PROGRAM INFORMATION
Keynote Speakers
Schedule of Events
Breakout Sessions and Keynotes
PSI Pre-Conference Certificate Training
Session Handouts

Breakout Sessions and Keynotes

Friday, July 14, 2017

KEYNOTE 1
Fayth M. Parks, Ph.D
FRIDAY 8:15 – 9:15 am
Making a Way Out of No Way: Cultural Strengths, Health Disparities, and Postpartum Families

Breakout I – Friday, 9:30am-10:30am

- **Kathleen O'Donnell, LGSW**
  Postpartum Depression Among Refugee Populations: Overview and Clinical Interventions in a Primary-Care Integrated Setting Within Randomized Control Trial (RCT)
  Cultural Diversity
  Improving prenatal and postpartum mental health treatment for refugees: Lessons learned through providing trauma-informed mental health care for Karen refugees within a primary care clinic setting.
- **Katayune Kaeni, Ph.D.**
  Mom & Mind: Raising the Volume on Voices of MMH
  Innovative Solutions
  The Mom & Mind Podcast has allowed a unique opportunity to spread education and awareness of MMH, in a meaningful and personal way, directly to listeners.
- **McClain Sampson, Ph.D.**
  Pilot Study to Reduce Postpartum Depression Symptoms Among Low-Income Mothers in a Residential Treatment Facility
  Advocacy
  This presentation provides information on Dr. Sampson's research study that examined effectiveness of a home visiting intervention among low-income mothers with postpartum depression.
- **Melinda Thiam, M.D. and Kelly Elmore**
  Perinatal Mental Health and the Military Family
  Fathers and Families
  Perinatal mood and anxiety disorders are understudied/underrecognized in the military population, yet they have a ripple effect across families as well as affect military readiness.
- **Carolyn Broudy, M.D., M.S.**
  Perinatal Mental Health: A Family Affair
  Integrated Systems
  How do you address the needs of both mother and child in psychotherapy? Using an attachment-based approach to integrate the infant and partner into the mother's psychotherapy provides one solution.
- **Annette Cycon, MSW, LICSW and Liz Friedman**
  "Mom Is the Driver, We Are the GPS" Group Peer Support Model
  Peer Support/Communities
  Wouldn't it be great if moms had GPS to get through their struggles with PMADS? Learn the new GPS model of Group Peer Support to help navigate her to stability.
- **Michael Pipich, LMFT**
  Peripartum Onset in Bipolar Disorder: Assessment and Treatment in a Three-Phase Approach
  Psychotherapy
  Childbirth has a strong influence on the development of bipolar disorder in women, however, many patients are misdiagnosed. Attendees will learn bipolar diagnostic techniques and a three-phase approach to treatment.
- **Adrienne Griffin, Samantha Meltzer-Brody, and Zo Ratansi**
  Overcoming the Barriers to Optimal Maternal Mental Healthcare
  Psychopharmacology
  The session will summarize key insights from two recent Advisory Board Sessions with Patient Advocates and Physicians. Topics include: the patient journey through PPD; a vision for postpartum mental health care for the future; and the challenges that stand in the way. Short presentation followed by large and small group discussions to gather input from conference participants.

Breakout II – Friday, 10:45am-11:45am

- **Agathe Pierre-Louis, Psy.D.**
  The Strong Black Woman and Her Experience of Post-Partum Depression. What Are the Effective Treatment Options in Therapy
  Cultural Diversity
  The purpose of this proposal is to build on existing research and assess the relationship between the identity of Strong Black woman and the implications of PPD experience.
- **Shannon Erisman, Ph.D.**
  Dialectical Behavior Therapy: A Treatment Approach for Perinatal Women
  Innovative Solutions
  Perinatal Dialectical Behavior Therapy (pDBT) is an innovative modification of an effective therapeutic approach for particular benefit to perinatal women with mood and anxiety disorders
- **Elyssa Kushner, Psy.D.**
  Understanding Postpartum OCD: Prevalence, Differential Diagnosis, and Treatment
  Psychotherapy
  Postpartum obsessive compulsive disorder-Prevalence rates, differential diagnosis, theories of development, prevention and education as well as treatment considerations will be presented.
- **Samantha Meltzer-Brody, MD, MPH**
  A Phase 2, Randomized, Placebo-Controlled Trial of SAGE-547 Injection in Severe Postpartum Depression
  Psychopharmacology
  We report the results of the first placebo-controlled study of SAGE-547 Injection, a proprietary formulation of allopregnanolone, in a clearly defined population of women with severe PPD.
- **Jamie Zahlaway Belsito**
  Statehouse to Capitol Hill: All Politics is Local
  Advocacy
  An overview of working with key coalitions, legislators [local/state/federal] and multi media outlets to influence, introduce and pass effective legislation/policy.
- **Ashley Hanna Morgan, LCSW**
  The Afterglow Support Group: A Curriculum to Support Mothers and/or Fathers
  Fathers and Families
  Learn how to confidently facilitate a support group for PMAD mothers and/or fathers, addressing the needs of partners transitioning to parents, using Mindfulness and CBT techniques with a curriculum guide.
- **Lynne McIntyre, MSW, LICSW and Morgan Gross**
  Building a Perinatal Mental Health Program From Scratch: One Step at a Time
  Integrated Systems
  How to build a perinatal mental health program from scratch! Including conducting a community assessment, finding funding, providing expert clinical care, identifying supporters, and training both professionals and next-generation trainers.
- **Mari-Carmen Farmer, BSN, RN, SNM, WHNP/CNM Candidate; Lisa Kugler, CNM, MSN; Maren Oser, CNM, MSN; Jessica Schwarz, CNM, MSN**
  Group Prenatal Care: Finding Support Within the Circle
  Peer Support/Communities
  Presentation of the implementation of an innovative model of group prenatal care in a high-risk referral population. Challenges, outcomes and lessons learned will be reviewed

FRIDAY LUNCH – 12:00 – 1:00pm (lunch provided)

12:00- 1:00 pm: Professionals of Color: An Opportunity to Connect and Support Each Other. This session is a rare opportunity to bring perinatal professionals of color together to connect, build community, hold space for each other, and speak honestly about our experiences and concerns around racism, stigma, and race-based trauma. (lunch provided).

KEYNOTE 2
Samantha Meltzer-Brody, M.D., MPH
Friday 1:15 – 2:15
Harnessing the Power of Social Media to Understand Postpartum Depression: The Experience of the PPD ACT APP for Screening and Large Scale Research

Breakout III – Friday, 2:30 – 3:45pm

- **Jabina Coleman, LSW, IBCLC; Divya Kumar, ScM, CLC, CPD; Desirée Israel, LGSW**
  Bridging the Gap: Women of Color and PMAD Professionals
  Cultural Diversity
  An interactive discussion between clinicians and providers on best practices serving Women of Color & PMADs.
- **Jesse Kuendig, MA, LICSW and Helen Kim, MD**
  Beyond the Mother-Baby Day Hospital: Innovative Solutions to Expanding Access to Two-Generation, Trauma-Informed, Perinatal Mental Health Interventions
  Innovative Solutions
  A trauma-informed, two-generation approach to perinatal mental health intervention will be presented and opportunities for infusing this model across hospital settings and the community will be explored.
- **Margaret Spinelli, MD**
  Efficacy of Interpersonal Psychotherapy for Antepartum Depression Versus Parenting Education Program: Initial Severity of Depression as a Predictor of Treatment Outcome
  Psychotherapy
  Interpersonal psychotherapy (IPT) is supported by substantial empirical evidence as a treatment for depression. We have demonstrated that Interpersonal Psychotherapy for Antepartum Depression (IPT-P) is effective for moderate depressive symptoms.
- **Samantha Huguelet, DNP, APRN, CNS**
  Treatment for Insomnia During Pregnancy
  Psychopharmacology
  Define insomnia and sleep disorders, identify causes and impact of sleep deprivation. Discuss treatments; psychological, environmental, homeopathic and psychopharmacological. Evidenced based treatments and their risk/benefit in pregnancy and lactation.
- **Marianela Rodriguez, Ph.D; Tania Rosario; Javier O. Morales Nazario, M.P.H., C.L.E., B.A**
  Observatory of Obstetric Violence and Maternal Infant Care
  Advocacy
  A multidisciplinary panel will discuss the concept of obstetric violence and its manifestations, will provide examples of this type of gender violence and propose strategies to eradicate it.
- **Chuck Schaeffer, Ph.D.**
  Focusing on Fathers: Outreach and Engagement With Fathers Impacted by Perinatal Mood and Anxiety Disorders
  Fathers and Families
  This workshop provides introductory information regarding culturally competent outreach and clinical interventions for working psychologically with new fathers throughout the perinatal period and postpartum period.
- **Ariel Shumaker-Hammond, MPH/MSW, LCSW and Elizabeth Gillette, LCSW**
  Early Pregnancy Loss and Perinatal Mental Health Implications: From Elective Abortion to Miscarriage
  Integrated Systems
  Perinatal losses, including elective abortions, are often excluded from discussion about perinatal mental health, when in fact they can have significant impact, both in the short and long term.
- **Amanda Cadran, Ph.D. & Wendy Davis, Ph.D.**
  With Help: A Deep Dive Into PSI Warmline Support Evaluation
  Peer Support/Communities
  This presentation explores a survey designed by Postpartum Support International to study the effectiveness and sufficiency of services provided by the PSI warmline six weeks after an initial outreach call.

Breakout IV – Friday, 4:00pm-5:30pm

- **Amanda Tinkelman, MD, Jessica Cosgrove, MD; Emily Hill, MD**
  This is Not Your Mothers' PMAD: Complex Cases and Clinical Pearls-Part 1: Psychopharmacology
  Psychopharmacology
  Utilizing case scenarios attendees, participants will understand the diverse presentations of PMAD and the difficulties with diagnosis and identifying the most effective psychopharmocological treatments.
- **Joanna Cole, Ph.D.; Jessica Hertzog, MSW; Laura E Palmer, M.Div; Elizabeth A Olsen, MS, CCLS; David Munson MD; Julie S Moldenhauer, MD, Erica M Schindewolf, MS, CGC**
  A Parent's Perspective When Their Baby Dies at Birth: A Provider/Parent Perinatal Palliative Care Panel
  Fathers and Families
  This panel will describe how a multidisciplinary care team supports pregnant women and families preparing for their baby's death at birth. Families of the program will share their unique experiences.
- **Susan Ellis Murphy, MA, BSN, RNC-OB, LPC and Allison Pope Burger**
  Web-Based EPDS Screening and Comprehensive Support Services: A Model Program for Women in Southern New Jersey
  Integrated Systems
  Comprehensive support services created for the southern New Jersey region that includes a web-based EPDS screening process at healthcare provider offices and clinics; group support and community and professional education.
- **Carrie Banks, MS and Chris Raines, RN, MSN, APRN-BC**
  Creating a PSI State Chapter
  Peer Support/Communities
  Learn the steps involved in creating a PSI State Chapter. Create bigger impact in your state by pooling resources and advocates on a state-wide level. We will teach you how.
- Combined Session – Innovative Solutions
  - **Sage Saxton, Psy.D.**
    Hello Baby: An Innovative Model of Care to Facilitate NICU Visitation
    This presentation will describe the process of conceptualization, planning and implementation, and programmatic evaluation for Hello Baby. Discussion will occur around structural needs, staffing needs, and public relations/advertising.
  - **Rochelle Steinwurtzel, Psy.D.**
    Psychic and Physical Liminality in the NICU
    This presentation will discuss experienced liminality for parents and staff in the NICU. Liminality and role confusion in the physical and psychic space will be illustrated through clinical examples.
- Combined Session: Postpartum Psychosis, Infanticide, and the Law – *Advocacy*
  - **Margaret Spinelli, MD; Elizabeth Fitelson, MD; Kimberly Mangla, MD**
    Members of PSI and the Marce Society saved a woman from 50 years in prison by writing letters for clemency to the Judge in the Bronx Infanticide Trial of Lisette Bamenga. Dr. Spinelli, the expert witness discusses Lysette's postpartum psychosis and infanticide. This is followed by a presentation of a current forensic case involving a bipolar pregnant woman with a history of violence.
  - **Diana Barnes, Psy.D., M.F.T.**
    A sense of psychological safety begins with one's earliest experiences. This presentation addresses the intergenerational transmission of trauma, its impact on psychotic delusions and infanticide as an act of love.
- Combined Session – Cultural Diversity
  - **Lisa Weinstock, MD and Elise Israel, MSW**
    Perinatal and Postpartum Issues in Hasidic Women
    This presentation will focus on unique cultural issues impacting the treatment of Hasidic women during the perinatal and postpartum period. Clinical cases will be presented that highlight these issues.
  - **Dvora Entin, LCSW**
    Perinatal Loss in Practice: Cultural Norms for Orthodox Jewish Families
    Response to Perinatal Loss in the Orthodox Jewish Community provides opportunity for sensitivity and meaningful support when delivered with culturally appropriate bereavement practices that conform to established religious norms.
- Combined Session – Psychotherapy
  - **Sarah Liebman, LMFT**
    Deepening our Understanding of Infertility as a Risk Factor for Developing Perinatal Mood & Anxiety Disorders
    Women who experience infertility, fertility treatments, use donor gametes or adopt are at risk for PMADS. This session address the psychological states and defenses used during treatment which constitute risk-factors.
  - **Crystal Clancy, MA, LMFT**
    Unique Considerations of Individuals and Couples Experiencing Infertility
    Working with individuals and couples experiencing infertility has very unique considerations, including shame, grief & loss, and they too are at risk for mood or anxiety disorders. Find out why.

FRIDAY 5:45 – 6:45 pm POSTER SESSION

FRIDAY 7:00 – 9:00 pm GALA BANQUET at the Sheraton

Saturday, July 15, 2017

KEYNOTE 3
SATURDAY 8:15 – 9:15am
Karen Kleiman, MSW, LCSW & Amy Wenzel, Ph.D., ABPP
Perinatal Distress, Psychotherapy, & Strategies of Intervention: Two Experts Agree to Disagree

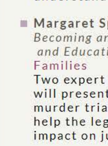
Breakout V – Saturday, 9:30-10:30am

- **Cassie Owens, LPC and Elizabeth O'Brien, LPC**
  Bolstering Clinical Competency in Private Practice: Build Your Own Maternal Mental Health Consultation Group
  Innovative Solutions
  Learn how to create your own Maternal Mental Health consultation group. Through this experiential workshop, we will explore professional development in the business side of private practice, and ways to strengthen advanced clinical skills.
- **Deborah Rich, Ph.D., LP**
  Transition to Parenthood: A Model for Unifying Pregnancy Loss Theory and Practice Within Postpartum Well-Being
  Psychotherapy
  The presenter integrates perinatal and developmental research to conceptualize pregnancy loss as a developmental crisis, offering case examples and modeling congruent intervention strategies of anticipatory guidance and guided participation.
- **Kelly McGlothen, BSN, RN, IBCLC, IMH-E**
  "I'm Doing the Best That I can for Her": Infant Feeding Decision-Making Among Mothers Receiving Medication Assisted Treatment for an Opioid-Use Disorder
  Psychopharmacology
  The purpose of this presentation is to present the findings of a study exploring factors that impact the infant feeding decisions of women receiving medication-assisted treatment for an opioid-use disorder.
- **Catharine McDonald, MS, NCC, LPC**
  Trauma & Birth: Implications for Medical & Psychiatric Care
  Advocacy
  Trauma and violence aren't words we like to associate with birth. The interplay of all three influence mom's mental health, her ability to care for herself, and her baby.
- **Leena Batra, Ph.D.**
  But I've Wanted This For So Long! Helping Adoptive Parents Through The Post-Adoption Blues
  Fathers and Families
  Adopting a child brings joy, stress, and turmoil. Professionals can help adoptive parents learn ways to cope with post-adoption depression and anxiety and to build empowered and healthy families.
- **Gianna Lafronza, MS, LCAT, BC-DMT and Rebecca Feldman, CNM**
  Building Alliances: Expanding Perinatal Mental Healthcare in the New York City Hospital System
  Integrated Systems
  Our presentation will detail the steps we have taken to forge connections and programming within the departments of Obstetrics, Gynecology and Psychiatry in a large New York City public hospital.
- **Elisabeth Schneider, LMFT**
  The Tiny Miracles Foundation Model: Addressing the Psychosocial Needs of NICU Families
  Peer Support/Communities
  Presentation will highlight TTMF programs for Families with Preemies, including highly successful in hospital peer mentoring and after discharge support, with goal of improved outcomes for baby and family.

Breakout VI- Saturday, 10:45am-11:45am

- **Aparna Iyer, MD**
  Cultural Considerations in Treating South Asians With Pospartum Mental Illness
  Cultural Diversity
  South Asians are the fastest growing ethnic group within the United States, and South Asian cultures present multiple unique factors to take into consideration when screening for and treating postpartum mental illness.
- **Renée Miller, PsyD, MAPS, Karen Kleiman, MSW, LCSW, & Catherine Birndorf, MD**
  In Practice: Your Questions Answered
  Innovative Solutions
  Aimed at therapists in private practice, this session consists of a panel of three perinatal practitioners who will answer questions and facilitate discussion about working with pregnant and postpartum women.
- **Sharon Ben Rafael, PsyD**
  Integrating IPT and CBT for Complex Perinatal Disorders
  Psychotherapy
  In this case study I will present an integrative approach of IPT and CBT for treating comorbid perinatal anxiety and depression. Psychotherapy integration is defined as an attempt to look beyond the confines of single-school approaches. Interpersonal Psychotherapy provides the framework for this treatment while Cognitive Behavioral Therapy is used to intervene at the level of problem areas.
- **Kalli Feldman, Ph.D. and Deborah Ohm, Psy.D.**
  Inpatient Group Therapy Program
  Psychopharmacology
  Cultivating compassion, shared experience, and empowerment: Reflections on the development of an inpatient perinatal group psychotherapy program
- **Elizabeth Fitelson, MD and Mayumi Okuda Benavides, MD**
  Intimate Partner Violence, Trauma, and Perinatal Women
  Advocacy
  This session focuses on intimate partner violence as a risk factor for adverse maternal and child outcomes, describes an innovative model of care, and provides strategies for clinicians.
- **Casey Hoffman, Ph.D., Joanna Cole, Ph.D. & Chavis Patterson, Ph.D.**
  Longitudinal Mental Health Screening of Mothers and Fathers of Medically Complex Infants: From the Prenatal Period through Post-NICU Follow up Care
  Fathers and Families
  Discuss the importance of mental health screening longitudinally across the continuum of care for families of high risk infants, including considerations for fathers, and communication of findings across providers.
- **Tiffany Ross, MSW**
  YCMF (Yates Children Memorial Fund) Collaborative Group Making Change in Houston
  Integrated Systems
  The Yates Children Memorial Fund (YCMF) Collaborative brings together professionals to focus on four components: education, research, services, and fundraising, as the guiding framework in Houston on perinatal mood disorders.
- **Leslie Butterfield, Ph.D.**
  Self-Compassion: A Road to Resilience following Traumatic Birth
  Peer Support/Communities
  This presentation will describe the practice of self compassion as a method to reduce suffering, cultivate positive self care, and to create hope when negative emotions threaten to overwhelm recovery.

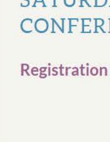
SATURDAY LUNCH: (lunch provided)



KEYNOTE 4
SATURDAY 1:15 – 2:15
C. Neill Epperson, M.D.
Many Faces of Postpartum Depression: A Physician-Scientist's Point of View

Breakout VII – Saturday, 2:30pm-4:00pm

- **Julia Andino, MSW, LCSW**
  CONVERSANDO: A Cultural Based Group Modality to Work With Undocumented Latinas Struggling with Perinatal Mood Disorders
  Cultural Diversity
  This workshop presents a culturally based group modality which considers women's narrative and integrates the medical and socio-economic perspective to acquire a full understanding of Latina's realities.
- **Margaret Spinelli, MD; Diana Lynn Barnes, Psy.D, M.F.T.; Michael Dowd, JD**
  Becoming an Expert Witness:Understanding the Illness, Supporting Defendants and Counsel, and Educating the Court
  Families
  Two expert witnesses and three attorneys describe two specific infanticide cases. They will present techniques for testifying and discuss the experience of participating in a murder trial. Participants will learn about preparing to be an expert witness, and how to help the legal profession and the court understand perinatal mental illness and its impact on judgement and behavior in a criminal case.
- **Lisa Testa, Ph.D., Kalli Feldman, Ph.D., Kristen Scala, LCSW, & Megan Asuncion**
  This is Not Your Mothers' PMAD: Complex Cases and Clinical Pearls-Part 2: Psychotherapy
  Psychotherapy
  Utilizing case scenarios attendees will understand diverse presentations of PMAD and recognize the importance of developing wrap around services to provide bridging care for mothers at all levels of need.
- **Alison Stuebe, MD, MSc, FACOG & Kristin Tully, Ph.D.**
  Applying a 4th Trimester Lens to Mother-Infant Care
  Psychopharmacology
  The "4th Trimester" Project is engages stakeholders to identify challenges in postpartum healthcare delivery. In this session, we will define the 4th trimester period and present recommended provider competencies.
- **Jennifer Moyer & Teresa Twomey, JD**
  Community Action and Support for Those Affected by Postpartum Psychosis
  Advocacy
  Presentation will include a history of postpartum psychosis advocacy, the current state of advocacy, what is needed to address the challenges of postpartum psychosis and the future direction of postpartum psychosis advocacy.
- **Pamela Geller, Ph.D., Alexa Bonacquisit, Ph.D., Chavis Patterson, Ph.D., Victoria Grunberg, Ph.D., & Christina DiSanza, MA**
  Innovative Psychosocial Programming to Alleviate Postpartum Distress
  Innovative Solutions
  This session highlights five novel projects that address ways to alleviate postpartum distress for parents through innovative psychosocial interventions that can be integrated into hospital and collaborative care settings.
- Combined Session – Integrated Systems
  - **Hina Sheth, MS, PT, OCS, MTC, SFMA**
    Integrated Approach for Treating the Peri and Postpartum Musculoskeletal System
    An in depth discussion of the musculoskeletal changes during and after pregnancy and its impact on the lumbo/hip/pelvic complex, downstream affects and holistic integrated treatment.
  - **Elizabeth Kusturiss, MSN, CRNP, IF**
    Postpartum Dyspareunia: Causes and Treatment
    Postpartum dyspareunia is a highly prevalent disorder affecting up to 51% at 6 months postpartum. This lecture will discuss the prevalence, etiologies and various treatment modalities of postpartum dyspareunia.
- Combined Session: Boundaries, Self-care, and Disclosure: Tools and Ethics for the Perinatal Provider – Peer Support/Communities
  - **Ashlee Rahmlow, LCSW, Andrea Bates, LCSW, Margaret Hermosa-Rice, MSN, ANP-BC, WHNP-BC, ONP-C, & Alexia Johnstone, LMHC**
    This panel presentation will focus on healthy boundaries and use of self- disclosure in peer support work with moms. Attendees will gain useful tips and tools for their peer work.
  - **Hilary Waller, MS**
    The Perinatal Therapist: Self Disclosures in the Perinatal Period Learn how disclosure of therapist pregnancy impacts the perinatal client's therapeutic experience and how this disclosure may enrich the therapeutic process.



KEYNOTE 5
SATURDAY 4:15 – 5:15pm
Joanna Cole, Ph.D.
His Hidden Tears and Broken Heart: Attending to the Needs of Fathers Experiencing Perinatal Loss

SATURDAY 5:15-5:30pm: CONFERENCE CLOSING SESSION

Registration Link