



# Advanced Training Programs in Maternal / Perinatal Mental Health

**FEBRUARY 2021**

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## POSTPARTUM SUPPORT INTERNATIONAL

Program Contact Information	
Organization Location Website	Postpartum Support International Portland, OR <a href="http://www.postpartum.net">www.postpartum.net</a> <ul style="list-style-type: none"> <li>- <a href="#">Trainings</a></li> <li>- <a href="#">Webinar Series</a></li> </ul>
Point of Contact	Wendy Davis, PhD Executive Director wdavis@postpartum.net
Program Name and Information	Description
<b>Perinatal Mood and Anxiety Disorders: Components of Care</b>  14 hours  <a href="#">LINK</a>	2-day Certificate of Completion Course  PSI's flagship training program is an internationally-recognized evidence-based training program for health providers and social support networks. This course is designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood and anxiety disorders.  Registration includes training binder, handouts, and continuing education credits. Approved for CMEs, CNEs, and CEs.
<b>Maternal Mental Health Certificate Training for Mental Health and Clinical Professionals</b>  16 hours  <a href="#">LINK</a>	Online webinar Certificate of Completion Course.  PSI and 2020Mom present an 8-session online webinar series that includes live sessions, small group discussions, supplemental reading materials, 16 continuing education credits, and a certificate of completion.
<b>Advisory Council Series</b>  Seven 2-hour sessions  <a href="#">LINK</a>	PSI presents two webinar series (each 7-classes) in perinatal mental health covering identification, diagnosis, support, treatment, and latest research. The expert faculty, members of the PSI President's Advisory Council, are experienced clinicians, researchers, and advocates. Topics include: overview of perinatal mood and anxiety disorders, diagnosis and screening, traumatic childbirth, postpartum psychosis, infanticide, dialectical behavior therapy, effects of mother's mental health on the fetus and child, and the latest research. Participants can view the entire series or individual presentations.

<p><b>Telemental Health Series</b></p> <p>Five 2-hour sessions</p> <p><a href="#">LINK</a></p>	<p>PSI professional webinar series to assist mental health providers in utilizing telemental health platforms using best practices and reliable technology. Ass sessions include attention to the priorities of confidentiality, client privacy, and accessibility to telephone or teletherapy. Presenters are Certified Perinatal Mental Health Professionals (PMH-Cs) and experts in the use of teletherapy.</p> <p>Participants can register for the entire series or individual sessions</p>
<p><b>Advanced Psychotherapy Training</b></p> <p>8 hours</p> <p><a href="#">LINK</a></p>	<p>Designed specifically for psychotherapists, this 8-hour course includes advanced PMADs and the DSM, cultural humility and racism, attachment and bonding, grief and loss, infertility, and the NICU.</p> <p>Prerequisite: 14 hours of perinatal mental health training.</p> <p>This course is a prerequisite for the PMH-C.</p>
<p><b>Advanced Psychopharmacology Training</b></p> <p>6 hours</p> <p><a href="#">LINK</a></p>	<p>Designed specifically for prescribers, this 6-hour course is taught by perinatal psychiatric experts and covers psychiatric pharmacology during pregnancy and lactation. This course is an interactive, case-based advanced seminar covering differential diagnosis, medication challenges, and research on medication safety.</p> <p>Prerequisite: 14 hours of perinatal mental health training.</p> <p>This course is a prerequisite for the PMH-C.</p>
<p><b>Certification in Perinatal Mental Health</b></p> <p><a href="#">LINK</a></p>	<p>PSI provides the only Certification in Perinatal Mental Health (PMH-C). This certification program was established in 2018, creates a structure for professional education and evaluation, and standardizes training and experience to inform families and payers of perinatal mental health specialists. The PMH-C is a lifetime certification with CE requirements. Three certification tracks are available:</p> <ul style="list-style-type: none"> <li>• Mental health / Psychotherapy</li> <li>• Psychopharmacology (Prescribers, including advanced practice nurses)</li> <li>• Affiliated Professionals (nurses, doulas, lactation, social support, occupational or physical therapists, dieticians, and others)</li> </ul> <p>Steps to certification include:</p> <ol style="list-style-type: none"> <li>1. Complete approved perinatal mood and anxiety course.</li> <li>2. Complete one advanced training certificate course.</li> <li>3. Pass the PMH-C exam.</li> </ol>

<p><b>Frontline Provider Trainings</b></p> <p>4.5 hours</p> <p><a href="#">LINK</a></p>	<p><b>Single Day Onsite or On-Demand Webinar</b></p> <p>Training specifically for frontline providers (obstetricians / gynecologists, family practice physicians, internists, nurse practitioners, midwives, physician’s assistants, nurses) to equip these healthcare providers with the skills necessary to assess patients for maternal mental health complications and provide treatment with medication and/or connect individuals with additional resources and care.</p> <p>Topics include: overview of perinatal mood and anxiety disorders, screening tools, making an accurate diagnosis, psychopharmacological treatments during pregnancy and lactation.</p>
<p><b>Psychopharmacology in Perinatal Mental Health</b></p> <p>2 hours</p> <p><a href="#">LINK</a></p>	<p><b>Webinar</b></p> <p>Taught by Chris Raines, APRN-BC (currently President of PSI’s Board of Directors), this course covers pharmacological interventions in pregnancy, postpartum, and lactation. This is an intermediate level educational event.</p>
<p><b>Families and Community Support</b></p> <p><a href="#">LINK</a></p>	<p><b>Webinar Series</b></p> <p>This 4-class webinar series is designed for families, communities, and advocates to learn about strengthening support for families and communities. Topics include advocacy and legal issues, traumatic birth, mindful mothering, and building support communities.</p> <p>Participants can view the entire series or single webinar.</p>

## COVINGTON & HAFKIN FERTILITY\*\*

Program Contact Information	
<p><b>Program Name</b></p> <p>Location</p> <p>Website</p>	<p><b>Fertility Counseling Postgraduate Course (FCPG)</b>            Classes this year are full**            Rockville and Bethesda, MD (Live Teleconference)  <a href="#">WEBSITE</a></p>
<p>Points of Contact</p>	<p>Linda Applegarth            lia2004@med.cornell.edu or 1-646-962-3315            Sharon Covington            sharon.covington@SGFertility.com or 1-301-279-9030</p>
Program Information	Description
<p>Sept 2020 – June 2021</p> <p>Cost: \$2,000</p> <p>10 monthly sessions</p> <p>15 students</p> <p><a href="#">LINK</a></p> <p><a href="#">FLYER</a></p>	<p>The FCPG is a formal, live, interactive, teleconference-based program in fertility counseling for mental health professionals to address a broad range of issues seen in clients experiencing impaired reproduction and psychosocial functioning. Through didactic, interactive visual presentations and clinical case discussions, participants have the opportunity to integrate knowledge into practice</p> <p>All classes for the coming year are now full. <b>If you are interested in being considered for next year's classes, held from September 2021 to June 2022, please fill out an application</b> and send it to both Dr. Covington and Dr. Applegarth by email. Space is limited and these classes fill up quickly.</p>

## GROUP PEER SUPPORT

Program Contact Information	
<b>Program Name</b> Website	<b>Group Peer Support (GPS) Facilitator Training Programs</b> <a href="http://www.groupeersupport.org">www.groupeersupport.org</a>
Point of Contact	training@groupeersupport.org
Program Name	Description
<b>GPS Facilitator Training</b>  Cost: \$800  20 CEUs for MSWs  <a href="#">LINK</a>	Group Peer Support is an evidence-informed group model that will give you the map to support people in your community. An efficient, effective and impactful approach to address the social isolation and mental health consequences caused by the COVID-19 Pandemic. A trauma-informed, culturally responsive support group model that is easy to learn and implement in diverse settings, with diverse populations, and in multiple languages. Training also demonstrates How to address the intersection of trauma, racism, poverty, disparities, cultural and gender identity, as well as the COVID-19 pandemic, with compassion, transparency and skill.
<b>GPS Certification and Advanced Practicum Program</b>  Cost: \$600  <a href="#">LINK</a>	This next level of GPS training is an opportunity for individuals who have completed the GPS facilitator training to refresh and refine their GPS facilitation skills. It is a dynamic, highly interactive and integrative learning experience that emphasizes hands-on practicum, discussion and advanced education in GPS in order to ensure the highest standard of competency and leadership in implementing GPS in diverse communities and settings. The GPS Certification and Advanced Practicum Program is open to those who have implemented a GPS group as well as those who have not. However, running a GPS group will be a requirement through the duration of the Certification Program.

## INTEGRATIVE THERAPY OF GREATER WASHINGTON

Program Contact Information	
<b>Program Name</b> Location Website	<b>Reproductive Psychology: A Comprehensive Year-Long Training</b> Started September 2020** Rockville, MD <a href="https://greaterwashingontherapy.com/">https://greaterwashingontherapy.com/</a>
Point of Contact	Dr. Julie Bindeman <a href="mailto:drbindeman@gmail.com">drbindeman@gmail.com</a>
Program Information	
Sept 2020 – June 2021 Third Friday of each month 10 am – 1 pm EST Cost: \$1,800.00 Provides 30 CE Credits <a href="#">LINK</a>	This 30-hour introductory-level year-long course is geared towards all mental health clinicians and will be led by Dr. Julie Bindeman from Integrative Therapy of Greater Washington. Dr. Bindeman is experienced in empirically-supported strategies for managing the many potential outcomes during the reproductive years which can include infertility, perinatal mood and anxiety concerns, pregnancy loss, and birth trauma.

## MASSACHUSETTS GENERAL HOSPITAL CENTER FOR WOMEN’S MENTAL HEALTH

Program Contact Information	
<b>Program Name</b> Location Website	<b>MGH Center for Women’s Mental Health</b> Boston, MA <a href="http://www.womensmentalhealth.org">www.womensmentalhealth.org</a>  Sign up for weekly newsletter <a href="#">HERE</a> .
Points of Contact	Lee Cohen, MD, lcohen2@mgh.harvard.edu Marlene Freeman, MD, MFreeman@mgh.harvard.edu
Program Name	Information
Cost: \$425  Offered periodically throughout the year  <a href="#">WEBSITE</a>	<b>Massachusetts General Hospital: Psychiatry Academy                  Perinatal Psychiatry: In-Depth Modules For Enhanced Approaches</b>  This course will focus on the diagnosis and treatment of psychiatric disorders in women across pregnancy and the postpartum. Specialized knowledge is necessary to tailor treatments to reproductive events such as pregnancy, pregnancy planning, and the postpartum. Exposure to psychotropic medications and the consequence of untreated psychiatric disorders must be considered when treating pregnant women, those who may become pregnant during treatment, and those who are breastfeeding. Focused material will also be presented regarding specialized psychotherapies utilized during pregnancy and the postpartum, as well as an overview of embryology and obstetrics informing a broad range of care modalities. Learning in this course will be facilitated by didactic materials delivered by the faculty from the MGH Center for Women’s Mental Health.
Free  Wednesdays, 2-3 pm EST  WEBINAR hosted via Zoom  <a href="#">LINK</a>	<b>Virtual Rounds at MGH Center for Women’s Mental Health</b>  Virtual Rounds have served as an opportunity to engage and build further connections with women’s mental health providers across the United States and the world. Led by Drs. Cohen and Freeman, faculty also include colleagues from CWMH and colleagues across the country. Attendees have ranged from specialists in reproductive psychiatry to clinical social workers to researchers and to trainees. We field questions and clinical cases, and share resources to guide decision-making and patient care.  Email questions or cases for consideration to <a href="mailto:admin@womensmentalhealth.org">admin@womensmentalhealth.org</a>

## MATERNAL MENTAL HEALTH NOW

Program Contact Information	
<b>Program Name</b> Location Website	<b>Maternal Mental Health NOW</b> Los Angeles, CA <a href="#">WEBSITE</a>
Point of Contact	Anna King, LCSW, <a href="mailto:anna@maternalmentalhealthnow.org">anna@maternalmentalhealthnow.org</a>
Program Name	Description
<b>Bringing Light to Motherhood: Maternal Mental Health Online Certificate Training</b>  12 Hours Cost:\$495 <a href="#">LINK</a>	The Bringing Light to Motherhood training is comprised of 7 independent modules:  (1) Risk Factors & Prevalence, (2) Symptoms & Diagnosis, (3) Screening & Assessment, (4) Attachment & Bonding, (5) Interventions, (6) Treatment Plans, and (7) Psychopharmacological Considerations.  <b>Meets the qualifications for 12 hours of continuing education for LMFTs, LPCCs, LCSWs, LEPs, and psychologists as required by the California Board of Behavioral Sciences and California Board of Psychology.</b>
<b>Maternal Mental Health: What to Know and How to Screen?</b>  2 Hours Cost: \$40 <a href="#">LINK</a>	This course defines perinatal mental health for medical providers serving women of childbearing age and young children. Instructors review prevalence rates, signs and symptoms, impact, differential diagnoses, and screening tools including the PHQ9 and EPDS. The course models sensitive communication during screening by including demonstrations of screenings taking place in both clinical and outpatient settings. Suicide screening questions and risk assessment, warm referrals and treatment plans are also discussed.
<b>My Baby Would Be Better Off Without Me: Perinatal Mental Health and Suicide</b>  2 Hours Cost: \$40 <a href="#">LINK</a>	Suicide is the leading cause of death during the perinatal period. In this course, Gabrielle Kaufman, MA, LPCC, BC-DMT, NCC, PMH-C, discusses statistics, risk factors, warning signs, screening tools, risk assessment, safety plans and other tools and resources to address suicide before and after childbirth. The course includes personal accounts and case studies of suicidal ideation and suicide.

<p><b>Maternal Mental Health</b>  <b>Course: Miscarriage, Stillbirth and Infant Death</b></p> <p>2 Hours</p> <p>Cost: \$40</p> <p><a href="#">LINK</a></p>	<p>This course defines perinatal loss, addresses how infant loss affects mothers and fathers, discusses cultural considerations around perinatal loss and provides resources to providers serving families dealing with loss.</p>
<p><b>Maternal Mental Health</b>  <b>Course: The Role of OBGYNs in Screening and Care</b></p> <p>2 Hours</p> <p>Cost: \$40</p> <p><a href="#">LINK</a></p>	<p>This course makes the case for perinatal mental health screening in the obstetrician’s office and provides information and resources to do so. Lecturers review the definition of perinatal mood and anxiety disorders, prevalence rates, risk factors, signs, symptoms and impact of untreated perinatal mood and anxiety disorders on the mother, infant and developing child. The course discusses differential diagnoses and provides recommendations on when to screen, what to do with a positive screen and successful interventions, including psycho-pharmacology and guidelines surrounding breastfeeding and medication.</p>

## NATIONAL CURRICULUM IN REPRODUCTIVE PSYCHIATRY

Program Contact Information	
<b>Program Name</b> Website	<b>National Curriculum in Reproductive Psychiatry (NCRP)</b> <a href="http://www.ncrptraining.org">www.ncrptraining.org</a>
Point of Contact	Lauren Osborne, MD <a href="mailto:lmosborne@jhmi.edu">lmosborne@jhmi.edu</a>
Program Information	Description
	<p>NCRP is an online interactive curriculum designed to teach reproductive psychiatry to mental health professionals across the spectrum of maternal mental health. NCRP is a joint effort of the National Task Force on Women’s Reproductive Mental Health and Marce of North America. NCRP provides the modular learning in the following areas:</p> <ul style="list-style-type: none"> <li>• Women’s Health Across the Lifespan</li> <li>• Pregnancy &amp; Postpartum</li> <li>• 5-Hour Essentials</li> </ul> <p><b><i>Coming soon: CME for all modules</i></b></p>

## NATIONAL PERINATAL ASSOCIATION

Program Contact Information	
<b>Program Name</b> Location Website	<b>National Perinatal Association Training Courses</b> Lonedell, MO <a href="#">WEBSITE</a>
Point of Contact	training@groupeersupport.org
Program Name	Description
<b>Perinatal Care Training</b> Six 1 Hour Courses Cost: Depends on Profession (ex: Nurses: \$60; LCSWs: \$210)  <a href="#">LINK</a>	Families will benefit when staff have improved skills, through enhanced parental resilience and better mental health, and improved parent-baby bonding leading to better developmental outcomes for babies. Benefits to staff include improved skills in communicating with patients; improved teamwork, engagement and staff morale; reduced burnout, and reduced staff turnover.  The program presents practical tips and an abundance of clinical information that together provide solutions to the emotional needs of expectants and new parents.
<b>NICU Training</b> Seven 1 Hour Courses Cost: Depends on Profession (ex: Nurses: \$70; LCSWs: \$245) <a href="#">LINK</a>	Program Objectives Include: <ul style="list-style-type: none"> <li>• Describe principles and techniques of communication to help support NICU parents.</li> <li>• Identify factors that put NICU parents at risk for Perinatal Mood and Anxiety Disorders.</li> <li>• Describe the benefits of peer-to-peer for NICU parents.</li> <li>• Define ways to involve and empower NICU parents in the care of their baby.</li> </ul>

## POSTPARTUM ACTION INSTITUTE

Program Contact Information	
<b>Program Name</b> Location Website	<b>Postpartum Action Institute (PAI) Workshop</b> Santa Barbara, CA <a href="#">WEBSITE</a>
Point of Contact	jane@janehonikman.com drshosh@drshosh.com
Program Information	Description
<b>PAI Workshop</b>  Cost: \$697 for single registration  Max Capacity: 8 People  <a href="#">LINK</a>  <b>Upcoming Training Dates</b>  March 6-7, 2021  July 10-11, 2021  November 13-14, 2021	<p>In an intimate and comfortable home environment, this training will teach you all you need to support the pregnant and postpartum parents with whom you work. What to ask, watch and listen for as you interact with them, the nuances you can recognize (not taught anywhere else) will be gleaned through presentation of various scenarios and role play. You will gain new insights and ideas about how to bring this new understanding into your lives and workplaces. Whatever you'd like to bring to your community or into your practice will be focused on in depth, and we'll end the Institute with these exciting action steps.</p> <p><b>This training is great for mental health professionals beginning to focus their practices on perinatal mental health.</b></p>

## POSTPARTUM STRESS CENTER

Program Contact Information	
<b>Program Name</b> Location Website	<b>Post-Graduate Professional Training Program</b> Rosemont, PA (Currently Virtual) <a href="http://www.postpartumstress.com">www.postpartumstress.com</a>
Point of Contact	Karen Kleiman, MSW, LCSW <a href="mailto:training@postpartumstress.com">training@postpartumstress.com</a> (610) 525-7527
Program Name	Description
<b>Professional Training: The Art of Holding Perinatal Women in Distress</b>  12 Hours Cost: \$1600 <a href="#">LINK</a>  <b>Upcoming Training Dates</b> June 4-5, 2021 Sept 10-11, 2021 Dec 3-4, 2021	The premiere post-graduate training class is designed for maternal mental health professionals to provide an optimal environment for personalized and practical learning. The classes are small in order to maximize individual attention and offer a hands-on experience. This intensive training, developed by Karen Kleiman and based on 3 decades of experience, provides an enduring foundation for professional growth which will transform your work with perinatal women. This course will enhance clinical skills and therapeutic effectiveness through experiential learning and greatly expand your clinical repertoire. You will gain access to information, tools, and confidence you need to enhance your role as an expert in this highly specialized field of practice  <b>Participants should have a masters or doctoral degree from an accredited graduate program in mental health related fields.</b>

## SELENI INSTITUTE

Program Contact Information	
<b>Program Name</b> Location Website	<b>Maternal Mental Health Intensive (MMHI) Online Trainings</b> Midtown East, Manhattan, NY <a href="http://www.seleni.org">www.seleni.org</a> - <a href="#">Trainings Site</a>
Point of Contact	<a href="mailto:trainings@seleni.org">trainings@seleni.org</a> (212) 939-7200
Program Name	Description
<b>Maternal Mental Health Intensive: Perinatal Mood and Anxiety Disorders</b>  8 hours, 8 CE Credits  Cost: \$295  <a href="#">LINK</a>	<p>If you are a social worker, a midwife, or other mental health professional currently practicing or just entering clinical practice, consider this training to help you update your knowledge base about Perinatal Mood and Anxiety Disorders. This will help you build your practice and push your career forward.</p> <p>After enrolling, you will have access to this course for <b>1 year</b> - across any and all devices you own. It is a completely self-paced online course - you decide when you start and when you finish.</p>
<b>Maternal Mental Health Intensive Online: Perinatal Loss and Grief</b>  8 hours, 8 CE Credits  Cost: \$395  <a href="#">LINK</a>	<p>This training, based on our extensive clinical experience, and the expert training of our clinical team, examines theoretical and clinical applications related to parental grief and bereavement, including current theory and research, practices and models of effective counseling and psychotherapy and potential obstacles to clinician effectiveness.</p> <p>After enrolling, you have <b>unlimited access</b> to this course for as long as you like - across any and all devices you own. It is a completely self-paced online course - you decide when you start and when you finish.</p>
<b>Screening for Perinatal Emotional Distress</b>  Cost: \$25  <a href="#">LINK</a>	<p>For healthcare providers to get trained to screen for Perinatal Mood and Anxiety Disorders. This video primer is intended to equip medical providers - who routinely care for childbearing women and their families - with the tools needed to implement education, screening and referral protocols for perinatal mental health concerns.</p>

<p><b>The COVID-19 Pandemic, Trauma, and Grief</b></p> <p>2 hours, 2 CE Credits</p> <p>Cost: \$99</p> <p><a href="#">LINK</a></p>	<p>This professional training discusses normative and complicated grief, trauma, attachment theory, interpersonal neurobiology, and clinical tools to facilitate the grieving process and resolve trauma, specifically in the context of the COVID-19 pandemic. Taught by Dr. Manzella who possesses extensive experience as a clinician providing psychotherapy and supervision and as a professor of psychology at New York University.</p>
<p><b>The Maternal Mental Health Intensive for Teens: PMADs</b></p> <p>2 Hours, 2 CE Credits</p> <p>Cost: \$99</p> <p><a href="#">LINK</a></p>	<p>Pregnant and parenting adolescents experience mental health disorders, including depression, at over three times the rate of older mothers, and struggle with the dual stigmas of teen parenthood and mental illness. The Seleni Institute is combining its expertise in adolescent reproductive mental health with its nationally recognized Maternal Mental Health Intensive to launch the MMHI4teens.</p>
<p><b>The Expectant Therapist</b></p> <p>2 hours</p> <p>\$150</p> <p><a href="#">LINK</a></p>	<p>This course guides clinicians — social worker, psychologist, therapist, counselor, or other mental health professional — through the complex professional adjustments that will take place once you are expecting a child, from logistics in the workplace to shifts in relationships and boundaries with clients.</p>