

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 parenthood

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 session

Evidence-based assessment tools

Differential diagnosis: The PMAD spectrum
Depression, anxiety, OCD, PTSD, psychosis

The Postpartum Stress Center PMAD Response Model

How to respond to disclosures of thoughts to harm self or baby

Where and how to refer to a specialist/higher level of care

Clinical Interventions for Parents Who are Symptomatic, Exhausted, and Preoccupied

How treatment differs for this population

Create a safe “holding environment”
Break through guilt, shame, and silence

Navigating scary intrusive thoughts

Practical interventions for busy new parents

The perinatal family: Identify and engage necessary supports in treatment

Tools for healing the perinatal intimate partnership

Psychotropic medications: Safe for pregnant or nursing parents?

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 parenthood

Multicultural factors

Learning Objectives can be viewed at pesi.com/webcast/87852

FREE Materials for Your Clinical Toolbox!

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

Live Webinar Schedule (Times listed in Central)

9:00 Program begins

11:50-1:00 Lunch Break


5:00 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.

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POSTPARTUM DEPRESSION

& Related Disorders

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

Live Interactive Webinar
Monday, November 14, 2022

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POSTPARTUM DEPRESSION

& Related Disorders

Clinical Strategies to Identify and Treat Parents 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 pregnant or lactating state

Designed for...

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

Live Interactive Webinar
Monday, November 14, 2022

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

POSTPARTUM DEPRESSION & Related Disorders

It's not a topic that comes up at play groups or over coffee. Instead, new parents suffer quietly, engulfed in shame and secrecy, afraid to dispel the ever-present myths about parenthood - "everything is perfect," "I love being a parent," and "this is the happiest time of my life."

They don't share the dark thoughts, intense anxiety, scary intrusive thoughts, checking excessively on the baby, feelings of inadequacy, grief over lost independence, thoughts of harm to self or baby, and even delusions and hallucinations.

Perinatal Mood and Anxiety Disorders (PMADs) are real, pervasive, and can be life-threatening.

Are you missing the signs with the parents 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 parents are exceptionally vulnerable, as are their infants who are fully dependent on them. This seminar is a must-attend for any professional working with pregnant or postpartum parents.

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 is an author with Routledge and receives royalties. Ms. Waller receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Hilary Waller has no relevant non-financial relationships.

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 parents

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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



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November 14, 2022 [PWZ87851]

\$219.99 tuition

9am Central time

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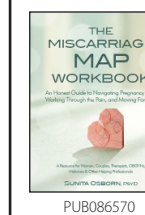
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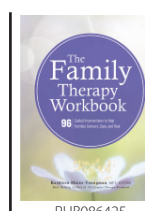
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Recommended Reading:



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***



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

* Discount Included with purchase of the Webinar

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