September 2018

Here are some great opportunities to learn more about postpartum depression and perinatal mood and anxiety disorder.

PSVa Social Support Training
September 29 and November 3

PSVa's social support training is a one-day 6-hour course that is appropriate for anyone who supports mothers during the perinatal period and is required for all PSVa social support volunteers. Topics include range of PMADs, understanding and providing social support to struggling mothers, navigating difficult situations, and role-playing conversations and scenarios. Learn more HERE.

Advanced Therapeutic Training
November 30, 2018

This half-day session is specifically for clinicians who specialize in working with women during pregnancy and first year postpartum. Benta Sims, LPC (PSVa Board member) and Danielle Cauley, LPC (PSVa Williamsburg Coordinator) will share advanced therapeutic tips and techniques designed to expand knowledge about treating PMADs. Curriculum includes presentation, discussion, and case studies. Limited to 10 participants. Learn more HERE.

Maternal Mental Health Certificate Training
September - December

This webinar series is designed specifically for mental health and clinical professionals. It is eight live sessions (Mondays, 1-3 pm EST) along with group discussions and additional reading materials. Participants will receive continuing education credits and a certificate of completion. Learn more HERE.
PMADs and Minority Mental Health Webinar
September 28

This webinar will focus on African American moms, maternal mental health, and cultural competency. Training is appropriate for doulas, therapists, community workers, birthing professionals, health care professionals, and mothers. Participants will receive 3.5 CEs. Learn more HERE.

Council on Patient Safety In Women's Health Care
Various Pre-Recorded Webinars

The Council on Patient Safety in Women's Health Care has several pre-recorded webinars about maternal mental health. Topics include birth trauma, substance use disorder, screening for PMADs, collaborative care models, and more. All are pre-recorded so viewers can watch at their convenience. Learn more HERE.

Hope and help for new moms

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