

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

Learning Objectives can be viewed at pesi.com/webcast/84389

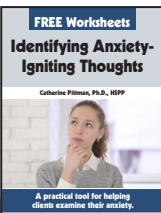
FREE Materials for Your Clinical Toolbox!

- ✓ Evidence-based PMAD assessments
- ✓ Postpartum pact
- ✓ Tokens assessment
- ✓ Referral resources
- ✓ And more!

FREE BONUS OFFER!

Easy-to-Use Anxiety Assessment Tools

Get yours today at www.pesi.com/anxietyws



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

Join us online, for this live training!

POSTPARTUM DEPRESSION

& Related Disorders

Clinical Strategies to Identify and Treat Mothers Who Are Suffering in Silence

Live Interactive Webinar
Thursday, February 11, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
pesi.com/webcast/84389

Join us online, for this live training!

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

Designed for...

Mental Health Professionals • OB-GYN Nurses, NP's and Doctors
Midwives and Doulas • Lactation Consultants • Pediatricians • Psychiatrists

Live Interactive Webinar
Thursday, February 11, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW:
pesi.com/webcast/84389

Live Webinar Schedule (Times listed in Central)

- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 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.

POSTPARTUM DEPRESSION & Related Disorders

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*



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-844-8260 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Postlewaite** at cpostlewaite@pesi.com or call **715-855-5253**.

Meet Your 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.

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

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Marriage & Family Therapists, Nurses, Psychologists, Social Workers.**

For specific credit approvals and details, visit pesi.com/webcast/84389

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

This activity is pending approval from the National Association of Social Workers.



PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

Earn up to
6.25 CE
Hours for one
low price!

For all credit approvals and details, visit: www.pesi.com/webcast/84389

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/84389

Live Interactive Webinar (Option 1)

February 11, 2021 [PWZ84388]

\$219.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

**Live CE is only available when viewed live*

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 [POS055415]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability.

DVD (Option 3)

\$219.99 [RNV055415]

DVD Experience:

- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-844-8260 to check for availability and pricing

OTHER WAYS TO REGISTER

Phone: 800-844-8260

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-844-8260

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

