



# Perinatal Mood Disorders: Components of Care

Perinatal Mood and Anxiety Disorders Certificate Training

## Training Faculty

Birdie Gunyon Meyer, RN, MA, PMH-C | Lisa Tremayne, RN, CPPD, CBC  
| Laura Miller, MD

## April 22-23, 2020 Peoria, Illinois

Optional event on April 24, 2020

## Register online!

<https://postpartum.z2systems.com/event.jsp?event=55&>

Also available: PSI's Advanced Perinatal Mental Health Psychotherapy and Psychopharmacology events on April 24, 2020. 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.



## Continuing Education

**AAFP CMEs:** This Live activity, Perinatal Mood Disorders: Components of Care, from 05/28/2019 – 05/27/2020, 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.

**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.

## 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.
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 perinatal mood disorders (PMDs).
7. Discuss breastfeeding and PMDs.
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 PMDs.
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 PMDs.
14. Discuss spirituality and PMDs.



Sponsored by:



UnityPoint Health

**Place:** Embassy Suites East Peoria

100 Conference Center Drive, East Peoria, IL 61611

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

**Registration Deadline:** 4/15/2020 | **Cost:** \$375.00

Registration includes training manual, light breakfast, lunch, beverages, and certification of continuing education. Cost is discounted if you are a PSI member, PSI volunteer, or student. See the registration site for more information.

The fee for continuing education certification is included in the registration fee. Continuing education certificates will be emailed approximately three weeks after the training event. Candidates for continuing education certification must document their time at the event by signing in and out for the event.



Logistics by

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**Cancellation Policy:** If you cancel before April 16, 2020, you will get a full refund minus a \$50.00 processing fee. If you cancel April 16, 2020 or later, you will be refunded 50% of your registration fee minus a \$50.00 processing fee. Fees can be transferred to future events, and substitutions are accepted.

Questions? Please contact Orrin Banta at [orrinbanta@postpartum.net](mailto:orrinbanta@postpartum.net).