



# Perinatal Mood Disorders: Components of Care

*Perinatal Mood and Anxiety Disorders Certificate Training*

## Training Faculty

Birdie Gunyon Meyer, RN, MA, PMH-C | Joanna Cole, PhD, PMH-C | TBA, MD

**May 8-9, 2019**  
**Barrie, Ontario**

Optional event on May 10, 2019

## Register online!

<http://www.cvent.com/d/q6qndk>

*Also available: PSI's Advanced Perinatal Mental Health Psychotherapy Training on Friday, May 10, 2019. Please see the registration website for more information!*

This two-day course, taught by expert and engaging faculty, uses a thorough, evidence-based curriculum designed for psychiatrists, nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, and anyone interested in building skills for assessment and treatment of perinatal mood disorders.

## 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 (PMADs).
2. Describe the symptoms and understand the differential diagnosis of prenatal 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 prenatal and postpartum risk factors.
5. Assess for Perinatal Mood and Anxiety Disorders.
6. Identify treatment options for PMADs.
7. Discuss breastfeeding and PMADs.
8. Develop psychosocial and self-help treatment plans as well as appropriate psychotherapy techniques and alternative therapies.
9. State appropriate psychotherapy modalities.
10. Indicate consequences of untreated Perinatal Mood and Anxiety Disorders.
11. Discuss effects and consequences on partners.
12. Identify social support, legislative changes, and community resources, including how to set up support groups and offer social support.
13. Discuss cultural differences and PMADs.
14. Discuss spirituality and PMADs.



## Continuing Education

**AAFP CMEs:** This Live activity, Perinatal Mood Disorders: Components of Care, from 05/28/2018 – 05/27/2019, has been reviewed and is acceptable for up to 14.50 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**APA:** Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. Course eligible for up to 14.5 Credit Hours.

**California BRN:** Youth for Change will provide continuing education (CE) contact hours for nurses. Provider (Youth for Change) approved by the California Board of Registered Nursing, Provider # 16075. Course eligible for up to 14.5 contact hours.

**NASW:** This program is Approved by the National Association of Social Workers (Approval # 886708348-8754) for 14.5 continuing education contact hours.

**NBCC:** Postpartum Support International has been approved by the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. Course eligible for up to 14.5 credit hours.

**Place:** Holiday Inn Barrie-Hotel & Conference Centre  
20 Fairview Road, Barrie, Ontario, Canada L4N 4P3

**Sign-in:** 8:00 am - 8:30 am | **Training:** 8:30 am - 5:00 pm (both days)

**Registration Deadline:** 4/29/2019 | **Cost:** \$497 (CAD)

*Cost is discounted if you are a PSI Member or Volunteer. If you need a discount code for one of the discounted rates, please contact Orrin Banta.*

*Lodging: Please see registration site for lodging information.*

*Your registration includes a light breakfast and lunch, training manual, handouts, and certification of continuing education credits.*



**Cancellation Policy:** If you cancel before April 30, 2019, you will get a full refund minus a \$50.00 processing fee. If you cancel April 30, 2019 or later, you will be refunded 50% of your registration fee minus a \$66 (CAD) processing fee. Fees can be transferred to future events, and substitutions are accepted.

Questions? Call Orrin Banta at +1(530) 872-3896 ext. 4 for more information.

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