



**THE POSTPARTUM STRESS CENTER  
6 HOUR POST GRADUATE TRAINING PROGRAM**

**“PERINATAL MOOD DISORDERS: ASSESSMENT & TREATMENT”**

SEGMENT I: FUNDAMENTALS of PPD (see outline below)

Offered quarterly

Dates to be determined

FEE: \$420.00 (groups of three or more)

SEGMENT II: ADVANCED STUDY (Optional)

One or more additional two-hr follow-up session(s)

FEE: \$50.00 per hour (groups of three or more)

Option for individual ongoing supervision is available.

Required reading:        *This Isn't What I Expected: Overcoming Postpartum Depression* by K.Kleiman, MSW, and V. Davis Raskin, MD  
                                  *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression* by K. Kleiman  
                                  *What Am I Thinking: Having a Baby after Postpartum Depression* by K.Kleiman  
Suggested reading:      *A Mouthful of Air* by Amy Koppelman

**TRAINING PROGRAM OBJECTIVES**

*Participants will learn:*

- Differential diagnosis of baby blues, postpartum depression, postpartum OCD, postpartum anxiety disorder, panic and postpartum psychosis.
- How to assess severity of illness and determine intervention options: self-help measures, medication, psychotherapy, hospitalization, supportive counseling.
- To determine when a referral for psychiatric consultation or other collaboration is appropriate.
- How to translate psychodynamics into short-term, solution-oriented approach to symptom resolution.
- Preventative treatment options to assist women with previous PPD episode planning another pregnancy.
- How to identify a woman at risk and the importance of screening and preventative support.
- How therapy for postpartum depression differs from traditional therapy.
- How to address the unique and challenging needs of the postpartum woman in crisis.
- How to best use your own self, your strengths, your spirit, to augment recovery

## **SEGMENT I FUNDAMENTALS OF PPD**

### **DIAGNOSTIC ASSESSMENT**

Differential Diagnosis  
Continuum of postpartum mood disorders  
What PPD is, what PPD is not  
Factors contributing to misdiagnosis, inadequate treatment  
Risk factors  
Unique nature of PPD-specific symptoms

### **CLINICAL PROFILE**

Social and cultural expectations  
Myth of the perfect mother  
Self-esteem, sense of failure, perfectionism  
Discussion of *Postpartum* article

### **ATTACHMENT ISSUES AND FAMILY DYNAMICS**

Breastfeeding considerations  
Is Breast Always Best? *Editorial*  
Psychodynamic issues that may influence onset and resolution potential  
Role of partner/family  
Understanding “The Postpartum Husband”  
Mobilizing social support

### **PRELIMINARY INTERVENTION**

Phone intake and initial contact  
Early assessment  
Putting out the fire

### **TREATMENT OPTIONS**

Intervention strategies and techniques  
Use of medication  
Breastfeeding and medication  
Myths, fears, shame, stigma  
Barriers to treatment

### **THERAPY: THEORY & TECHNIQUE**

PPSC treatment guidelines  
Model of PPD impact and adaptation  
Transference/counter transference issues  
Alternative therapies

### **IS PREVENTION POSSIBLE?**

Screening tools for PPD  
Prophylactic treatment  
Powerpoint presentation and review

### **SPECIAL CONSIDERATIONS**

Suicide/infanticide (high profile cases)  
Impact on marital relationship  
Refractory depressions  
Having another baby after PPD

## **SEGMENT II ADVANCED STUDY**

*Advanced segment is an optional second part of the training and will be scheduled at the time of the training for clinicians who are interested in participating. One or more sessions may be scheduled depending on the needs and desires of the participating clinicians*

### **SUPERVISION**

Advanced case presentations and discussions  
Exceptional clinical challenges

### **CLINICAL ENHANCEMENT**

Private practice implications  
Clinical obstacles  
Marketing strategies