

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

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.

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/85399

FREE Materials for Your Clinical Toolbox!

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

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POSTPARTUM DEPRESSION & Related Disorders

Clinical Strategies to Identify and Treat Mothers Who Are Suffering in Silence
Live Interactive Webinar
Wednesday, August 11, 2021
BONUS! – Registration includes FREE on-demand access for 3 months.
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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

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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*



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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 postgraduate advanced training for clinicians across the US and abroad who want to specialize in treating the perinatal population. She 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.

Hilary’s forthcoming clinical workbook on the treatment of Perinatal Mood and Anxiety Disorders (PMAD), co-authored by perinatal experts Karen Kleiman and Dr. Tonya Cotler, will be published in the fall of 2022 (PESI Publishing).

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 and Family Therapists, Midwives, Nurses, Psychologists, Physicians, and Social Workers.**

For specific credit approvals and details, visit www.pesi.com/webcast/85399

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.



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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 program is Approved by the National Association of Social Workers (Approval # 886759332-4541) for 6.0 Social Work continuing education contact hours.

ACE 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 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.

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August 11, 2021 PWZ85398

\$219.99 tuition
8am Central time

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DVD (Option 3)

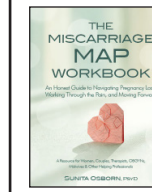
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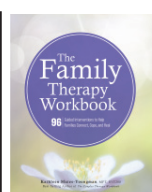
- Self-study CE certificate available

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

Recommended Reading:



The Miscarriage Map Workbook
An Honest Guide to Navigating Pregnancy Loss, Working Through the Pain, and Moving Forward
Sunita Osborn, PsyD, MA
~~\$24.99~~ **\$19.99***
PUB086570



The Family Therapy Workbook
96 Guided Interventions to Help Families Connect, Cope, and Heal
Kathleen Mates-Youngman, MFT, RYT200
~~\$29.99~~ **\$22.99***
PUB086425

*** Discount Included with purchase of the Webinar**

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