

Level I: Fundamentals of PPD (6hrs Fri)

Understanding, Diagnosing and Treating Postpartum Depression

10-hr Postgraduate Training

8:45 a.m. Continental Breakfast

9:00 a.m. Who we are & Why we are here

9:15 a.m. Differential Diagnosis

*Continuum of postpartum mood disorders
Factors contributing to misdiagnosis, inadequate treatment
Unique nature of PPD-specific symptoms*

9:45 a.m. Clinical Profile

*Risk factors
Myth of the perfect mother; Self-esteem, sense of failure, perfectionism
Discussion of "Postpartum" article*

10:15 a.m. Attachment Issues & Family Dynamics

*Psychodynamic issues that influence onset and resolution potential
Role of partner/family Impact on marital relationship
Understanding The Postpartum Husband
Mobilizing social support*

10:45 a.m. Early Assessment

*Phone intake and initial contact
First line phone assessment
Putting out the fire*

11:15 a.m. Treatment Options and Obstacles

*Intervention strategies and techniques
Myths, fears, shame, stigma
Barriers to treatment*

12:00-1:00 p.m. ~ Lunch ~ (On your own, café on premises)

1:00 p.m. Medication Use & Management

*What works, what doesn't and why
Psychopharmacologic risk/benefit analysis*

1:30 p.m. Breastfeeding Issues

"Is Breast Always Best?" Editorial

2:00 p.m. Psychotherapy: Theory & Techniques

*"PPSC Treatment Guidelines"
"Model of PPD Impact and adaptation"
Transference/counter transference issues
Alternative therapies*

3:00 p.m. Screening Tools and Risk Assessment

*Why screen? Is prevention possible?
Healthcare provider responsibilities & constraints
Edinburgh Postnatal Depression Scale (EPDS)*

3:30 p.m. Special Considerations

*Suicide/infanticide (high profile cases)
Refractory depressions
Having another baby after PPD*

Level II: Advanced Practice Development Workshop (4 hrs Sat)

9:00 a.m. **Review of Friday's program & FAQ's**

9:30 a.m. **Review of private practice experience and expectations**

10:00 a.m. **Strategies, tools, & proven marketing techniques for this specific population**

10:30 a.m. **Self-Inventory: Customizing your practice to fit your areas of strength**

11:00 a. m. **Break**

11:15 a.m. **Obstacles, barriers and problem-solving interventions**

12:00 a.m. **Maximizing your expertise in this area of treatment**