

# FACT SHEET

## Trainings In Maternal Mental Health

MMHLA

Maternal Mental Health  
Leadership Alliance

### Introductory Trainings for Frontline Providers

Ideal for Obstetric, Midwifery, Pediatric, Family Physicians, Nurses, & Staff

American  
Academy of  
Pediatrics



**ACOG**  
The American College of  
Obstetricians and Gynecologists

THE  
**MOTHERHOOD**  
CENTER of New York

PSI  
POSTPARTUM SUPPORT  
INTERNATIONAL

**SELENI**

**The How and Why of Screening**  
45-minute video / FREE / [LEARN MORE](#)

**Maternal Mental Health**  
60-minute video / FREE / [LEARN MORE](#)

**Monthly Provider Seminars**  
60-minute webinars / FREE / [LEARN MORE](#)

**Perinatal Mental Health for Frontline Providers**  
On-demand or live webinar / \$250 / [LEARN MORE](#)  
On-site option also available

**Screening for Perinatal Emotional Distress**  
30-minute video / \$25 / [LEARN MORE](#)

### Maternal Mental Health 101

FREE 90-minute  
introductory webinar

[LEARN MORE](#)

Provided by 2020 Mom  
and  
Postpartum Support International

These organizations provide periodic  
webinars on specific topics:

**20/20 Mom**  
Visionaries for the Future of Maternal Mental Health

THE  
**MOTHERHOOD**  
CENTER of New York

### Advanced Trainings for Mental Health Providers

Ideal for Medical or Mental Health Providers Seeking to Specialize in Maternal Mental Health

**MASSACHUSETTS  
GENERAL HOSPITAL**  
[LEARN MORE](#)

**Psychiatric Disorders in Women: Diagnostic and Treatment Across the Female Lifespan**  
• 6-week online CME course / \$445

**Weekly Virtual Rounds / 1 hour**  
• Wednesdays 2 pm ET / Free  
• Live discussion of clinical cases

**MATERNAL MENTAL HEALTH NOW**  
supporting the well-being of growing families  
[LEARN MORE](#)

**Bringing Light Into Motherhood**  
• 12-hour self-paced CEU course / \$495

**Additional CEU / CME trainings**  
• 2 hours each / \$40 per course  
• Each course on a different topic

**NATIONAL CURRICULUM IN  
REPRODUCTIVE  
PSYCHIATRY**  
[LEARN MORE](#)

**Learning Modules (Classroom and Self-Study) / LINK**  
• 12-hour Women's Health Across the Lifespan  
• 28-hour Pregnancy and Postpartum  
• 5-hour Essentials Mini-Curriculum

**CME Credits Available For**  
• Depressive Disorders  
• Bipolar Disorders  
• 5-hour essentials

**THE POSTPARTUM  
STRESS CENTER**  
[LEARN MORE](#)

**The Art of Holding Perinatal Women in Distress**  
• 12-hour Live Virtual course / \$1,600  
**Introduction to the Art of Holding**  
• 6-hour Live Virtual course / \$600

**Weekly Perinatal Mentoring / 1 hour**  
• Wednesdays 11 am ET / \$40 per session  
• Virtual roundtable discussions

**SELENI**  
[LEARN MORE](#)

**Intensive 8-hour Courses**  
• Perinatal Mood & Anxiety Disorders / \$295  
• Perinatal Loss and Grief / \$395  
• 2 course bundle / \$499

**2-hour Courses**  
• The Expectant Therapist / \$150  
• COVID-19, Trauma, Grief / \$99  
• Focus on Young Parents / \$99

PSI is the world's leading organization in providing trainings in perinatal mental health. PSI hosts an annual conference and provides a variety of training opportunities, including a free introductory webinar, pre-recorded webinar series, trainings for frontline providers, and in-depth trainings for mental health providers.

## Perinatal Mental Health Certification (PMH-C) Program

PSI provides the only Certification Program in Perinatal Mental Health, offering structured professional education and evaluation.

Certification is available in three specialty areas:

Perinatal Mental Health, Psychopharmacology, and Affiliated Professions.



## Perinatal Mood and Anxiety Disorders: Components of Care

PSI's flagship 2-day Certificate of Completion Course is offered online and in-person.

### Certificate Trainings

Frontline Provider Trainings  
Advanced Psychotherapy Training  
Advanced Psychopharmacology Training  
Psychopharmacology in Perinatal Mental Health

### Webinar Series

Advisory Council Series  
Telelemental Health Series  
Family and Community Support  
FREE Maternal Mental Health 101



### POSTPARTUM Action INSTITUTE

PSI Founder Jane Honikman and Shoshanna Bennett, PhD host weekend workshops to practice skills in an interactive and intimate setting.

These organizations provide information about establishing and leading support groups:



American Academy of Pediatrics



Screening, Technical Assistance, and Resource (STAR) Center

The **STAR Center** seeks to improve the health, wellness, and development of children through early childhood screening, counseling, referral, and follow-up for developmental milestones, perinatal depression, and social determinants of health.



NATIONAL CURRICULUM IN  
REPRODUCTIVE  
PSYCHIATRY

NCRP is a partnership between the Marce Society of North America and the National Task Force on Women's Reproductive Mental Health.

### Learning Modules

Women's Health Across the Lifespan  
Pregnancy and Postpartum  
5-Hour Essentials

### CME Credits

Bipolar Disorders  
Depressive Disorders  
Reproductive Psychiatry Essentials

### NCRP is an interactive, web-based curriculum providing:

- Classroom materials for non-expert facilitators, which could be adopted by any residency program in any specialty
- Self-study materials for trainees or doctors in general practice.
- Rigorous CME assessments.