

PERINATAL MOOD AND ANXIETY DISORDERS WORKSHOP

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

Date: Monday, March 16, 2020
Time: 9:30 – 3:00 DONA 5 Ceu's
Place: Staten Island, New York
(Exact location to come.)
Email: info@postpartumny.org
Phone: 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.

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

Postpartum Resource Center of New York Project 62™ Team Leader

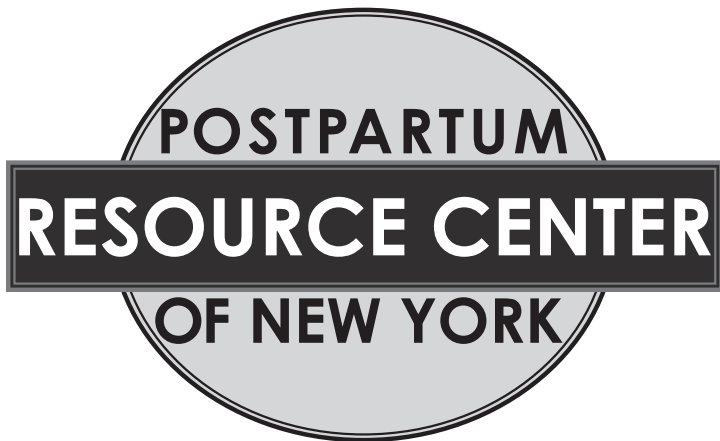
DONA CEUS: 5 total (Lamaze accepts DONA CEUS).
Check with your certifying organization for approval.

PRESENTATION OBJECTIVES

- ◆ Participants to gain a clear understanding of perinatal mood and anxiety disorders including postpartum depression, anxiety, panic, OCD and psychosis
- ◆ Learn about 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
- ◆ Incidence of PMAD overview with handout sheet
- ◆ Differential Diagnosis
- ◆ Signs and Symptoms
- ◆ Risk Factors
- ◆ Differential Diagnosis
 - * Anxiety/Panic
 - * OCD
 - * PTSD
- ◆ Impact on child development
- ◆ Referral to Resources and follow-up
- ◆ Optimal Treatment
- ◆ Case Studies
- ◆ Advocacy
- ◆ Continuing Education



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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 2020
109 Udall Road - West Islip, NY 11795

OR EMAIL

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

Name _____

Address _____

Phone _____

Mobile Phone _____

Email _____

Make checks payable to: Postpartum Resource Center of New York
Workshop fee per registrant: \$50.00 (includes training, materials)
****Bring a brown bag lunch for yourself. Light refreshments and dessert will be provided.**

Postpartum Resource Center of New York, Inc.
Perinatal Mood and Anxiety Disorders: Finding the Help You Need!

Serving New York State Families since 1998

109 Udall Road, West Islip, NY 11795

Toll-Free: 855-631-0001 | Helpline: 631-422-2255 Hablamos Español | info@postpartumny.org | postpartumny.org

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.

INFORMATION ON GUEST SPEAKER RENÉE PIZZUTO, CD (DONA), CBC

Renée Pizzuto is a certified birth doula and mother of three, Renée is passionate about motherhood and the sacred, life-changing journey that takes mothers and parents from pregnancy to childbirth. She believes every woman is exalted and powerful in birth, and is honored as such!

Aside from being a mother myself, being a birth doula and caring for growing families is the best work I can wrap my heart and arms around. I have a deep passion for educating and empowering families to have the birth experience of their dreams, unconditionally - without reservation. Witnessing a woman become a mother is the most transformative life experience. My only wish for that mother is that she does so with every fiber of her being, mind, body & soul. All women are entitled to enter motherhood on their terms, with dignity, love and respect. And I consider it an honor, each and every time, to help her and her growing tribe do just that!

As a birth doula, Renée provides evidence-based education, high-quality resources, and one-to-one support to growing families. This includes preparation and consultation during the prenatal period; continuous, one-to-one support during your birth, and gentle guidance during the postpartum period. She does this with love, ensuring your needs are met on an individual basis with dignity and compassion during this exciting time.