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 Disorders.
6. Identify treatment options for PMD.
7. Discuss breastfeeding and PMD.
8. Develop psychosocial and self-help treatment plans.
9. State appropriate psychotherapy modalities.
10. Indicate consequences of untreated Perinatal Mood Disorders.
11. Discuss effects and consequences on partners.
12. Identify social support and community resources, including how to set up support groups and offer social support.
13. Discuss cultural differences and PMD.
14. Discuss spirituality and PMD.



Tulare County
Health & Human
Services Agency

Maternal Child
Health Division's
Perinatal Wellness
Program

A program funded
by the Department
of Mental Health



Tulare County HHSA - Provider # 1193 - This course meets the qualifications for 13.5 hours of continuing education credits for MFT's and /or LCSWs as required by the California Board of Behavioral Sciences.

BRN # 2610 - 12 Continuing education hours will be available for licensed nurses.

Faculty

Caroline Little Cribari MD, PhD., specializes in treating women with perinatal mood, anxiety and eating disorders using cognitive behavioral therapy and when indicated, medication. She is the former Department Chief of Behavioral Health Services at El Camino Hospital. She has a strong interest in women's mental health issues and is a member of Postpartum Support International and the North American Society for Psychosocial OB/GYN.

Pec Indman, Ed.D, MFT, formerly a Physician's Assistant, is a Psychotherapist in San Jose, CA. She is the chair of Education/Training for Postpartum Support International and is involved in several international postpartum health organizations. She lectures internationally on perinatal mood disorders and is co-author of *Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression*.

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Conference Schedule

Wednesday, March 17th

7:30 am	Registration
8:15 am	Welcome & Introductions
8:30 am	Overview: Entering Motherhood & Why They Suffer in Silence <i>Caroline Little Cribari MD, PhD.</i>
9:15 am	The Many Faces of Perinatal Mood Disorders - Etiology; Signs & Symptoms; Risk Factors <i>Caroline Little Cribari MD, PhD.</i>
10:15 am	Break
10:30 am	Video: <i>OCD</i>
11:00 am	Screening & Prevention <i>Caroline Little Cribari MD, PhD.</i>
11:45 am	Lunch Provided
1:00 pm	Initial Interview and Assessment <i>Pec Indman, Ed.D, MFT</i>
1:30 pm	International Incidence & Cultural Differences <i>Pec Indman, Ed.D, MFT</i>
2:00 pm	Other Important Considerations - Breastfeeding & PMAD, Infertility, Adoption, Pregnancy Loss, NICU <i>Caroline Little Cribari MD, PhD.</i>
3:00 pm	Break
3:15 pm	Social Support and Self Help - Faith Communities & Spirituality; 9 Steps to Wellness: A Self Help Model; Support Groups: What they Look Like, How to Start One, Successful Implementation <i>Pec Indman, Ed.D, MFT</i>
4:15 pm	Discussion & Questions
4:45 pm	Adjourn

Thursday, March 18th

8:30 am	Welcome
8:45 am	The Team: Critical Components to Recovery <i>Caroline Little Cribari MD, PhD.</i>
9:00 am	Psychotherapeutic Models - Interpersonal Therapy; Cognitive Behavioral Therapy; Group Therapy; Couples Therapy <i>Pec Indman, Ed.D, MFT</i>
10:30 am	Break
10:45 am	What about the Rest of the Family? - Effects of Untreated PMD on Mother, Child & Family; Fathers & Partners; Video: <i>Fathers Response</i> <i>Pec Indman, Ed.D, MFT</i>
11:45 am	Lunch Provided
12:45 pm	Complimentary & Alternative Therapies <i>Pec Indman, Ed.D, MFT</i>
1:15 pm	Legislative Updates & Resource Review; Video: <i>Healthy Mom, Happy Family</i> <i>Caroline Little Cribari MD, PhD</i> <i>Pec Indman, Ed.D, MFT</i>
2:15 pm	Break
2:30 pm	Pharmacologic Treatment of Mood Disorders in Pregnancy, Postpartum & Lactation <i>Caroline Little Cribari MD, PhD</i>
4:30 pm	Discussion & Evaluation
5:00 pm	Adjourn

Perinatal Mood Disorders: Components of Care Conference Registration Form

Name: _____

Title: _____

Address: _____

City: _____

State, Zip Code: _____

Telephone: _____

Email: _____

License Number: _____

Registration Fee: \$100 Fee Includes 2 Continental Breakfasts, 2 Lunches and Syllabus Binder

Meal Option: Please mark here if you would like to request vegetarian lunches.

Mail Registration Form with Check Payable to: Tulare County HHSA, 5957 South Mooney Blvd., Visalia, CA 93277, Attn: Michelle Brown.

Questions: Contact Marina Avila at 559-713-5093 or MAVila@Tularehhsa.org.