

PERINATAL MOOD AND ANXIETY DISORDERS WORKSHOP

Presented by: Postpartum Resource Center of New York in collaboration with **Tribe of Mine LLC**

Date: Friday, November 13, 2015

Time: 9:00 – 12:00 Level I 2.6 DONA Ceu's *Available*
1:00 – 4:00 Level II (advanced) 2.7 DONA
Ceu's *Available*

Place: New York Public Library
West New Brighton Branch
976 Castleton Avenue, Staten Island, NY 10310

Contact: info@postpartumny.org / 631-422-2255

PERINATAL MOOD AND ANXIETY DISORDERS: Building a Safety Net in our Community

GUEST SPEAKERS

Sonia Murdock, Executive Director

Postpartum Resource Center of New York, Inc.

Wendy Isnardi, Author

Nobody Told Me: My Battle with Postpartum Depression and Obsessive Compulsive Disorder

Renée Pizzuto, CD (DONA), CBC – Tribe of Mine, LLC

Postpartum Resource Center of New York Project 62™ Team Leader

DONA CEUS *Available*: 5.3 total (Lamaze accepts DONA CEUS).

Check with your certifying organization for approval.

LEVEL I (9:00 – 12:00)

PRESENTATION OBJECTIVES

- ~ Participants to gain a clear understanding of perinatal mood and anxiety disorders
- ~ Differentially diagnose postpartum depression, anxiety, panic, OCD and psychosis
- ~ Assess prenatal risk factors
- ~ Gain knowledge on tools to screen and further refer women for treatment
- ~ Gain knowledge to available resources and social support for optimum recovery

PRESENTATION OVERVIEW

- ~ Why Care About Perinatal Mood and Anxiety Disorders
- ~ Cultural Factors
- ~ Incidence of PMAD overview with Spectrum handout sheet
- ~ Strategies for Prevention and Intervention
- ~ Screening Tools
- ~ Signs and Symptoms
- ~ Differential Diagnosis
 - + Anxiety/Panic
 - + OCD
 - + PTSD
- ~ Risk Factors
- ~ Impact on child development
- ~ Referral to Resources and follow-up

WORKSHOP SCHEDULE

- 9:00 - 9:15 Welcome and introductions
- 9:15 - 11:00 Perinatal Mood and Anxiety Disorder assessment and treatment
- 11:00 - 11:10 Small Break
- 11:10 - 12:00 Impact on Child Development, Case Studies, Community Resources, Discussion and Wrap-up

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LEVEL II (1:00 – 4:00)

PRESENTATION OBJECTIVES

- ~ Participants to gain a clear understanding of perinatal mood and anxiety disorders
- ~ Differentially diagnose postpartum depression, anxiety, panic, OCD and psychosis
- ~ To further help women and families best utilize resources

PRESENTATION OVERVIEW

- ~ Incidence of PMAD overview with Spectrum handout sheet
- ~ Differential Diagnosis
 - + Anxiety/Panic
 - + OCD
 - + PTSD
- ~ DVD - Postpartum Couples
 - + Medical
 - + Therapeutic
 - + Social Support
- ~ Case Studies
- ~ Empowering vs. Enabling
- ~ Advocacy
- ~ Continuing Education
- ~ Wrap-up

WORKSHOP SCHEDULE

- 1:00 - 1:15 Welcome and introductions
- 1:15 - 2:00 PMD: Anxiety/Panic, OCD, PTSD
- 2:00 - 2:20 DVD
- 2:25 - 2:30 Small Break
- 2:30 - 3:00 Optimal Treatment, Case studies
- 3:00 - 3:20 Empowering vs enabling
- 3:20 - 4:00 Advocacy, Continuing Ed, Wrap-up

COURSE RECOMMENDED READING – LEVEL I AND II

Beyond the Blues *Shoshanna Bennett, PhD. and Pec Indman, PhD., MFT*

Transformed by Postpartum Depression: Women's Stories of Trauma and Growth *Walker Karraa, PhD.*

And one autobiography story such as:

The Stork's Revenge *Geraldine O'Keefe*

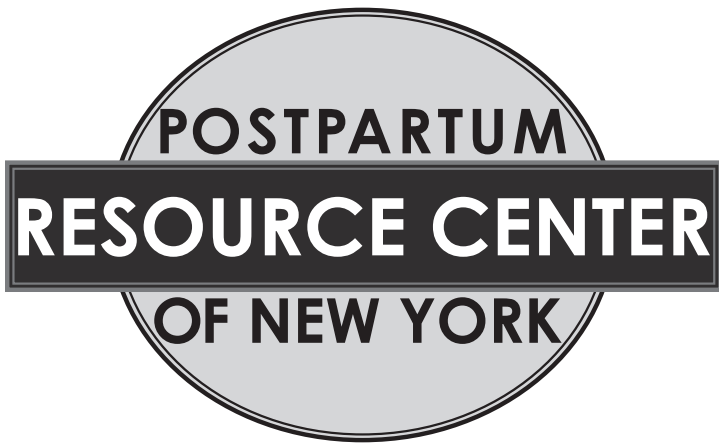
Nobody Told Me: My Battle with Postpartum Depression and Obsessive

Compulsive Disorder *Wendy Isnardi*

Down Came the Rain *Brooke Shields*

Sleepless Days *Susan Resnick*

Behind the Smile *Marie Osmond*



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REGISTRATION FORM

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RETURN REGISTRATION FORM BY MAIL

Postpartum Resource Center of New York
Attn: S.I. Training 2015
109 Udall Road - West Islip, NY 11795

OR EMAIL

OR REGISTER ONLINE [HERE](#)

*****SEATING IS LIMITED*****

Name _____

Address _____

Phone _____

Mobile Phone _____

Email _____

Please Circle Level I Level II Both

Make checks payable to: POSTPARTUM RESOURCE CENTER OF NEW YORK

Workshop fee: \$70.00 Level I
\$70.00 Level II
\$130.00 Both Level I & II

INFORMATION ON GUEST SPEAKER SONIA MURDOCK

Sonia Murdock is an internationally recognized perinatal mood and anxiety disorders trainer, guest speaker and consultant.

Sonia's experience of supporting her sister through postpartum psychosis and postpartum depression, lead her to co-found the Postpartum Resource Center of New York, Inc. (postpartumny.org) in 1998. She serves as the Executive Director of this non-profit, self-help organization. In 2001, the Postpartum Resource Center of New York, Inc. received the Postpartum Support International Jane Honikman Award in recognition as a model perinatal mood disorders parent support network.

Sonia has been interviewed nationally and internationally for radio, print and TV.

She has served on the boards of Downstate New York Healthy Start Project Governance Board, Mercy Haven, National Association of Mothers' Centers, New York State Perinatal Association and Postpartum Support International (PSI). She is a past president of Postpartum Support International (2000-2002), and currently serves on PSI's President's Advisory Council and is a Trainer for PSI.

Sonia is the recipient of many awards including most recently being honored by the Mental Health Association in Suffolk County, New York with their Distinguished Service Award as well as being named into Suffolk County Women's Hall of Fame 2009.