

The Doula Network of the Capital Region (Women with Women) in collaboration with The Postpartum Resource Center of New York is offering a Perinatal Mood Disorders Workshop.

Date: Wednesday, June 8, 2011

Time: 9:00 – 12:00 Level I 2.6 DONA Ceu's

12:00 - 1:00 Lunch (on your own)

1:00 – 4:00 Level II (advanced) 2.7 DONA Ceu's

Place: The Family Life Center Uptown

(office of Erin McKinney)

485 Western Ave., Albany, NY

Contact: Amy Breese 518-469-8704 or abbreese@yahoo.com

Perinatal Mood Disorders: Building a Safety Net in our Community

Guest Speaker: Sonia Murdock, Executive Director Postpartum Resource Center of New York, Inc.

DONA CEUS available(pending): 5.3 total (Lamaze accepts DONA CEUS). Check with your certifying organization for approval.

Level I

Presentation Objectives

- ☞ Participants to gain a clear understanding of perinatal mood disorders
- ☞ Differentially diagnose postpartum depression, anxiety, panic, OCD and psychosis
- ☞ Assess prenatal risk factors
- ☞ Gain knowledge on tools to screen and further refer women for treatment
- ☞ Gain knowledge to available resources and social support for optimum recovery

Presentation Overview:

- | | |
|---|---|
| ☞ Why Care About Perinatal Mood Disorders | ☞ Signs and Symptoms |
| ☞ Cultural Factors | ☞ Differential Diagnosis <ul style="list-style-type: none">▪ Anxiety/Panic▪ OCD▪ PTSD |
| ☞ Incidence of PMD overview with Spectrum handout sheet | ☞ Risk Factors |
| ☞ Strategies for Prevention and Intervention | ☞ Impact on child development |
| ☞ Screening Tools | ☞ Referral to Resources and follow-up |

Workshop Schedule

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|--------------|--|
| 9:00 -9:15 | Welcome and introductions |
| 9:15- 11:00 | Perinatal Mood Disorder assessment and treatment |
| 11:00-11:10 | Small Break |
| 11:10- 12:00 | Impact on Child Development, Case Studies, Community Resources, Discussion and Wrap-up |

Perinatal Mood Disorders: Building a Safety Net in our Community

Guest Speaker: Sonia Murdock, Executive Director Postpartum Resource Center of New York, Inc.

Level II

Presentation Objectives

- ☞ Participant to further gain a clear understanding of perinatal mood disorders
- ☞ Differentially diagnose postpartum depression, anxiety, panic, OCD, PTSD and psychosis
- ☞ To further help women and families best utilize resources

Presentation Overview:

- ☞ Incidence of PMD overview with Spectrum handout sheet
- ☞ Differential Diagnosis
 - Anxiety/Panic
 - OCD
 - PTSD
- ☞ DVD -Postpartum Couples
- ☞ Optimal Treatment
 - Medical
 - Therapeutic
 - Social Support
- ☞ Case Studies
- ☞ Empowering vs. Enabling
- ☞ Advocacy
- ☞ Continuing Education
- ☞ Wrap-up

Workshop Schedule

1:00 -1:15	Welcome and introductions
1:15- 2:00	PMD: Anxiety/Panic, OCD, And PTSD
2:00-2:20	DVD
2:25-2:30	Small Break
2:30-3:00	Optimal Treatment, Case studies
3:00- 3:20	Empowering vs. enabling
3:20-4:00	Advocacy, Continuing Ed, Wrap-up

Course recommended reading - Level I and II

- ☞ "Beyond the Blues" by Shoshanna Bennett and Pec Indman
- And one autobiography story
- ☞ "The Storks Revenge" Geraldine O'Keefe
 - ☞ "Down Came the Rain" Brooke Shields
 - ☞ "Nobody Told Me: My Battle with Postpartum Depression and Obsessive Compulsive Disorder" Wendy Isnardi
 - ☞ "Behind the Smile" Marie Osmond



Registration Form ---- Must be returned by May 8th

Name _____

Address _____

Phone # _____

Cell Phone # _____

Email _____

Make checks payable to: Amy Breese

Workshop fee: \$75 *Space is limited so please register early*

Deadline: May 8th 2011, if space is still available after the deadline, the fee will be **\$85**

Send check and registration form to: Amy Breese

280 Bovie Hill Rd

Hoosick Falls, NY 12090

518-469-8704

abbreese@yahoo.com

Payment is non-refundable unless the class is canceled.

Information on Guest Speaker Sonia Murdock

Sonia Murdock is an internationally recognized perinatal mood disorders trainer, guest speaker and consultant.

Sonia's experience of supporting her sister through postpartum psychosis and postpartum depression, lead her to co-found the Postpartum Resource Center of New York, Inc www.postpartumny.org in 1998. She serves as the Executive Director of this non-profit, self-help organization. In 2001, the Postpartum Resource Center of New York, Inc. received the Postpartum Support International Jane Honikman Award in recognition as a model perinatal mood disorders parent support network.

Sonia has been interviewed nationally and internationally for radio, print and TV.

She has served on the boards of Downstate New York Healthy Start Project Governance Board, Mercy Haven, National Association of Mothers' Centers, New York State Perinatal Association and Postpartum Support International (PSI). She is a past president of Postpartum Support International (2000-2002), and currently serves on PSI's President's Advisory Council and is a Trainer for PSI.

Sonia is the recipient of many awards including being named into Suffolk County Women's Hall of Fame in 2009.

Information on The Doula Network of the Capital Region

The Doula Network of the Capital Region (Women with Women) is a multifaceted group providing support for women and their families in the early stages of motherhood, from conception through postpartum. We gather to support one another in the work that we do. We have monthly meetings and several educational speakers each year. For more information about our group please visit: www.thedoulanetwork.org. (website is under construction)