1. The Postpartum Action Institute is created for individuals who are committed to confronting the stigma of mental illness and the mythology surrounding new parenthood. Are you one of these individuals?  
YES    NO     MAYBE

2. We are dedicated to the power of professionals and advocates who are willing to improve care during the transition to parenthood. Are you dedicated to this too?  
YES    NO     MAYBE

3. Vision: PAI’s vision is to motivate every community in the United States to create a support network for new families through grassroots action. Do you agree with this vision?  
YES    NO     MAYBE

4. Mission Statement: The mission of Postpartum Action Institute (PAI) is to energize and revitalize professionals and parent advocates in order to support new families. Are you supportive of this mission?  
YES    NO     MAYBE

5. Philosophy: PAI values pragmatic solutions. This Institute believes in challenging the status quo. We consider a “professional” to be any dedicated person committed to bettering his or her skills. Does this philosophy resonate with you?  
YES    NO     MAYBE

Expectations – Critical questions

A. What brings you here?
B. Write your personal and professional interests, goals, key questions to keep in mind during and after conference.

Would you benefit discussing and practicing skills about the following topics?

1. The fundamentals of PPD and how to feel comfortable with the topic.
   YES  NO  MAYBE

2. How to empower parents to help themselves by creating personalized wellness plans.
   YES  NO  MAYBE

3. Why the old, traditional therapy guidelines often do not apply when working with new parents...
   YES  NO  MAYBE

4. Out-of-the-box questions to ask new parents which can determine if they are depressed.
   YES  NO  MAYBE

5. Know what to do/not do, say/not say to the partners and other close family and friends.
   YES  NO  MAYBE

6. Listen and see nuanced expressions from both the new mom and dad that will help you provide more effective support.
   YES  NO  MAYBE

7. Insight into the often unrevealed self-talk of new parents.
   YES  NO  MAYBE

8. How to build a supportive community for new families.
   YES  NO  MAYBE

9. The most effective treatments and expose those that often make depression and anxiety worse.
   YES  NO  MAYBE

10. Receive individual consultation regarding your current and future goals.
    YES  NO  MAYBE