



Perinatal Mood Disorders Workshop

Presented by: LIDA in collaboration with Postpartum Resource Center of New York and Suffolk Perinatal Coalition's Perinatal Mood Disorders Task Force.

Date: Thursday, May 14th

Time: 9:00 - 12:00 Level I 2.6 DONA Ceu's

1:00 - 4:00 Level II (advanced) 2.7 DONA Ceu's

Place: Postpartum Resource Center of New York
109 Udall Rd, West Islip, NY

Perinatal Mood Disorders: Building a Safety Net in our Community

Guest Speaker

Sonia Murdock, Executive Director

Postpartum Resource Center of New York, Inc.

Level I

Presentation Objectives

- ☞ Participants to gain a clear understanding of perinatal mood 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 Disorders
- ☞ Cultural Factors
- ☞ Incidence of PMD 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 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

Perinatal Mood Disorders: Building a Safety Net in our Community

Guest Speaker

Sonia Murdock, Executive Director

Postpartum Resource Center of New York, Inc.

Level II

Presentation Objectives

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

Presentation Overview:

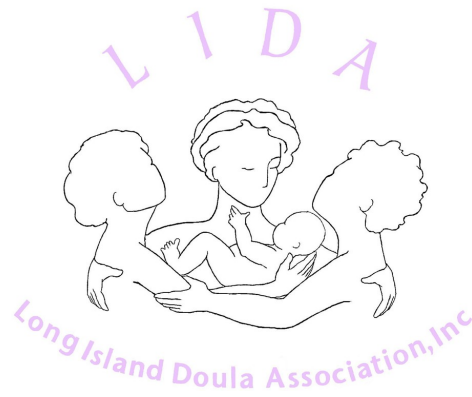
- ☞ Incidence of PMD overview with Spectrum handout sheet
- ☞ Differential Diagnosis
 - Anxiety/Panic
 - OCD
 - PTSD
- ☞ DVD -Postpartum Couples
- ☞ Optimal Treatment
 - Medical
 - Therapeutic
 - Social Support
- ☞ Case Studies
- ☞ Empowering vs Enabling
- ☞ Advocacy
- ☞ Continuing Education
- ☞ Wrap-up

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" by Shoshanna Bennett and Pec Indman
- And one autobiography story
- ☞ "The Storks Revenge" Geraldine O'Keefe
 - ☞ "Down Came the Rain" Brooke Shields
 - ☞ "Sleepless Days" Susan Resnick
 - ☞ "Behind the Smile" Marie Osmond



Registration Form ---- Must be returned by April 20th

Name _____

Address _____

Member Yes No

Phone # _____

Cell Phone # _____

Email _____

Please Circle Level I Level II Both

**LIDA and Suffolk Perinatal
Coalition's Perinatal Mood
Disorders Task Force members:
Make checks payable to: LIDA**

Workshop fee: \$40.00 Level I
 \$40.00 Level II
Level I & II \$75.00
Deadline: April 20th 2009
Send check to: LIDA
 40 Beecher Ave
 East Islip, NY 11730
 631-650-7903
 doula4u@optonline.net

**LIDA Non-members:
Make checks payable to: LIDA**

Workshop fee: \$45.00 Level I
 \$45.00 Level II
Level I & II \$85.00
Deadline: April 20th 2009
Send check to: LIDA
 40 Beecher Ave
 East Islip, NY 11730
 631-650-7903
 doula4u@optonline.net

Information on Guest Speaker Sonia Murdock

Sonia Murdock is an internationally recognized perinatal mood 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 www.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 (200-2002), and currently serves on PSI's President's Advisory Council and is a Trainer for PSI.

Sonia is the recipient of many awards including being named one of *Volvo for Life's Top 100 Heroes* of 2005.

Information on Long Island Doula Association, Inc

The Long Island Doula Association, Inc (LIDA) is a 501 (C) 3 not-for-profit organization. LIDA was founded as a result of doulas searching for additional education for professional growth. We are a multifaceted organization providing support for women in the early stages of motherhood, from conception through postpartum. We gather to support one another in the work that we do. We have monthly meetings and several educational speakers each year.

LIDA also initiated the "Families in Crisis" fund which runs on the generous donations of our peers, clients and fundraising efforts. The "Families in Crisis" fund was established to help support families with a serious illness, a single or teen mother, death of a partner, natural disaster, deployed partners, and women suffering from postpartum depression, who in addition have an accompanying financial hardship

The Long Island Doula Association, Inc. welcomes anyone as a member who is working in the childbirth field. Doulas on Long Island are also passionate in looking for ways to enlighten the community about the benefits of having a doula before, during or after their birth. Please visit our website www.lidoulas.com for membership and meeting information.

Information on The Suffolk Perinatal Coalition

The Suffolk Perinatal Coalition www.scpc.net is a not-for-profit agency, comprised of professionals and community residents whose common goals are to reduce infant mortality, low birth weight and prematurity, and promote the health of women, infants and families. We accomplish this through our networking relationships with other committed organizations and by providing direct services to pregnant and parenting women.