

# Perinatal and Postpartum Mood & Anxiety Disorders

SPECIAL GUEST SPEAKER:

**Pec Indman, Ed.D, MFT**

An evidence-based training, risk factors and prevention will be reviewed and two common screening tools will be discussed. We will cover treatment, including peer support, psychotherapy, medications, and non-medication therapies. This course will also cover the consequences of untreated perinatal illness and resources for continued learning.

**TUESDAY**  
9:00 - 4:00PM

**DECEMBER 4, 2018**

**MINER'S INN CONVENTION CENTER**  
122 E. MINER STREET, YREKA

**LUNCH IS PROVIDED!**

## LEARNING OBJECTIVES:

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 (PMAD).
2. Describe the symptoms and understand the differential diagnosis of perinatal 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 perinatal and postpartum risk factors.
5. Identify Assessment tools for Perinatal Mood and Anxiety Disorders.
6. Identify treatment options for PMAD.
7. Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies.
8. Discuss medication use during pregnancy and with lactation.
9. State appropriate psychotherapy modalities.
10. Indicate consequences of untreated Perinatal Mood and Anxiety Disorders.
11. Discuss effects and consequences on partners.
12. Discuss cultural differences and PMAD.

## REGISTER:

[https://www.surveymonkey.com/r/Pec\\_Indman](https://www.surveymonkey.com/r/Pec_Indman)

Questions? Please contact (530) 918-7222.



This course meets the qualifications for 6 hours of continuing education credit for Registered Nurses, LCSWs, and LMFTs, as required by the California Board of Registered Nursing and the California Board of Behavioral Sciences. The CEUs are free of cost. More information about CEUs, Pec Indman, and an agenda on back page.





For the past 27 years, Pec Indman has worked as a psychotherapist specializing in perinatal mental health. She is a former family practice-trained Physician Assistant, and she has a master's degree in health psychology and a doctorate in counseling.

Pec has been creating curriculum and training nationally and internationally for Postpartum Support International (PSI) since 1999. She has served on the PSI Board of Directors as the Chair of Education and Training and now serves on the PSI President's Advisory Council.

An invited speaker, Pec has trained for WIC, Public Health Departments, HRSA, Adolescent and Child Health Bureau, breastfeeding coalitions, and many other organizations. She has contributed to the American College of OB/GYN Maternal Health Bundle and articles for JOGNN. Pec is the co-author of the book Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety (2015).

## Training Agenda ←

### Introduction

Myths of Motherhood; Stigmas of Mental Illness; Barriers to Treatment; Care Provider Biases

### Understanding Perinatal Mood & Anxiety Disorders

Risk Factors; Screening in Pregnancy; Postpartum Screening

### Consequences of Untreated Maternal Illness

### Perinatal Mental Health in Partners

### Lunch

### DVD-Healthy Mom, Happy Family

### Psychotherapy and Social Support Models

Interpersonal Therapy (IPT); Cognitive Behavioral Therapy (CBT); Support techniques: what to say, what not to say; Group Therapy and support models; Prevention-what we know so far; Social support

### Medications And Complimentary/Alternative Treatments in Pregnancy and Lactation

### Organizations, Books, and Resources

# Perinatal and Postpartum Mood & Anxiety Disorders



**Dignity Health.**  
Mercy Medical Center  
Mt. Shasta

### Continuing Education:

#### **Registered Nurses, LCSWs, and LMFTs**

Mercy Medical Center, Mt. Shasta is approved by the California Board of Registered Nursing (Provider #CEP7171) to sponsor continuing education for Registered Nurses. Siskiyou County Behavioral Health is approved by the California Board of Behavioral Sciences (Provider #134906) to sponsor continuing education for LCSWs and LMFTs. This course meets the qualifications for 6 hours of continuing education credit. CEUs will be provided by email within two weeks of the training date. A 30-minute lunch break within this course is excluded. Mercy Medical Center, Mt. Shasta and Siskiyou County Behavioral Health maintain responsibility for this program/course and its content.

**CEUs are free of cost.**

### Additional Information:

**This training is free of cost.**

Materials, lunch, and beverages are provided.

Check-in and Welcome: 8:30am - 9:00am

Training: 9:00am - 4:00pm

**Pre-registration is required.** Register at:

[https://www.surveymonkey.com/r/Pec\\_Indman](https://www.surveymonkey.com/r/Pec_Indman)

### Accommodation for Disabilities:

Training location is ADA approved. For special arrangements or accommodations to attend this training, please contact First 5 Siskiyou at (530) 918.7222 prior to course date to allow timely accommodations.

### Grievances:

Grievance policies and procedures are available upon request.

Please call or email:

(RNs) ~ (530) 926.6111, Ext. 484 or [Hannah.Helms@DignityHealth.org](mailto:Hannah.Helms@DignityHealth.org).

(LCSWs/LMFTs) ~ (530) 841.4281 or [rightmier@co.siskiyou.ca.us](mailto:rightmier@co.siskiyou.ca.us).

## REGISTER HERE! ←