



## Postpartum Support International

### Advanced Perinatal Mental Health Psychotherapy Training

9:00 - 9:15	Overview and Objectives
9:15 - 10:00	Trauma and Trauma-Informed Care
10:00 - 10:30	Cultural Humility Racism and health disparities Infant mortality, maternal mortality
10:30 - 10:45	<b>BREAK</b>
10:45 - 12:00	PMADs and the DSM V Intake Interview Birth Trauma and PTSD Intrusive Thoughts and OCD Bipolar Disorders Psychosis
12:00 - 1:00	<b>GET LUNCH</b>
1:00 - 1:15	Postpartum Mindfulness
1:15 - 2:30	Psychotherapy Approaches: CBT, IPT Very quick overview of DBT, EMDR, Motivational Interviewing
2:30 - 2:45	<b>BREAK</b>
2:45 - 3:15	Working with Couples Dads
3:15 - 4:00	Attachment and Bonding: Infant Mental health Grief and loss Infertility NICU
4:00 - 4:30	Let's talk about Resources