

Postpartum Support International & 2020 Mom Project Maternal Mental Health Training Webinar Series



All Classes: 1:00pm-3:00pm Eastern Time

February 26, 2018

Class 1: Overview of Perinatal Mood and Anxiety Disorders

Range of perinatal mental health disorders, symptoms, causes, and risk factors.

Introduction: Joy Burkhard, MBA and Wendy N. Davis, PhD

Faculty: Wendy N. Davis, PhD

March 12, 2018

Class 2: Partners and Perinatal Mental Health

-Dads and Perinatal Mental Health: Danny Singley, PhD

March 26, 2018

Class 3: Screening, Assessment, and Treatment Options

Tools for screening and assessing depression and anxiety, breastfeeding and perinatal mental health, and evidence on alternative treatments

Birdie Gunyon Meyer, RN, MA, CLC

April 9, 2018

Class 4: Treatment: Evidence Based Psychotherapy

Overview of evidence-based therapeutic models and approaches.

Christina Hibbert, PhD

April 23, 2018

Class 5: Additional Considerations and Cultural Competency

Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC

May 7, 2018

Class 6:

Psychological Gestation of Pregnancy and Postpartum

Psychosis and Forensics

Diana Lynn Barnes, PsyD, MFT

May 21, 2018

Class 7: Perinatal Mental Health and Psychopharmacology

Chris Raines, RN MSN APRN-BC

June 4, 2018

Class 8: Resources for Families, Professionals, and Communities

Wendy N. Davis, PhD and Joy Burkhard, MBA





**Diana Lynn Barnes, PsyD,
LMFT**

is an internationally recognized expert on the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President's Advisory Council for that

organization. She is a member of the Los Angeles County Perinatal Mental Health Task Force, a core faculty member of their training institute, as well as a member of the statewide California Maternal Mental Health Collaborative. In 2009, she co-founded "The Motherhood Consortium, an inter-disciplinary network of professionals working with mothers, infants and young families. In addition to private practice specializing in all facets of women's reproductive mental health, Dr. Barnes frequently consults with defense counsel on cases of infanticide, pregnancy denial, neonaticide, child abuse and neglect. The author of *The Journey to Parenthood, - Myths, Reality and What Really Matters*, Dr. Barnes is a fellow of the American Psychotherapy Association, and a clinical fellow of the California Association of Marriage and Family Therapists and the American Association of Marriage and Family Therapists. Her papers have been published in a number of academic journals and she contributed the entry on infanticide for *The Encyclopedia of Motherhood* (Sage Publications, 2010). Dr. Barnes is the 2007 recipient of an award presented by Postpartum Support International for her outstanding contributions to the field of reproductive mental health, and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her work in the area of child-bearing illness. Dr. Barnes is completing an edited volume for Springer Publishing on *Women's Reproductive Mental Health Across the Lifespan*, with a publication date of 2014.



Joy Burkhard, MBA

is a founder and Director of the 2020 Mom Project and the California Maternal Mental Health Collaborative (CMMHC). Joy also serves as the California State Compliance Manager for Cigna HealthCare, where she has worked for 17 years. She is responsible for identifying gaps in service and compliance,

consulting with business leaders, influencing appropriate change, and managing projects related to implementation of state laws and audits. She is a Six Sigma Green Belt and has served in numerous positions including Service Quality Director and Accreditation Manager. Joy is recognized for her ability to problem-solve and find creative solutions to difficult problems. Joy earned her Bachelor of Science degree in Organizational Communication from Northern Arizona University and has a Masters of Business Administration from Regis University. Joy resides in Valencia California with her husband and two young children.

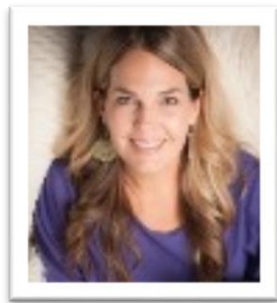
Wendy N. Davis, PhD has a counseling and consulting practice



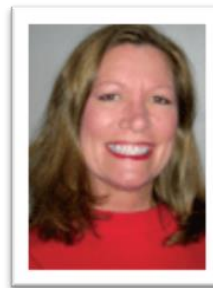
in Portland Oregon specializing in depression, anxiety, and communication, with a special focus on pregnancy, birth, and postpartum mental health. She is the Executive Director for Postpartum Support International (PSI) www.postpartum.net, where she coordinates PSI services, programs, and 200 U.S. and International PSI Support Volunteers. Wendy is the

Founding Director of Oregon's Baby Blues Connection mom-to-mom support organization www.babybluesconnection.org, and now serves as their clinical advisor and volunteer training consultant. Wendy is a trainer for PSI's 2-day certificate course, "Perinatal Mood Disorders, Components of Care," and conducts trainings, consultations, and keynote addresses on perinatal mental health internationally. She chaired Oregon's Maternal Mental Health Workgroup convened by legislation in 2009, and the subsequent committee that wrote Oregon's 2011 successful legislation, the Maternal Mental Health Patient and Provider Education Act. Wendy consults to the Oregon Health Authority in their development of initiatives to support public awareness, treatment pathways, and provider education of the mental health needs of pregnant, postpartum, and post pregnancy-loss women and their families. She provides professional training and consultation in governmental, clinical, and community settings and enjoys working with diverse communities to develop sustainable perinatal mental health support and treatment networks.

Christina Hibbert, PhD is the author of the bestselling, IPPY-award winning memoir, *This Is How We Grow*. She is a clinical psychologist in private practice in Flagstaff, AZ, specializing in women's mental health, pregnancy/postpartum, grief/loss, motherhood, parenting, self-esteem, and personal growth. Dr. Hibbert is the founder of the Arizona Postpartum Wellness Coalition (www.azpostpartum.org), producer of the internationally-sold Postpartum Couples DVD, and a popular and dynamic speaker. Her second book, *Who Am I Without You? 52 Ways to Build Self-Esteem After a Breakup*, with New Harbinger Publications, will be released in March 2015, and she is currently writing her third book, with Norton Publishing, on *8 Keys to Mental Health Through Exercise*. Mostly, though, "Christi" is a wife and full-time mother of six children, ages 18 to 7. When she's not trying to keep up with her family, Christi enjoys traveling, songwriting, naps, reading in hammocks, and dark chocolate. Visit Dr. Hibbert's popular blog, "The Psychologist, The Mom, & Me," and learn more at www.DrChristinaHibbert.com.



Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is director of Training and Technical Assistance for the Los Angeles County Perinatal Mental Health Task Force. Prior to this, she served as director of the New Moms Connect Program of Jewish Family Service of Los Angeles providing services to new parents, particularly those suffering from symptoms of postpartum depression. Ms. Kaufman has worked extensively with new families and aided in providing solutions to many parenting concerns. She has run several programs for high-risk children and teens, taught classes to parents of newborns and toddlers, and runs support groups for single parents and women with postpartum depression. Ms. Kaufman has spoken widely, published articles on parenting, and served as editor for *Bringing Light To Motherhood*. She serves as Los Angeles coordinator for Postpartum Support International also has a private practice in Los Angeles providing services in both English and Spanish languages.



Birdie Meyer, RN, MA, CLC is an RN with a Master's Degree in Psychology/Counseling. She is the Coordinator of the Perinatal Mood Disorders Program at Indiana University Health in Indianapolis, Indiana. She is a Past-President of Postpartum Support International, and past Chair of PSI Education and Training, and is now the PSI

Certification Director. Birdie specializes in the recognition and treatment of pregnancy and postpartum mood and anxiety disorders. She is a childbirth educator and a lactation counselor. She has been interviewed for radio, television, and print media. She was the subject matter expert on an e-learning CD produced by Indiana Perinatal Network that is used to train Healthy Families Home Visitors. Birdie is highlighted as a PMD expert in a DVD that is shown around the country. "Healthy Mom, Happy Family: Understanding Pregnancy and Postpartum Mood and Anxiety Disorders". She has been speaking to audiences for over 25 years and is a Certified International Trainer for PSI's 2-day "Perinatal Mood Disorders, Components of Care". In 2007, Birdie received the Jane Honikman award which is given annually by the founder of PSI for "outstanding contribution to the goal of increasing awareness of emotional health related to childbearing". In 2008, she was given the Award of Excellence in Advocacy from The Association of Women's Health, Obstetric, and Neonatal Nurses (AWHONN) and was a finalist for Indiana Business Journal's "Healthcare Hero" award. Birdie is member of PSI, AWHONN, Sigma Theta Tau, North American Society for Psychosocial Obstetrics & Gynecology (NASPOG), and the Indiana Perinatal Network (IPN).



Daniel B. Singley, PhD, APBB is a San Diego-based board certified psychologist and Director of The Center for Men's Excellence. His research and practice focus on men's mental health with a particular emphasis on reproductive psychology and the transition to fatherhood. He conducts trainings and presentations around the country to assist individuals and organizations to enhance their level of father

inclusiveness and founded the grant-funded Basic Training for New Dads, Inc nonprofit in order to give new fathers the tools they need to be highly engaged with their infants as well as their partners. He is Past President of the APA's Section on Positive Psychology and currently serves on the Board of the APA's Division on the Psychological Study of Men and Masculinity as well as Postpartum Support International. In his free time, Dr. Singley likes to surf, cook, and take his two boys on hikes to throw rocks at things.



Christena Raines, RN, MSN, APRN-BC is Associate Director of Obstetrical Liaison and Community Outreach at the University of North Carolina Perinatal Psychiatry. Chris is a dual trained, board certified nurse practitioner in both Women’s Health and Psychiatric-Mental Health and has practiced as a Perinatal Psychiatric Nurse Practitioner at the UNC center

for Women’s Mood Disorders for over a decade. She was a member of the planning team instrumental in opening the 1st in-patient Perinatal Mental Health unit in the country and continues to be an integral part of training this specialized nursing staff. Chris serves on the Board of Directors of Postpartum Support International. She is currently the Vice-President of PSI and is the committee chair for the PSI Chapter Committee and was the Co-Chair for the International PSI conference held in Chapel Hill in June 2014.

Certificate of Completion

All presentations will be recorded and available to registered participants. Certificates will be issued to participants who attend or listen to the recording of all eight classes. Course includes recommended reading materials, resources, and small group discussions. To receive the Certificate of Completion, class members participate in assigned small discussion groups and either attend all eight live webinars or attest to listening to the recording of any missed sessions. Nurses and social workers who want NASW CE credits need to fill out a post-test if they are not able to attend the live webinar. **A Certificate of Completion is awarded to all attendees who view the whole course, whether through live sessions or by viewing the recordings and evaluating.**

Continuing Education Credits

CMEs:

This Live series activity, Postpartum Support International Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals, from 09/11/2017-08/11/2018, has been reviewed and is acceptable for credit by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NASW:

Continuing Education application pending

To receive national NASW credit, social workers must complete a post-test for each class. The NASW CE Approval Program requires a post-test on all distance-learning products with a passing score of not less than 80 percent. This requirement also applies to real-time interactive learning such as date-specific teleconferences and webinars.

CNEs for Nurses

This continuing nursing education activity was approved by Oregon Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval valid through 6/5/2019. 16 credit hours. OCEAN ID #2016-23



NBCC:

16 hours total. Postpartum Support International has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6765. Programs that do not qualify for NBCC credit are clearly identified. Postpartum Support International is solely responsible for all aspects of the programs. *“In order to award NBCC credit, the Provider must ensure that the participant attended the live program, and was present for the number of NBCC hours indicated on the certificate or letter of completion, as required by Section I.3.”*



CEs for Psychologists

Postpartum Support International (PSI) is approved by the American Psychological Association to sponsor continuing education for psychologists. Postpartum Support International (PSI) maintains responsibility for this program and its content. The total course provides 16 CE contact hours.