

Postpartum Support International & 2020 Mom Maternal Mental Health Training Webinar Series



All Classes: 1:00 - 3:00pm Eastern Time
RECORDINGS SENT AFTER LIVE WEBINAR

Sept 9, 2019

Class 1: Overview of Perinatal Mood and Anxiety Disorders
Wendy N. Davis, PhD, PMH-C

Sept 23, 2019

Class 2: Screening, Assessment/Intake, Breastfeeding, Treatment Options
Birdie Gunyon Meyer, RN, MA, CLC, PMH-C

Oct 7, 2019

Class 3: Evidence Based Perinatal Mental Health Psychotherapy
Shari-ann James, PhD, PMH-C

Oct 21, 2019

Class 4: Additional Considerations and Cultural Competency
Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C

Nov 4, 2019

Class 5: Dads and Perinatal Mental Health
Danny Singley, PhD

Nov 18, 2019

Class 6: Psychological Gestation of Pregnancy and Postpartum
Diana Lynn Barnes, PsyD, MFT, PMH-C

Dec 2, 2019

Class 7: Perinatal Mental Health and Psychopharmacology
Chris Raines RN MSN APRN-BC

Dec 16, 2019

Class 8: Resources for Families, Professionals, and Communities
Wendy N. Davis, PhD, PMH-C and Joy Burkhard, MBA





**Diana Lynn Barnes, PsyD,
LMFT**

is an internationally recognized expert on the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President's Advisory Council for that organization. She is a member of

the Los Angeles County Perinatal Mental Health Task Force, a core faculty member of their training institute, as well as a member of the statewide California Maternal Mental Health Collaborative. In 2009, she co-founded "The Motherhood Consortium, an inter-disciplinary network of professionals working with mothers, infants and young families. In addition to private practice specializing in all facets of women's reproductive mental health, Dr. Barnes frequently consults with defense counsel on cases of infanticide, pregnancy denial, neonaticide, child abuse and neglect. The author of *The Journey to Parenthood, - Myths, Reality and What Really Matters*, Dr. Barnes is a fellow of the American Psychotherapy Association, and a clinical fellow of the California Association of Marriage and Family Therapists and the American Association of Marriage and Family Therapists. Her papers have been published in a number of academic journals and she contributed the entry on infanticide for *The Encyclopedia of Motherhood* (Sage Publications, 2010). Dr. Barnes is the 2007 recipient of an award presented by Postpartum Support International for her outstanding contributions to the field of reproductive mental health, and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her work in the area of child-bearing illness. Dr. Barnes is completing an edited volume for Springer Publishing on *Women's Reproductive Mental Health Across the Lifespan*, with a publication date of 2014.



Joy Burkhard, MBA

is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC). Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She is responsible for identifying gaps in

service and compliance, consulting with business leaders, influencing appropriate change, and managing projects related to implementation of state laws and audits. She is a Six Sigma Green Belt and has served in numerous positions including Service Quality Director and Accreditation Manager. Joy is recognized for her ability to problem-solve and find creative solutions to difficult problems. Joy earned her Bachelor of Science degree in Organizational Communication from Northern Arizona University and has a Masters of Business Administration from Regis University. Joy resides in Valencia California with her husband and two young children.

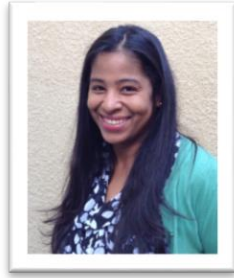
Wendy N. Davis, PhD, PMH-C has a counseling and consulting practice in Portland Oregon



specializing in depression, anxiety, and communication, with a special focus on pregnancy, birth, and postpartum mental health. She is the Executive Director for Postpartum Support International (PSI) www.postpartum.net, where she coordinates PSI services and programs. Wendy is the Founding Director of Oregon's Baby Blues Connection mom-to-mom

support organization www.babybluesconnection.org, and now serves as their clinical advisor and volunteer training consultant. Wendy is a trainer for PSI's 2-day certificate course, "Perinatal Mood Disorders, Components of Care," and conducts trainings, consultations, and keynote addresses on perinatal mental health internationally. She chaired Oregon's Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon's 2011 successful legislation, the Maternal Mental Health Patient and Provider Education Act. Wendy consults to the Oregon Health Authority in their development of initiatives to support public awareness, treatment pathways, and provider education of the mental health needs of pregnant, postpartum, and post pregnancy-loss women and their families. She provides professional training and consultation in governmental, clinical, and community settings and enjoys working with diverse communities to develop sustainable perinatal mental health support and treatment networks.

Shari-ann H. James, PhD, PMH-C, is a licensed psychologist and certified perinatal mental health professional with over fifteen years of experience. Her psychotherapy practice focuses on women, with a special emphasis on reproductive and perinatal



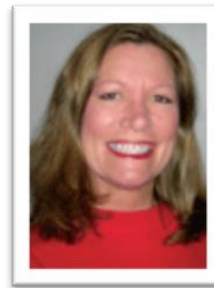
mental health and the unique challenges related to the transition to motherhood (e.g. perinatal mood and anxiety disorders and issues related to infertility, perinatal loss, trauma, pregnancy and childbirth). Dr. James also works within third party reproduction and provides psychological evaluations for surrogates/ gestational carriers and egg donors. And provides psychological consultations for intended parents utilizing egg, embryo and sperm donors. Dr. James provides consultations and trainings on the subject of perinatal mental health within her community. On a national level, she presents at conferences on the emotional complications during the perinatal period. Dr. James is the founder of the Central Florida Postpartum Alliance, which strives to raise awareness, provide support, resources and treatment referrals to those impacted by perinatal mood and anxiety disorders. In addition, she hosts the wellness pod podcast, which focuses on reproductive and maternal mental health and women's wellness.

Gabrielle Kaufman, MA, LPCC, BC-

DMT, NCC, PMH-C is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is director of Training and Technical Assistance for the Los Angeles County Perinatal Mental Health Task Force. Prior to this, she served as director of the New Moms



Connect Program of Jewish Family Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. Ms. Kaufman has spoken widely, published articles on parenting, and served as editor for *Bringing Light To Motherhood*. She serves as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish languages.



Birdie Meyer, RN, MA, PMH-C is an RN with a Master's Degree in Psychology/Counseling. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, Indiana. She is a Past-President of Postpartum Support International, and past Chair of PSI Education and

Training, and is now the PSI Certification Director. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor. She has been interviewed for radio, television, and print media. She was the subject matter expert on an e-learning CD produced by Indiana Perinatal Network that is used to train Healthy Families Home Visitors. Birdie is highlighted as a PMD expert in a DVD that is shown around the country. "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders". She has been speaking to audiences for over 25 years and is a Certified International Trainer for PSI's 2-day "Perinatal Mood Disorders, Components of Care". In 2007, Birdie received the Jane Honikman award which is given annually by the founder of PSI for "outstanding contribution to the goal of increasing awareness of emotional health related to childbearing". In 2008, she was given the Award of Excellence in Advocacy from The Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) and was a finalist for Indiana Business Journal's "Healthcare Hero" award. Birdie is member of PSI, AWHONN, Sigma Theta Tau, North American Society for Psychosocial Obstetrics & Gynecology (NASPOG), and the Indiana Perinatal Network (IPN).



Daniel B. Singley, PhD, APBB is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He conducts trainings and presentations around the country to assist individuals and organizations to enhance their level of father

inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Division on the Psychological Study of Men and Masculinity as well as Postpartum Support International. In his free time, Dr. Singley likes to surf, cook, and take his two boys on hikes to throw rocks at things.



Christena Raines, RN, MSN, APRN-BC is Associate Director of Obstetrical Liaison and Community Outreach at the University of North Carolina Perinatal Psychiatry. Chris is a dual trained, board certified nurse practitioner in both Women’s Health and Psychiatric-Mental Health and has practiced as a Perinatal Psychiatric Nurse Practitioner at the UNC center

for Women’s Mood Disorders for over a decade. She was a member of the planning team instrumental in opening the 1st in-patient Perinatal Mental Health unit in the country and continues to be an integral part of training this specialized nursing staff. Chris serves on the Board of Directors of Postpartum Support International. She is currently the Vice-President of PSI and is the committee chair for the PSI Chapter Committee and was the Co-Chair for the International PSI conference held in Chapel Hill in June 2014.

Certificate of Completion

All presentations will be recorded and available to registered participants. Certificates will be issued to participants who attend or listen to the recording of all eight classes. Course includes recommended reading materials, resources, and small group discussions. To receive the Certificate of Completion, class members participate in assigned small discussion groups and either attend all eight live webinars or attest to listening to the recording of any missed sessions. Nurses and social workers who want NASW CE credits need to fill out a post-test if they are not able to attend the live webinar. **A Certificate of Completion is awarded to all attendees who view the whole course, whether through live sessions or by viewing the recordings.**

Continuing Education Credits

CMEs: This Live series activity, Postpartum Support International Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals , from 09/09/2019 - 12/16/2019, has been reviewed and is acceptable for credit by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

SOCIAL WORKERS: This program is Approved by the National Association of Social Workers (Approval # 886708348-6678) for 16 continuing education contact hours.

NURSES: This continuing nursing education activity was approved for 16 credit hours by Oregon Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



CEs for Psychologists

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. The total course provides 16 CE contact hours.



NBCC:

16 hours total. Postpartum Support International has been approved by 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. *“In order to award NBCC credit, the Provider must ensure that the participant attended the live program, and was present for the number of NBCC hours indicated on the certificate or letter of completion, as required by Section I.3.”*

Occupational Therapists: PSI is an approved provider of CEUs by American Occupational Therapy Association (AOTA), Provider #11342. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.

CAPPA: PSI is an approved provider of continuing education by CAPPA

LMFTs, LPCs, LMFTs: Check with your state or national CE board for reciprocal approval. Most boards accept CEs from organizations that are approved sponsors of APA.