

FEATURING

Diana Lynn Barnes, Psy.D., LMFT

Diana Lynn Barnes is an internationally recognized expert on women's reproductive mental health, especially as it pertains to the assessment and treatment of perinatal illness. A past president of Postpartum Support International, she currently sits on the President's Advisory Council. 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, Dr. Barnes co-founded The Motherhood Consortium, an interdisciplinary network of professionals who work with young mothers and their families. In addition to a 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 co-author of *The Journey to Parenthood, - Myths, Reality and What Really Matters* (Radcliffe Publishing, 2007), Dr. Barnes is a fellow of the American Psychotherapy Association and the 2009 recipient of a Lifetime Achievement Award presented by the Eli Lilly Foundation for her outstanding contributions in the area of child-bearing illness.

Emily C. Dossett, MD, MTS

Emily C. Dossett currently practices reproductive psychiatry in Pasadena, California, where she works primarily with pregnant and postpartum women facing psychiatric issues. She is also founder and director of the Maternal Wellness Clinic, an outpatient clinic dedicated to perinatal mood disorders, at Los Angeles County + University of Southern California. As Assistant Clinic Professor of Psychiatry at USC, Dr. Dossett teaches medical students and residents about clinical care for maternal depression. She conducts maternal depression screening and treatment seminars for the Los Angeles Best Baby Network; LA Care; the Welcome, Baby! Home Visitation Program; and the Los Angeles County Department of Mental Health. Dr. Dossett serves on the Executive Committee of the Los Angeles County Perinatal Mental Health Task Force, a consortium of over thirty individuals and agencies dedicated to policy change and service improvement for perinatal mood and anxiety disorders. She serves as a faculty member of the Task Force's Training Institute, and she is an active lecturer and writer on perinatal mood topics.

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

Gabrielle Kaufman is a dance/movement therapist and licensed professional clinical counselor with over 20 years experience in the helping profession. Currently, she is the director of Training and Technical Assistance for the Los Angeles County Perinatal Mental Health Task Force. Prior to this, she directed the New Moms Connect Program of Jewish Family Service of Los Angeles, where she provided services to new parents, particularly those experiencing 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 she currently facilitates support groups for single parents and women with postpartum depression. Ms. Kaufman has published articles on parenting, and served as editor for *Bringing Light To Motherhood*. She is the Los Angeles coordinator for Postpartum Support International and has a private counseling practice in Los Angeles.

Christine White Deeble, ND

Dr. White Deeble has been in private practice in Montana since 2002. She earned her Doctorate in Naturopathic Medicine and completed a general family medicine residency at Portland, Oregon's National University of Natural Medicine. She has a Bachelor of Science degree in Psychology from Washington State University and a Masters of Education degree from the University of Vermont with an emphasis on education as a strategy for the prevention of many health and social problems. Over her 30-year career in health and human services, she has developed a specialty in perinatal mood and anxiety disorders. She has served as a local and national expert on this subject, working with women, families and their providers.

Interested in supplemental consultation?

Clinicians who have completed this training are invited to join us for monthly consultation sessions, facilitated by a licensed specialist in perinatal mental health. These one-hour monthly meetings will be conducted at a distance and are offered at a yearly rate of \$100. Clinicians are encouraged to bring questions from their own cases. For more information, contact us at info@maternalmentalhealthnow.org.

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Perinatal Mental Health Conference



FAIRMONT
HOT SPRINGS RESORT

FAIRMONT, MONTANA

OCTOBER 20TH & 21ST, 2018

13 CEU/CONTACT HOURS

Clinical Psychology Center Conference Registration Form (please print)

REGISTRATION FEE (includes complimentary lunch each day):

\$125 before October 5th, and \$150 thereafter

- Limited number of slots available for students (\$40).
- Group rates for groups of 4 or more people are offered.
- Discounted rates (\$134) for accommodations are available at Fairmont Hot Springs Resort for conference attendees for the nights of 10/20 and 10/21. Call (406) 797-3241 for details.

A \$15 service fee will be charged for all refunds. NO REFUNDS after October 5th. Early registration is STRONGLY recommended.

To pay by check, please mail this form and your check, made payable to the Clinical Psychology Center (CPC) to:
University of Montana Clinical Psychology Center
1444 Mansfield Ave., Missoula, MT 59812

QUESTIONS? cpcfrontdesk@umontana.edu (406)243-2367
To pay by credit card, please do so by calling (406) 243-2367.

OVERVIEW

This conference is an intensive workshop designed to introduce attendees to perinatal mental health issues. We will review the prevalence, risk factors, diagnostic features, screening, and preventative factors. We will also discuss the complexities of high-risk scenarios, and how to navigate coordination of care. Presentations will include discussions about the cultural influences in the reproductive experience, the psychology of parenthood, and the vulnerabilities involved for women. We will also discuss successful evidence-based interventions such as medication, psychotherapeutic modalities, and integrated models of care.

This training is appropriate for medical professionals, mental health professionals, childbirth professionals, social support providers, and individuals who would like to attain skills and knowledge for assessing and treating perinatal mood disorders. If registrants are interested in gaining foundational knowledge about perinatal mental health issues prior to this workshop, there are both online and in-person training opportunities through Postpartum Support International or Maternal Mental Health NOW's 2-day PMAD. (Please see www.postpartumsupport.net or wwwmaternalmentalhealthnow.org for further information.)

OBJECTIVES

At the end of this 2-day conference, participants will be able to:

- Identify the diagnostic features involved in perinatal mental health conditions.
- Understand more about effective and appropriate treatment for individuals with perinatal mood and anxiety disorders and provide preventative support for new parents.
- Provide effective psychoeducation and support for clients in crisis.
- Understand how cultural beliefs, practices, and traditions may impact both symptom presentation and impact treatment trajectories.
- Understand more about the intersection of breastfeeding and perinatal mood and anxiety disorders.

- Identify ways in which pregnancies are denied or concealed.
- Identify the negative consequences of attachment disruption and ways to foster repair.
- Challenge and enhance their understanding of psychotropic medication usage in perinatal women.

AGENDA

DAY ONE: Saturday, October 20th

8:30 – 9:00	Registration
9:00 – 9:10	Introductions by Melissa Bangs, President's Advisory Council of Postpartum Support International
9:10 – 10:30	Review of Workshop Agenda; Prevalence, Risk Factors, Comorbidities
10:30 – 10:45	Break
10:45 – 12:00	Differential Diagnoses; High-risk Diagnoses and Forensics – Mania, Psychosis, Pregnancy Denial
12:00 – 1:00	LUNCH
1:00 – 1:45	Psychology of Parenthood
1:45 – 3:00	Miscarriage, Infant Death & Infertility; Attachment Disruption
3:00 – 3:15	Break
3:15 – 4:00	Suicidal Ideation and Trauma-Informed Care
4:00 – 4:30	Addictions & Perinatal Mental Health – Opioid, Cannabis, Alcohol etc.
4:30 – 5:00	Wrap-up, Discussion and Questions

Attendees are cordially invited to join us for a **MEET AND GREET** at the Fairmont Hot Springs Resort at 7 pm on Saturday, October 20th. This event will provide attendees with the opportunity to connect with others with similar professional interests. Following the meet and greet, at 7:30 pm, we will have a live **“MOMedy”** performance. This will consist of nonfiction tragicomedy storytelling performances from moms (and a dad) based on their diverse perinatal mental health experiences. (Produced by Melissa Bangs)

DAY TWO: Sunday, October 21st

8:30 – 9:00	Registration
9:00 – 10:00	Comprehensive Assessment (screening tools and more)
10:00 – 11:00	Medication Intervention; Breastfeeding and Perinatal Mental Health
11:00 – 11:15	Break
11:15 – 12:00	Cultural Humility and Sensitivity to Healthcare Preferences in Diverse Communities
12:00 – 1:00	LUNCH
1:00 – 2:00	Connecting Pathways and Building Bridges: An Integrative Approach for Treating Perinatal Mood and Anxiety Disorders
2:00 – 2:30	Choosing the Appropriate Treatment Modality
2:30 – 2:45	Break
2:45 – 3:45	Integrated Care Models; Collaboration of Care; Prevention
3:45 – 4:30	Case Vignette and Group Discussion
4:30 – 5:00	Wrap-up Discussion, Questions and Evaluations

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