

CONTINUING EDUCATION CREDITS

NURSING

Application for contact hours for this continuing nursing education activity is pending approval from the Arizona's Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

SOCIAL WORKERS/THERAPISTS

13.75 CE credits pending, by the Arizona Board of Behavioral Health Examiners.

REGISTRATION:

2-Day Registration Fee: \$160

TO REGISTER:

All registration is done through ResourceLink. They do not have online abilities at this time.

Please call ResourceLink directly to register:
480-728-5414

ResourceLink is available M-F 7:30 am-5:30 pm.

For Registration Brochures Visit:

www.postpartumcouples.com



LOCATION

Mercy Gilbert Medical Center Rome Towers— The Center for Diabetes Management & Community Education

1760 E. Pecos Rd. Ste 235
Gilbert, AZ 85295

Rome Towers is located just east of Val Vista & Pecos Rd. Free parking available in the parking garage behind the building. Park on the 2nd floor and walk across the bridge. It is in suite 235, located to the left of the elevators.

FACULTY

Michelle Lacy, MA, LPC
East Valley Maternal Wellness, PLLC
Private Practice in Women's Mental Health
Gilbert, Arizona

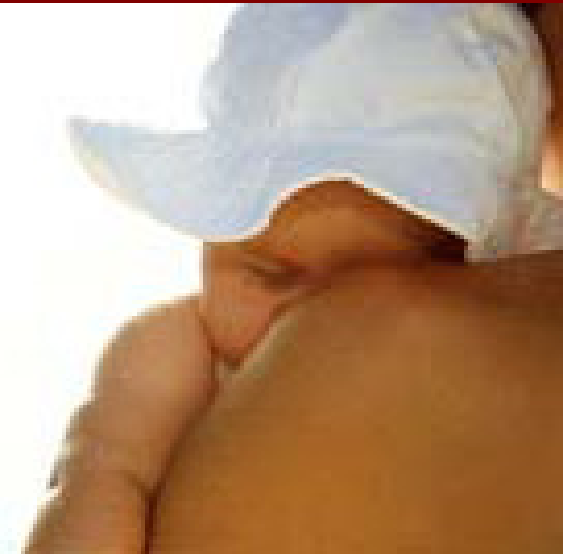
Carole Sheehan, MA, RN
Founder/President, Tucson Postpartum
Depression Coalition
AZ Coordinator, Postpartum Support
International

Ann-Marie Casey, MS, PMHNP
Nurse Practitioner in Private Practice at
East Valley Maternal Wellness, PLLC
Prescriber at Partners in Recovery



Presents:

Perinatal Mood & Anxiety Disorders: Assessment & Treatment



September 19-20, 2013
8:00 am -4:30 pm



Why is this so Important?

Up to 20% of women experience a perinatal mood or anxiety disorder (PMAD). Prevention and early intervention can reduce suffering for the entire family. Perinatal mood & anxiety disorders are treatable, yet there are few clinicians who specialize in them. This 2-day course will prepare healthcare professionals to provide appropriate treatment for women suffering with mood or anxiety disorders during pregnancy and postpartum.

TRAINING OBJECTIVES

- Assess prenatal & postpartum risk factors
- Recognize & differentiate between prenatal and postpartum depression, anxiety, panic, OCD, PTSD, and psychosis
- Assess prenatal & postpartum mood & anxiety disorders
- Define psychopharmacology as it relates to perinatal mood & anxiety disorders
- Recognize the impact of perinatal mood disorders on the partner and/or family and role of the family in treatment
- Recognize effective and appropriate treatment modalities
- Measure the importance of social support

WHO SHOULD ATTEND?

Anyone working with a pregnant or postpartum woman, including:

- ◆ Physicians
- ◆ Psychologists
- ◆ Counselors
- ◆ Social Workers
- ◆ Nurse Practitioners/Nurses
- ◆ Doulas
- ◆ Midwives
- ◆ Lactation Consultants
- ◆ Home Visitors

THURSDAY, SEPTEMBER 19, 2013

- 8:00 Registration/ Continental Breakfast
- 8:30 Welcome & Introduction
- 8:45 Myths of Motherhood
- 9:15 Perinatal Mood & Anxiety Disorders:
Symptomatology
Etiology, Risk Factors
- 10:30 Break
- 10:45 International Occurrence & Cultural
Relevance
- 11:15 Dads, Partners, & PMADs
Video: *Postpartum Couples*
- 12:00 Lunch
PMAD Survivor's Panel
- 1:00 Effects of Untreated Mood Disorders on
Mother, Baby, Partner, Family
- 2:00 PMAD Assessment & Screening
- 3:15 Break
- 3:30 The Team & Legislative Update
- 4:30 *Adjourn ***

Tuition includes: course materials, continuing education credits, continental breakfast, snacks, and lunch.

**** Attendance at both days of this event is highly encouraged. Certificates of Completion will be awarded only to those who complete the entire program.****

Persons with a disability may request a reasonable accommodation (i.e. sign language interpreter) by contacting Tami Boyd, tamiboyd4@msn.com.

FRIDAY, SEPTEMBER 20, 2013

- 8:00 Registration/ Continental Breakfast
- 8:30 Discussion:
Personal & Professional Biases & PMADs
Video: *Postpartum Aware*
- 9:15 Social Support
- 10:15 Break
- 10:30 Psychotherapeutic Models
 - ◆ Interpersonal Therapy
 - ◆ Cognitive-Behavioral Therapy
 - ◆ Couples Therapy
 - ◆ Group Therapy
- 12:00 Lunch
- 1:00 Other Factors Inherent in Postpartum
Adjustment
 - ◆ Breastfeeding
 - ◆ Post-Adoption
 - ◆ Loss
 - ◆ Infertility
- 2:00 Complementary Alternative Modalities
- 2:45 Psychopharmacology
Ann-Marie Casey, NP
- 4:15 Closing, Evaluations
- 4:30 *Adjourn ***

