



## Perinatal Mood & Anxiety Disorders: **Advanced Clinical Skills Workshop**

INSTRUCTOR: Christina G. Hibbert, Psy.D.

**FRIDAY, NOVEMBER 3, 2017**

St. Joseph's Hospital & Medical Center, Phoenix, AZ

Women are more likely to suffer from mood and anxiety disorders during pregnancy and postpartum than at any other time in their lives. In fact, with rates as high as 15-20%, perinatal mood and anxiety disorders (PMADs) have been called the most common complication of childbirth.

This workshop will focus on improving the clinical assessment and diagnosis of perinatal mood and anxiety disorders (PMAD) by mental health providers. It will serve to increase the clinical skills of the therapeutic community, build a legitimate source of PMAD providers, and increase the ability of women & their families to receive an appropriate diagnosis and effective PMAD treatment.

### WORKSHOP OBJECTIVES

At the completion of this workshop, participants should be able to:

- 1) Explain and utilize at least three methods to accurately assess PMADs.
- 2) Improve accuracy in making DSM-V diagnoses and differential diagnoses related to PMADs.
- 3) Implement practice methods to overcome barriers to treatment.
- 4) Identify and evaluate at least five common therapeutic issues in the perinatal period and employ tools and skills to treat effectively.

### WHO SHOULD ATTEND?

Anyone working therapeutically with a pregnant or postpartum woman, including:

- ◆ Psychiatrists/Psychologists
- ◆ Counselors/Psychotherapists
- ◆ Social workers/Home visitors
- ◆ Nurse Practitioners/Nurses
- ◆ Doulas/midwives

**\*\*Participants are required to complete a 2-Day PMAD course through PSI, or equivalent, prior to this workshop.\*\***

### TUITION & REGISTRATION

**Early Bird Registration** (payment by 10/15): \$195

**Workshop Registration** (payment after 10/15): \$225



6.5 CE's APA. The Southern AZ psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. SAPA maintains responsibility for this program and its content. 6.5 Social Work CE's pending through ASWB.

**Tuition includes:** course materials, clinical tools, group mentoring, continuing education credits, snacks, and lunch.

To register click here or visit:

<http://www.drchristinahibbert.com/products/pmad-advanced-clinical-skills-workshop/>

CANCELLATION POLICY may be viewed at the link above.

### FRIDAY NOVEMBER 3, 2017

8:00 Registration/breakfast

8:30-10:15 Perinatal Mood & Anxiety Disorders: The Clinical Picture

- Spectrum of PMADs and DSM-V diagnoses
- Co-occurring disorders
- Case discussion

10:15-10:30 Break

10:30-12:00 Clinical Assessment & Diagnosis

- Risk factors
- Clinical screening tools
- Differential diagnosis
- Case discussion/practice

12:00-1:00 Lunch (provided)

1:00-2:30 Perinatal Psychotherapy Skills

- The therapeutic team/overcoming treatment barriers
- Special issues: Fathers, Loss, Infertility, Adoption
- Introductory sessions: hormones & the brain, earthquake assessment chart, NURSE
- Case discussion/practice

2:30-2:45 Break

2:45-4:45 Perinatal Psychotherapy: Strategies & Tools

- "The Work"-common therapeutic issues & treatment strategies: Loss/grief; identity; roles; relationships; intimacy; body image; parenting; self-care; sleep; nutrition & exercise
- Complementary therapeutic techniques
- End sessions and termination strategies
- Case discussion/practice

4:45-5:00 Questions/evaluations/wrap-up

### INSTRUCTOR

Dr. Christina Hibbert is a bestselling author, speaker, founder of the Arizona Postpartum Wellness Coalition, and a clinical psychologist specializing in maternal/perinatal mental health for over 15 years. Dr. Hibbert is producer of the DVD *Postpartum Couples*, a past PSI board member, an expert witness in PMADs & grief/loss, host of "Motherhood" radio/TV, and creator of the "Motherhood Essentials" team education & mentoring program. Learn more about Dr. Hibbert on her website/blog at <http://www.DrChristinaHibbert.com>.

