

**Postpartum Support International and the 2020 Mom Project  
Launch a Certificate Training Webinar Series:**

# **Maternal Mental Health Post-Graduate Training for Mental Health and Clinical Professionals**



Hear from top experts and trainers in the field and network with others from the comfort of your office or home.

**Class 1: Introduction to Perinatal Mood and Anxiety Disorders:**

Range of disorders, symptoms, causes, risk factors and etiology

**Class 2: Triggers and Primary Prevention:**

Including role of sleep, breast feeding and more

**Class 3: Screening and Treatment Options:**

Tools for assessing depression, anxiety, bipolar mood disorders and psychosis, screening methods, intake, and non-traditional treatments

**Class 4: Psychotherapeutic Treatment: Evidence Based Therapy**

Overview of evidence-based therapeutic models and approaches

**Class 5: Additional Considerations:**

Cultural competency, paternal depression, adoption.

**Class 6: The Psychological Gestation of Motherhood**

**Knowing your Resources, Developing your Support Network and Marketing Plan**

Classes will be held from **10am-12noon PST** on the following Mondays:

**January 13** – Class 1

**February 3** – Class 2

**February 24** – Class 3

**March 10** – Class 4

**March 31** – Class 5

**April 21** – Class 6

**To learn more and register, visit [www.2020MomProject.com](http://www.2020MomProject.com)**



# Jan – April 2014

## Faculty

### **Diana Lynn Barnes, PsyD, LMFT**

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**

-Program Facilitator-

Joy is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC).



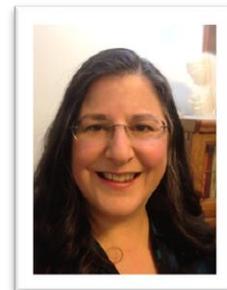
Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She is responsible for identifying gaps in service and compliance, consulting with business leaders, influencing appropriate change, and managing projects related to implementation of state 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**

Wendy Davis, PhD, 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](http://www.postpartum.net), where she coordinates PSI services, programs, and 200 U.S. and International PSI Support Volunteers. Wendy is the Founding Director of Oregon's Baby Blues Connection mom-to-mom support organization [www.babybluesconnection.org](http://www.babybluesconnection.org), and now serves as their clinical advisor and volunteer training consultant. Wendy is a trainer for PSI's 2-day

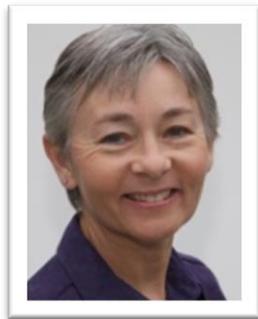
certificate course, “Perinatal Mood Disorders, Components of Care,” and conducts trainings, consultations, and keynote addresses on perinatal mental health internationally. She chaired Oregon's Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon's 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.

wdavis@postpartum.net

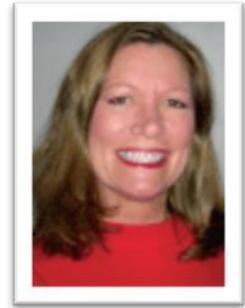
### **Pec Indman EdD, MFT, PA**

Dr. Pec Indman is the Director of Women's health at Regroup Therapy, online maternal mental health support groups. Pec has been actively and intimately involved with postpartum depression for years. Apart from co-authoring an award-winning book, “Beyond the Blues,” Pec served for years on the board of Postpartum Support International. She is a trainer for Postpartum Support International, and speaks nationally and internationally.

The list of what she has achieved is impressive. She genuinely cares about reaching people to help them feel better. Her sessions on [www.regrouptherapy.com](http://www.regrouptherapy.com) will be the best place on the net for support thanks to the guidance she'll bring. Pec recognizes the potential that video support groups offers women who otherwise fall outside the reach of traditional groups.



### **Birdie Meyer, RN, MA, CLC**



Birdie 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 currently is the Chairperson of Education and Training. PSI is the world's largest non-profit organization dedicated to helping those suffering from perinatal mood and anxiety disorders. It brings together women and their families, professionals, volunteers, researchers, legislators, and educators. Through membership, public awareness, and best practice trainings, PSI is committed to providing compassionate and responsive care to all childbearing families.

Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor.

Birdie 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).

**Gabrielle Kaufman,  
MA, LPCC, BC-DMT,  
NCC**

Gabrielle Kaufman 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



**Kate DeStefano-  
Torres, MA, NCC, ACS,  
LPC**

Kate is a National Certified Counselor and a Licensed Professional Counselor in New Jersey and Pennsylvania. In addition she is an Approved Clinical Supervisor through the Center for Credentialing and Education. Kate completed an undergraduate degree in Psychology at La Salle University and earned her Master's in Applied Psychology at Rowan University in Glassboro, New Jersey. Kate founded The Artemis Center for Guidance in an effort to bring quality treatment, continuing education and clinical supervision options to Gloucester County.

Kate's areas of expertise include maternal mental health, trauma and recovery, EMDR, Dialectical Behavior Therapy, and issues related to law enforcement personnel and their families. Kate provides mentoring in these areas and in practice development and management. Kate is responsible for



the daily operations of the practice, a full clinical caseload and is the moderator for Artemis' continuing education programming. In addition to these responsibilities, Kate is an adjunct faculty member in the Rowan University Psychology Department, and instructs undergraduate level psychology courses such as LifeSpan Development and Abnormal Psychology.

**Trish McGarrigle, MS, MFT,  
LAC**

Trish received her Bachelor of Science in psychology from The Pennsylvania State University and a Master of Science in counseling psychology, with a focus on marriage and family therapy, from Holy Family University. She is a New Jersey Licensed Associate Counselor. Between her graduate and undergraduate studies, Trish completed her nursing degree at Germantown Hospital & Medical Center School of Nursing and has been a Registered Nurse in Pennsylvania for over 16 years. Trish also completed continuing education through The Pennsylvania State University and Parenting Resource Education Network to become a Certified Parenting Educator.

In addition to her expertise in maternal mental health, Trish specializes in the treatment of children and adolescents as well as veteran's and military family readjustment. Trish is the lead trainer for Artemis' continuing education program and is responsible for development and marketing for the practice.

