

# Free Perinatal Mental Health Workshop: Diagnostic & Treatment Considerations

Every year, approximately 10,000 patients in Washington experience mental health problems before, during or after delivery. Our goal is to give their perinatal, mental health and primary care providers the support and tools they need to effectively treat their patients' mental health disorders during pregnancy and postpartum.

In this workshop, Amritha Bhat, MD, MPH and Kelly Wurzel, MD, will conduct a half day training that includes presentations, case examples, and interactive small group exercises focused on mental health screening and treatment during the perinatal period.

Attendees will learn:

- ✓ Process of differential diagnosis of common mental disorders in the perinatal period
- ✓ Risks of untreated mental disorders and risks of psychotropic medication use during pregnancy and lactation.
- ✓ Informed consent discussions with pregnant and breastfeeding women regarding commonly used psychotropic medications

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of 3.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**Thursday, October 3<sup>rd</sup>**

Lunch & Check-In 12:30 PM – 1:30 PM

Workshop 1:30 PM – 5:00 PM

**Providence Auditorium**

20 W 9th Ave, Spokane, WA 99202

Please join us! This free workshop is open to anyone who cares for pregnant women or new moms including but not limited to: obstetricians, midwives, registered nurses, pharmacists, pediatricians, psychiatrists, and other primary care and mental health providers.

**RSVP by September 16<sup>th</sup> at  
[mcmh@uw.edu](mailto:mcmh@uw.edu)**

**FREE!**

UW Medicine  
DEPARTMENT OF PSYCHIATRY  
AND BEHAVIORAL SCIENCES

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