

# Shining the Light on Perinatal Mood and Anxiety Disorders

*Mental Health in Pregnancy and Postpartum*

**FRIDAY, MAY 18, 2012**  
**9 am - 4 pm**

Inova Fairfax Physicians  
Conference Center

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## Conference Objectives:

Participants will understand

- *The spectrum of perinatal mood and anxiety disorders.*
- *How, when, and why to screen new or expectant mothers.*
- *Treatment options and intervention strategies.*

## Morning General Session

Overview of Perinatal Mood and Anxiety Disorders  
Perinatal Depression and the Family  
The Path to Wellness

## Afternoon Breakout Sessions

Health Care Providers - *screening, reimbursement and medication*  
Mental Health Providers - *therapeutic modalities, tools and techniques*  
Social Support Providers - *roles and responsibilities*

## Who should attend?

- Maternal-infant health care providers: physicians, nurse practitioners, nurses, midwives, lactation consultants, and doulas
- Mental health providers, including psychiatrists, psychologists, counselors, social workers
- Social support providers and volunteers

CEUs and CMEs will be available

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