Perinatal Mental Health Certification Blueprint (2018)

1. Perinatal Mental Health Disorders (13%)
   1.1 Normal perinatal emotional, cognitive, and behavior changes (e.g. blues)
      1.1.1 Normal developmental/adjustment changes experienced
   1.2 Distinguishing between normal and abnormal changes
      1.2.1 Clinical presentation
         1.2.1.1 Onset
         1.2.1.2 Duration
         1.2.1.3 Severity
         1.2.1.4 Prevalence rates
         1.2.1.5 Perinatal features
   1.3 Types – Clinical presentations and perinatal features
      1.3.1 Perinatal anxiety disorders
      1.3.2 Perinatal depressive disorders
      1.3.3 Traumatic stress disorders
         1.3.3.1 Acute
         1.3.3.2 Post
         1.3.3.3 Complex/chronic
      1.3.4 OCD
      1.3.5 Bipolar disorders
      1.3.6 Perinatal psychosis
      1.3.7 Additional significant clinical considerations
         1.3.7.1 Substance use disorders/abuse/addictions
         1.3.7.2 Eating disorders
         1.3.7.3 ADHD
         1.3.7.4 Adjustment disorders

2. Perinatal Mental Health Risks, Protective Factors, and Interactions (10%)
   2.1 Medical and biological contributors
      2.1.1 Genetic/family history
      2.1.2 Personal history
         2.1.2.1 Sensitivity to hormonal changes
      2.1.2.2 Previous Perinatal Mental Health Disorders
      2.1.2.3 Other non-pregnancy related mental health disorders
      2.1.3 Epigenetic
   2.2 Comorbid medical conditions
      2.2.1 High risk pregnancy
      2.2.2 Pain
      2.2.3 Thyroid/hormones
      2.2.4 Diabetes
      2.2.5 PCOS
   2.3 Stress
      2.3.1 Negative life events
2.3.2 Positive life events
2.3.3 Perinatal specific
2.4 Support (perceptions of and access to)
  2.4.1 Professional
  2.4.2 Informal social
  2.4.3 Formal social
2.5 Perinatal planning
2.6 Sleep
2.7 Inflammation
2.8 Social determinants
  2.8.1 Poverty
  2.8.2 Minority status
2.9 Baby factors
  2.9.1 Health status
  2.9.2 Perception of baby’s temperament
  2.9.3 Parent-baby synchrony
2.10 Trauma
  2.10.1 History of ACES/urban ACES
  2.10.2 Perinatal/pregnancy
  2.10.3 IPV

3. Effects of Untreated Perinatal Mental Health Disorders (8%)
3.1 Obstetrical effects
  3.1.1 Reduced gestational age
  3.1.2 Reduced gestational weight
3.2 Effects on maternal well-being
  3.2.1 Suicidality
  3.2.2 Maternal medical care
  3.2.3 Maternal self-efficacy
  3.2.4 Disrupted sleep
  3.2.5 Substance use
  3.2.6 Postpartum health effects
  3.2.7 Decreased breast feeding
  3.2.8 Excessive increase in BMI
  3.2.9 Inadequate nutrition
  3.2.10 Decreased physical activity
  3.2.11 Increased risk of IPV
  3.2.12 Occupational and other role functioning
3.3 Effects on the offspring
  3.3.1 Parenting practices
  3.3.2 Fetus
  3.3.3 Neonate
  3.3.4 Infante
  3.3.5 Child
3.3.5.1 Attachment quality
3.3.5.2 Speech
3.3.5.3 Cognitive
3.3.5.4 Emotional
3.3.5.5 Behavioral

3.4 Families
3.4.1 Partners/relationships
   3.4.1.1 Increased relationship discord
   3.4.1.2 Effects on mental health of partner
3.4.2 Other children have increased risk of prolonged symptomology

4. Screening, Assessment, and Treatment Engagement (10%)
4.1 Why screen?
4.2 Screening implementation models
   4.2.1 Essential components
      4.2.1.1 Cut off scores
      4.2.1.2 Time points
      4.2.1.3 Post-screen protocol
4.3 Screening tools/instruments
   4.3.1 EPDS
   4.3.2 PHQ
   4.3.3 PDSS
   4.3.4 MDQ
4.4 Emergency triage/care
4.5 Post screen assessment
   4.5.1 Differential diagnosis and rule outs
      4.5.1.1 Thyroid
      4.5.1.2 Anemia
      4.5.1.3 Vitamin D
      4.5.1.4 Substance use/abuse (including caffeine)
      4.5.1.5 Side effects of other medications
      4.5.1.6 Blues versus Exhaustion
4.6 Further assessment of risks/protective factors
4.7 Risk of harm assessment
   4.7.1 Low and high risk for harm
4.8 Patient-centered collaborative treatment planning and engagement
   4.8.1 Shared decision-making
   4.8.2 Definition of treatment engagement
   4.8.3 Follow-up
   4.8.4 Identifying barriers
   4.8.5 Motivational Interviewing
   4.8.6 Expectations
   4.8.7 Education about illness and treatment options
4.9 Interdisciplinary teamwork
5. Social Support Interventions (8%)
   5.1 Support groups
   5.2 Peer support specialist
   5.3 Warmline/hotline
   5.4 Online/technology based support
   5.5 Social media support
   5.6 Psycho-education
   5.7 Home based interventions
      5.7.1 Night nurse
      5.7.2 Nanny
      5.7.3 Doula
      5.7.4 Home visitor
      5.7.5 Visiting nurse
   5.8 Spiritual support

6. Treatment: Evidence Based Psychotherapy Approaches (9%)
   6.1 Therapies specific to perinatal
      6.1.1 CBT (perfection)
      6.1.2 IPT (role changes)
         6.1.2.1 PAT
         6.1.2.2 Individuals
         6.1.2.3 Groups
      6.1.3 Dyadic interventions
   6.2 Other validated therapies (not specific to perinatal)
      6.2.1 Couples (CBT-C)
      6.2.2 Group therapy
   6.3 Other delivery methods
      6.3.1 Web-based (coached)
      6.3.2 Tele-health (phone/video)
   6.4 Core perinatal psychotherapy themes
      6.4.1 Birth story
      6.4.2 Transition to parenthood
      6.4.3 Grief and loss
      6.4.4 Communication

7. Integrative Interventions (mild to moderate) (5%)
   7.1 Validated for perinatal
      7.1.1 Light therapy
      7.1.2 Exercise
      7.1.3 Acupuncture
      7.1.4 Yoga
      7.1.5 Massage therapy
      7.1.6 Biofeedback/neurofeedback
7.1.7 Mindfulness/meditation
7.1.8 Nutrition
7.1.9 Sleep
7.2 Potentially risky interventions
7.3 Bibliotherapy
7.4 Web-based (self-guided)

8. Family Systems and Perinatal Mental Health (6%)
8.1 Infant mental health
8.2 Bonding and attachment
8.3 Partners (effects on relationship)
8.4 Current family system
8.5 Families of origin
8.6 Fathers
8.7 LGBTQ
8.8 Transition to parenthood
  8.8.1 Mom
  8.8.2 Partner
  8.8.3 Family

9. Psychopharmacology and Other Somatic Interventions (8%)
9.1 Understanding study methodology
  9.1.1 Confounders
  9.1.2 Types of controls
  9.1.3 Exposure to medication – how is it measured?
  9.1.4 Statistical adjustment to multiple queries
9.2 Framework of risks of meds versus risks of untreated illness
  9.2.1 Effect size/absolute versus relative risks
9.3 Existence of omission bias
9.4 Basics of pharmacokinetics (especially for some meds)
9.5 Significant research outcomes of possible effects/non-effects of medications on fetus
  9.5.1 Miscarriage/still birth rate
  9.5.2 PPHN
  9.5.3 Neonatal side effects
  9.5.4 Congenital anomalies
  9.5.5 Labor timing
  9.5.6 Behavioral/neural developmental (Autism/IQ?)
9.6 Basic categories of medications
  9.6.1 Antidepressants
  9.6.2 Anti-anxiety
  9.6.3 Stimulants
  9.6.4 Hypnotics/sleep meds
  9.6.5 Anti-psychotics
  9.6.6 Mood stabilizers
9.7 ECT
9.8 TMS

10. Socio-Culturally Informed Care (norms, values, and assumptions) (6%)
   10.1 Housing/living situation
   10.2 Transportation
   10.3 Race and ethnicity
   10.4 Cultural identity
   10.5 Cultural humility
   10.6 Poverty
   10.7 Language
   10.8 Military
   10.9 Gender identity
   10.10 Religion and spirituality
   10.11 Disabilities
   10.12 Immigrant status

11. Lactation & Feeding (6%)
   11.1 Breastfeeding difficulties
      11.1.1 D-MER
   11.2 Myths and misconceptions
   11.3 Supportive interventions
   11.4 Effects of untreated perinatal mental health problems on breastfeeding
      11.4.1 Trauma/PTSD
      11.4.2 Depression and anxiety
   11.5 Effects on perinatal mental health
   11.6 Weaning effects
   11.7 Feeding choice stress
      11.7.1 External
      11.7.2 Internal

12. Perinatal Complications and Loss (6%)
   12.1 Previous perinatal trauma or loss
   12.2 Previous perinatal mental health crisis
   12.3 Miscarriage
   12.4 Stillbirth
   12.5 Neonatal death
   12.6 NICU
   12.7 Infertility
   12.8 Obstetric complications
   12.9 Birth complications
   12.10 Termination
      12.10.1 Medical (maternal)
12.10.2 Medical (fetal)
12.10.3 Selective reduction
12.10.4 Elective
12.11 Fetal diagnosis not compatible with life
12.12 Baby with special needs
12.13 Near death

13. Professional Self-care/Professionalism (5%)
   13.1 Maintenance of knowledge
       13.1.1 Continuing education
       13.1.2 Resources
       13.1.3 Peer resources
       13.1.4 Consultation
       13.1.5 Collaborative care
   13.2 Self-care
       13.2.1 Provider burnout
       13.2.2 Prioritizing self
   13.3 Informed consent
   13.4 Boundaries
       13.4.1 Awareness of own bias and judgments
       13.4.2 Awareness of counter-transference and triggers
   13.5 Ethics
   13.6 Reporting requirements
   13.7 Confidentiality