

PSVA'S UNDERSTANDING PMADS

June 22-23
Zoom



Understanding Perinatal Mood and Anxiety Disorders (PMADs) is a two day 14-hour training designed for mental health professionals and anyone who is interested in learning and expanding their knowledge of assessing for and treating perinatal mood and anxiety disorders.

Learning Objectives:

This training will help participants develop skills for the treatment of Perinatal Mood and Anxiety Disorders (PMADs) and will enable participants to:

- Develop practices that cultivate cultural humility, trauma-informed care and professional self-care.
- Describe and identify the spectrum of Perinatal Mood and Anxiety Disorders and understand the fundamental screening and assessment tools for these disorders.
- Recognize the clinical presentation of, and predictors and risk factors for PMADs.
- Apply evidence-based psychotherapy approaches and alternative interventions to treat PMADs.
- Discuss the impact of PMADs on People of Color, systemically under-resourced and high-risk populations.
- Understand the relationship between PMADs and infant feeding.

Facilitated By:

Elizabeth Wilkins-McKee, MSW, LCSW, PLLC

- Certified Reproduction Mental Health Provider, Certified in treatment of Infant, Child, Adolescent and Family Therapy, PSVa Board Member and Private Practice Psychotherapist

Mandolin Restivo, MA

- PSVa Executive Director, Birth and Postpartum Doula, Certified Lactation Counselor, Sex Educator, DV/SA Crisis Intervention Counselor

Understanding Perinatal Mood & Anxiety Disorders (PMADs) has been approved by NBCC for NBCC credit. Postpartum Support Virginia is solely responsible for all aspects of the program. NBCC ACEP No. 7317

This training has been approved by the National Association of Social Workers - Virginia Chapter for 14 Category I Continuing Education Contact Hours Approval code: 220908-09PSV