Perinatal Mental Health Certification Blueprint (2018)

1. Perinatal Mental Health Disorders (13%)
   - 1.1 Normal perinatal emotional, cognitive, and behavior changes (e.g. blues)
      - 1.1.1   Normal developmental/adjustment changes experienced
   - 1.2 Distinguishing between normal and abnormal changes
      - 1.2.1   Clinical presentation
         - 1.2.1.1 Onset
         - 1.2.1.2 Duration
         - 1.2.1.3 Severity
         - 1.2.1.4 Prevalence rates
         - 1.2.1.5 Perinatal features
   - 1.3 Types – Clinical presentations and perinatal features
      - 1.3.1   Perinatal anxiety disorders
      - 1.3.2   Perinatal depressive disorders
      - 1.3.3   Traumatic stress disorders
         - 1.3.3.1 Acute
         - 1.3.3.2 Post
         - 1.3.3.3 Complex/chronic
      - 1.3.4   OCD
      - 1.3.5   Bipolar disorders
      - 1.3.6   Perinatal psychosis
      - 1.3.7   Additional significant clinical considerations
         - 1.3.7.1 Substance use disorders/abuse/addictions
         - 1.3.7.2 Eating disorders
         - 1.3.7.3 ADHD
         - 1.3.7.4 Adjustment disorders

2. Perinatal Mental Health Risks, Protective Factors, and Interactions (10%)
   - 2.1 Medical and biological contributors
      - 2.1.1   Genetic/family history
      - 2.1.2   Personal history
         - 2.1.2.1 Sensitivity to hormonal changes
         - 2.1.2.2 Previous Perinatal Mental Health Disorders
         - 2.1.2.3 Other non-pregnancy related mental health disorders
      - 2.1.3   Epigenetic
   - 2.2 Comorbid medical conditions
      - 2.2.1   High risk pregnancy
      - 2.2.2   Pain
      - 2.2.3   Thyroid/hormones
      - 2.2.4   Diabetes
      - 2.2.5   PCOS
   - 2.3 Stress
      - 2.3.1   Negative life events

5. Social Support Interventions (8%)
    5.1 Support groups
    5.2 Peer support specialist
    5.3 Warmline/hotline
    5.4 Online/technology based support
    5.5 Social media support
    5.6 Psycho-education
    5.7 Home based interventions
        5.7.1   Night nurse
        5.7.2   Nanny
        5.7.3   Doula
        5.7.4   Home visitor
        5.7.5   Visiting nurse
    5.8 Spiritual support

6. Treatment: Evidence Based Psychotherapy Approaches (9%)
    6.1 Therapies specific to perinatal
        6.1.1   CBT (perfection)
        6.1.2   IPT (role changes)
            6.1.2.1 PAT
            6.1.2.2 Individuals
            6.1.2.3 Groups
        6.1.3   Dyadic interventions
    6.2 Other validated therapies (not specific to perinatal)
        6.2.1   Couples (CBT-C)
        6.2.2   Group therapy
    6.3 Other delivery methods
        6.3.1   Web-based (coached)
        6.3.2   Tele-health (phone/video)
    6.4 Core perinatal psychotherapy themes
        6.4.1   Birth story
        6.4.2   Transition to parenthood
        6.4.3   Grief and loss
        6.4.4   Communication

7. Integrative Interventions (mild to moderate) (5%)
    7.1 Validated for perinatal
        7.1.1   Light therapy
        7.1.2   Exercise
        7.1.3   Acupuncture
        7.1.4   Yoga
        7.1.5   Massage therapy
        7.1.6   Biofeedback/neurofeedback

      7.1.7   Mindfulness/meditation

      7.1.8   Nutrition

      7.1.9   Sleep

7.2 Potentially risky interventions

7.3 Bibliotherapy

7.4 Web-based (self-guided)

8. Family Systems and Perinatal Mental Health (6%)

   8.1 Infant mental health

   8.2 Bonding and attachment

   8.3 Partners (effects on relationship)

   8.4 Current family system

   8.5 Families of origin

   8.6 Fathers

   8.7 LGBTQ

   8.8 Transition to parenthood

      8.8.1   Mom

      8.8.2   Partner

      8.8.3   Family

9. Psychopharmacology and Other Somatic Interventions (8%)

   9.1 Understanding study methodology

      9.1.1   Confounders

      9.1.2   Types of controls

      9.1.3   Exposure to medication – how is it measured?

      9.1.4   Statistical adjustment to multiple queries

   9.2 Framework of risks of meds versus risks of untreated illness

      9.2.1   Effect size/absolute versus relative risks

   9.3 Existence of omission bias

   9.4 Basics of pharmacokinetics (especially for some meds)

   9.5 Significant research outcomes of possible effects/non-effects of medications on fetus

      9.5.1   Miscarriage/still birth rate

      9.5.2   PPHN

      9.5.3   Neonatal side effects

      9.5.4   Congenital anomalies

      9.5.5   Labor timing

      9.5.6   Behavioral/neural developmental (Autism/IQ?)

   9.6 Basic categories of medications

      9.6.1   Antidepressants

      9.6.2   Anti-anxiety

      9.6.3   Stimulants

      9.6.4   Hypnotics/sleep meds

      9.6.5   Anti-psychotics

      9.6.6   Mood stabilizers

9.7 ECT

9.8 TMS

10. Socio-Culturally Informed Care (norms, values, and assumptions) (6%)
    10.1 Housing/living situation
    10.2 Transportation
    10.3 Race and ethnicity
    10.4 Cultural identity
    10.5 Cultural humility
    10.6 Poverty
    10.7 Language
    10.8 Military
    10.9 Gender identity
    10.10 Religion and spirituality
    10.11 Disabilities
    10.12 Immigrant status

11. Lactation & Feeding (6%)
    11.1 Breastfeeding difficulties
        11.1.1 D-MER
    11.2 Myths and misconceptions
    11.3 Supportive interventions
    11.4 Effects of untreated perinatal mental health problems on breastfeeding
        11.4.1 Trauma/PTSD
        11.4.2 Depression and anxiety
    11.5 Effects on perinatal mental health
    11.6 Weaning effects
    11.7 Feeding choice stress
        11.7.1 External
        11.7.2 Internal

12. Perinatal Complications and Loss (6%)
    12.1 Previous perinatal trauma or loss
    12.2 Previous perinatal mental health crisis
    12.3 Miscarriage
    12.4 Stillbirth
    12.5 Neonatal death
    12.6 NICU
    12.7 Infertility
    12.8 Obstetric complications
    12.9 Birth complications
    12.10 Termination
        12.10.1 Medical (maternal)

12.10.2 Medical (fetal)

12.10.3 Selective reduction

12.10.4 Elective

12.11   Fetal diagnosis not compatible with life

12.12   Baby with special needs

12.13   Near death

13. Professional Self-care/Professionalism (5%)

13.1   Maintenance of knowledge

13.1.1   Continuing education

13.1.2   Resources

13.1.3   Peer resources

13.1.4   Consultation

13.1.5   Collaborative care

13.2   Self-care

13.2.1   Provider burnout

13.2.2   Prioritizing self

13.3   Informed consent

13.4   Boundaries

13.4.1   Awareness of own bias and judgments

13.4.2   Awareness of counter-transference and triggers

13.5   Ethics

13.6   Reporting requirements

13.7   Confidentiality