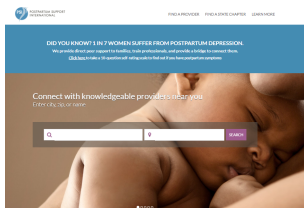


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## PSI PROVIDER DIRECTORY NOW AVAILABLE



The PSI Provider Directory is now available! The PSI Directory is the first of its kind and focuses specifically on connecting qualified Perinatal Mental Health Professionals with those that are seeking help and resources. PSI has spent the last few months filling the directory with qualified perinatal mental health professionals and the directory now has over 1400 providers from the United States, Canada, United Kingdom, and Australia.

Every provider is approved by PSI and must have a current state license and specialized training in perinatal mental health. The goal is to ensure that each provider has the training, tools, and resources to provide help with the perinatal population. You can search the directory by location, insurance, language, specialty, and more.

Looking for a provider in your area? Visit the [directory](#) for more information. If you are a provider, you can register for the [FREE directory here](#). Don't forget to share this important resource with your network.

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## 33RD ANNUAL PSI CONFERENCE: REGISTRATION IS OPEN & SUSAN HICKMAN RESEARCH AWARD



## **Registration is OPEN!**

The annual PSI conference provides an opportunity to meet, learn together, and share ideas with others involved in the field of perinatal mood and anxiety disorders (PMDs). This professional event is a unique training and networking opportunity, last year attracting more than 700 participants. The purpose of the conference is to bring together and inform medical and mental health providers, childbirth professionals, support and resource providers, caregivers, policy-makers, researchers, volunteers, families, and educators who want to improve their understanding of PMDs and improve their ability to serve pregnant, postpartum, and post pregnancy-loss families.

- July 8-9: PSI 2-Day Pre-Conference Certificate Course, "Perinatal Mood and Anxiety Disorders: Components of Care".
- July 10-12: Main PSI Conference, expert keynotes and breakouts
- July 10 Lunch: Hickman Research Award
- July 10 Evening: Poster Session, Member Reception
- July 10 Evening: Friday Night Banquet
- July 12, Sunday Morning: 3-hour in-depth expert workshops (includes 3-hour workshop for Advanced Psychopharmacology training)
- July 12, Sunday Training: PSI Advanced PMH psychotherapy (6-hour) training for Certification

## ***Register For The 2020 Conference Today***

### **Susan Hickman Research Award**

The Susan A. Hickman Memorial Research Award is given by PSI each year to an individual involved in a scholarly research project that contributes to the field of perinatal mental health. The recipient is selected by the PSI Research Committee among qualified applicants. The research award is \$5000, and also includes conference registration and a stipend for travel to attend the annual PSI Conference. The 2020 award will be presented at the conference in New Orleans on July 10, 2020. Visit [here](#) for more info on the Hickman Award

**Create an account and apply here** *Deadline: April 1st, 2020*

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## Featured PSI Member: Silvia Wetherell MIC, PMH-C

In this brief interview, Silvia Wetherell updates us on her practice in Singapore, where she and her team work with parents from around the world. Silvia is a PSI Coordinator and is working on her PhD in Applied Psychophysiology.



For the full interview, [click here](#).

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## PSI IN THE NEWS

PSI board president, Ann Smith, is interviewed by Rhitu Chatterjee, from NPR, in "What Is Postpartum Depression? Recognizing The Signs And Getting Help". The article compiles a list of things you should know about perinatal depression, including symptoms and treatment options. Take a moment to read or listen to this report on the NPR website.

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## MEMBERSHIP CORNER

Some of our services for health/mental health providers are not limited to members. Non-members can join the Provider Directory, can call the Perinatal Psychiatric Consult Line, can join the Perinatal Mental Health Alliance for People of Color, can download free resources such as the discussion tool and awareness posters, and use the free Chat with an Expert service for peer support group leaders.



I know, it seems like in the Membership Corner I should only be extolling the benefits of being a PSI member. But I wanted to make note of something that I've been astonished and impressed by: PSI is generous. Generous with knowledge and time -- actively working to spread awareness, and to foster evidence-based expertise around the world.

Here's where it comes to membership: If you've benefited from any of PSI's provider services, becoming a member acknowledges that, and helps support continued services. Being a member contributes toward our learning community, not just through dues, but also through our online groups where providers share tips.

Members, of course, also receive additional benefits, such as discounts on trainings and resources, connection with local Chapters, and more.

New member benefit: Reciprocal membership discounts with National Perinatal Association. Thank you to NPA for being a PSI partner! (Current PSI members can get the NPA discount code from our portal's "Access my member benefits" page, or by emailing me at [membership@postpartum.net](mailto:membership@postpartum.net).)

Early 2020 gift: If you choose the auto-renew option between now and the end of March when you join or renew as a PSI member, I'd be glad to send you a PSI keyring or notebook/pen set. Just type in "keyring" or "notebook" in the Comment section of the join form or renewal form and be sure to select the checkbox "Renew this membership automatically each year with the provided credit card" and you'll get a bit of extra cheer in the mail.

More about PSI membership is [here](#).

- Edith Casterline, Membership & CRM Manager  
[membership@postpartum.net](mailto:membership@postpartum.net)

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## THANK YOU

Wendy Davis, Executive Director of PSI, has a special message for all our donors/friends/supporters/community.

We are absolutely floored by how many of you participated in and supported our 2019 EOY Campaign - No Parent Alone. Whether you donated to our campaign, commented/liked/shared our posts, shared your story with us, reshared our mission with your communities, or reached out to us - each and every one of you has helped us support pregnant and postpartum families all over the world and raise awareness for an incredible cause, the mental health of families.



In 2019, PSI was able to launch the first-ever online perinatal mental health provider directory in the U.S and Canada (more countries to come). Check out the directory [here](https://psidirectory.com/): <https://psidirectory.com/>

We could not do this without you. Thank you.

[Click here to view the message on Facebook.](#)

## UPCOMING PSI TRAININGS

### NEW! PSI Advisory Council Webinar Series

LIVE WEBINARS: Every Thursday (2/20/2020 – 4/30/2020) from 4:00-5:30 pm Eastern Time. Also available by recording.

Postpartum Support International (PSI) Advisory Council webinar series explores expert research and treatment in perinatal mental health. The sessions cover identification, diagnosis, support, and treatment. The expert faculty are members of the Postpartum Support International Advisory Council and are experienced clinicians, researchers, and perinatal mental health support advocates.

Register [HERE](#)

### PSI Certificate Trainings



***2-Day Perinatal Mood and Anxiety Disorder: Components of Care Training*** taught by experienced and engaging faculty, is a thorough and evidence-based curriculum designed for nurses, physicians, social workers, mental health providers, childbirth professionals, social support providers, or anyone interested in learning skills and knowledge for assessment and treatment of perinatal mood disorders.

***PSI's Advanced Perinatal Mental Health Psychotherapy Training*** is an evidence-based curriculum designed for mental health and psychotherapy providers who have previously completed at least 14 hours of perinatal mental health training. This advanced training covers differential diagnosis, evidence-based psychotherapeutic approaches, and advanced therapeutic issues. It combines expert presentation with case studies, group discussion, and practical examples of treatment approaches.

***PSI's Advanced Perinatal Mental Health Psychopharmacology Training***, provided by perinatal psychiatric experts, is an evidence-based training on psychiatric prescribing during pregnancy and lactation. It is designed for psychiatric prescribers who have previously completed at least fourteen hours of perinatal mental health training. This advanced training combines expert presentations with case studies, group discussions, and practical examples. It is an interactive, case-based advanced seminar, covering differential diagnosis, medication challenges, and your questions. This course is an approved prerequisite for the perinatal mental health certification in the psychopharmacology specialty.

## Upcoming PMAD Certificate & Advanced Trainings

- **April 1-3, 2020, Columbia, MO**

- April 1-2, 2020: Perinatal Mood Disorders: Components of Care
- April 3, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

- **APRIL 22- 24, 2020 – PEORIA, IL**

- April 22-23, 2020: Perinatal Mood Disorders: Components of Care
- April 24, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

- **May 7-8, 2020, Lakeport, CA:** Perinatal Mood Disorders: Components of Care

- **May 20-22, 2020, Kingston, Ontario**

- May 20-21, 2020: Perinatal Mood Disorders: Components of Care
- May 22, 2020: Advanced Psychotherapy Training

- **July 8-12, 2020 New Orleans, LA (See registration for specific dates)**

- Perinatal Mood Disorders: Components of Care, Advanced Psychotherapy, Advanced Psychopharmacology.

- **Sep. 30- Oct. 2, 2020, Portland, ME**

- Sept 30-Oct 1, 2020: Perinatal Mood Disorders: Components of Care
- October 2, 2020: Advanced Psychotherapy Training

- **October 14-16, 2020, Greenville, SC**

- October 14-15: Perinatal Mood Disorders: Components of Care
- October 16, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

- **October 21-23, 2020, Moorhead, MN**

- October 21-22, 2020: Perinatal Mood Disorders: Components of Care

- October 23, 2020: Advanced Psychotherapy Training OR Advanced Psychopharmacology Training

**Coming Soon!** These events are not open for registration yet, but they will be soon. Keep an eye on our event page for more information.

- June 15-16, 2020 Perinatal Mood Disorders: Components of Care, Oklahoma City, Oklahoma (USA)
- June 17, 2020 Advanced PMH Psychotherapy Training, Oklahoma City, Oklahoma (USA)

\* PMAD Certificate Training (OR an approved equivalent): is a pre-requisite training for the Advanced training and the PMH-C Certification

\* Advanced Psychotherapy Trainings: The advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification, Psychotherapy or Affiliate Track.

\* Advanced Psychopharmacology: This Advanced course, or an equivalent six-hour advanced course, is a prerequisite for the PMH-C Certification, Psychopharmacology Track.

\* You can see alternative courses approved as prerequisites here.

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## THE CLIMB IS COMING TO THE PSI CONFERENCE



The inaugural national Climb event at the PSI conference in New Orleans is online! To participate in this event, whether by fundraising or by attending the event, you will need to sign up for the event through CauseVox. If you choose to fundraise, the money raised by the PSI Conference Climb Team will go

towards PSI Conference scholarships for folks in New Orleans and the surrounding areas. Help us bring more support to new families by joining us today!

If you are interested in starting a climb in your community, please contact Emily for more information.

Climb t-shirts are now available for purchase online, buy one today! Also, don't forget to check out the Climb T-shirt advertisement video!

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## VOLUNTEER SPOTLIGHT

Name: *Lilian Gunawan*



Role: *PSI Helpline Volunteer*

My name is Lilian Gunawan, and I live in the suburbs of DC with my husband and our two daughters. I am a volunteer on the PSI helpline and have enjoyed being part of an outstandingly committed and caring team, whose members all share so much devotion and a bit of themselves to help other moms in need.

My own experience has given me lots of empathy and compassion for people who struggle with parenthood and isolation. I grew up in Germany and worked in international development in Asia until I met my husband.

Through my work, I had the privilege of seeing communities in developing countries and to witness the proverbial "it takes a village to raise a child" in action. After marriage, I joined my husband in the US and was still adjusting to my new life, when I found myself pregnant and terribly ill. The pregnancy was one of the most miserable times in my life, as I experienced a condition which at the time was only familiar to people as "the thing that Princess Kate had." It is called hyperemesis gravidarum and is marked by severe nausea during pregnancy. In my case, this was 24 hours around the clock with no relief. Nausea eventually ceased in my third trimester but was replaced by severe sleep deprivation, after I had my baby, lasting for more than two years. That is how my perinatal depression and anxiety developed and lingered until I eventually got help. Counseling and moms groups were my lifelines.

I first came across PSI in my research on legislation and policy around perinatal mental health during my mid-life career shift to social work. When I researched the topic, it struck me how so many women suffer in silence and feel they cannot share what they are going through, out of fear of being judged. I had been in that isolation myself and knew that no one deserves to suffer alone. One of the things I believe in is a community, something that, unfortunately, has become very rare in most developed societies in the sense that people truly don't share the burden of raising children. That is why I am very happy to have joined the PSI community, which fills such an important job in providing care and support for families who are struggling. Professionally I am a newly graduated clinical social worker, and I feel that I want to use my passion to help families make a better transition to parenthood.



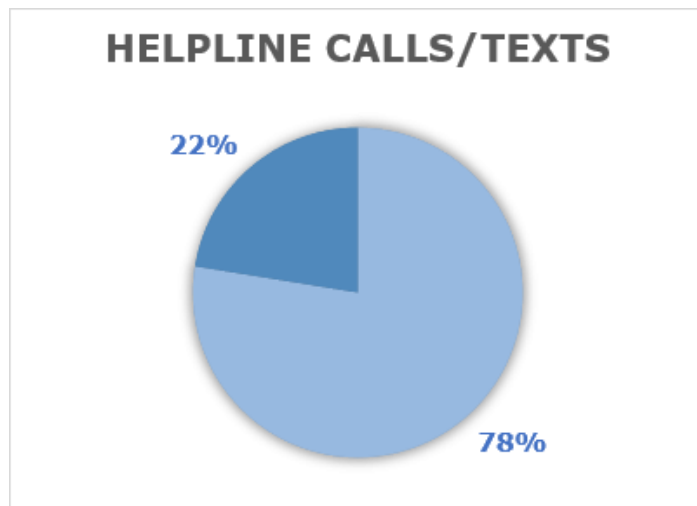
Volunteering for PSI has been extremely rewarding, and I believe that anyone who has come through perinatal mental health issues can instill so much hope in women who are in the midst of it. Come and help be that community for someone!

Learn more about becoming a PSI volunteer here.

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## PSI HELPLINE

Our helpline volunteers logged a total of 1385 calls and 401 texts in January.



Call the PSI HelpLine at 1-800-944-4773(4PPD) or send a text message to our helpline at 503-894-9453. Our helpline is available in English and Spanish and helpline messages are returned every day of the week.

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## CONGRATULATIONS TO THE NEWEST CERTIFIED PERINATAL MENTAL HEALTH PROFESSIONALS (PMH-C)



Congratulations to the newest Certified Perinatal Mental Health Professionals (PMH-C)! The following PMH-C applicants became certified in January 2020. You can find the full list of PMH-C recipients [HERE](#). To learn how to become a Certified Perinatal Mental Health Professional, visit our [website](#).

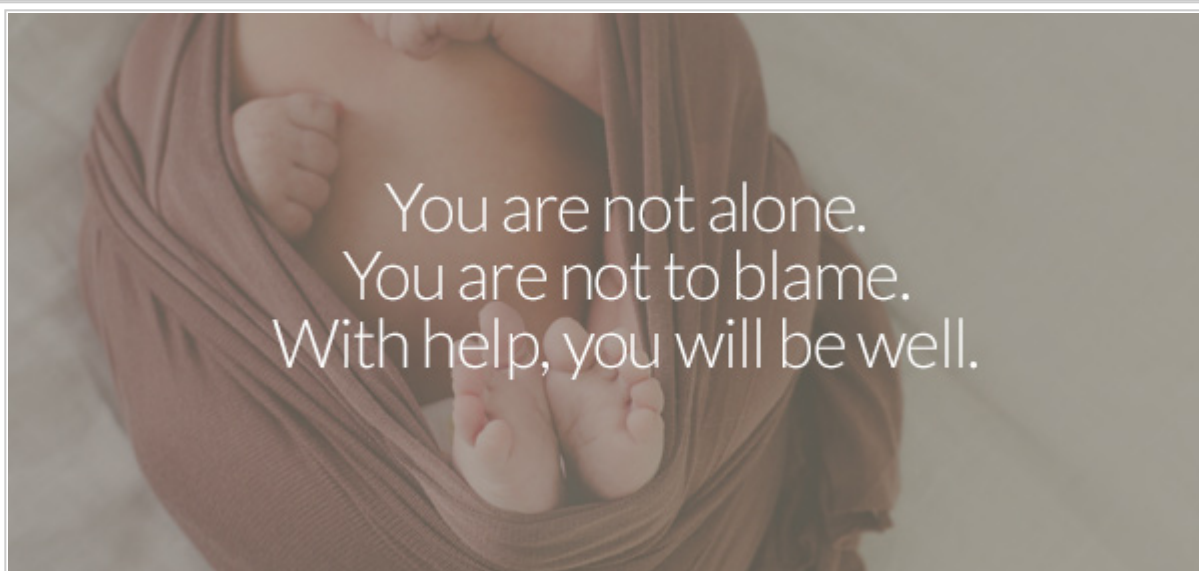
We are now offering the option to have a professionally printed version of your PMH-C Certificate. The certificate is for those providers who have already passed the PMH-C exam, and are PMH-C Certified. Visit the store to order!

**THIS FRIDAY!** Do you have questions about the PMH-C? PSI is now hosting a monthly call where we can answer your questions! This is the time to have questions answered about qualifications, exam preparation, etc. Join us on Zoom

the first Friday of the month at 1pm PST/4EST. Dial by your location (+1 669 900 6833 US (San Jose) or +1 646 876 9923 US (New York)) Meeting ID: 733 060 228  
OR Or Join by Video with Zoom: <https://zoom.us/j/733060228>

### New PMH-C Recipients from January 2020

UNITED STATES			
AK	Kristi Lamb	NV	Robin Hollen
AR	Morganne Brown	NJ	Rachel Cohn
CA	Daniella Bermudez	NJ	Amy Edelstein
CA	Abigail Burd	NJ	Carolyn Stack
CO	Katherine Kripke	NY	Ariela Frieder
CO	Brooke Harris	NY	Eileen Moran
FL	Morgan Rahimi	NY	Amber Blanchard
FL	Karyn Hoffman	ND	Natalie Reiter
GA	DeAndrea Qualls	OH	Alison Flowers
IL	Michelle Schaefer	OR	Katherine Einri
IL	Sara Ryerson	PA	Michelle Hobby
IL	Lisa Upham	PA	Lindsay St Thomas
IL	Erin Wheeler	PA	Kellie Wicklund
IN	Rebekah Jensen	TN	Amy Green
IN	Salihah Talifarro	TX	Anna Brandon
IN	Claire Russell	TX	LaTasha Hinson
IA	Kindra Perry	TX	Audrey Thompson
MI	Megan Freed	VA	CorrieAnn Avila
MI	Brittany Linton	VA	Katie Maldonado
MI	Nichole Enerson	WA	Patricia Morgan
MN	Allison Loftus	WA	Kylie Chaffin
MN	Nancy Olsen	WA	Chelsea Kramer
MN	Emily Pisetsky	<b>KENYA</b>	
MO	Chasity Arnold	Samoina Mbuguah	



24/7 Helpline number:

**1.800.944.4773**

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