



Do you know the  
**#1** complication of  
pregnancy and childbirth?  
...Anxiety and Depression

**Shining the Light on  
Perinatal Mood and Anxiety Disorders**  
*Mental Health in Pregnancy and Postpartum*

**Friday, May 18, 2012**

**9:00 am to 4:00 pm**

Inova Fairfax Medical Campus  
Physicians Conference Center  
3300 Gallows Road  
Falls Church, VA 22042

Postpartum Support Virginia   
*Hope and help for new mothers*

NORTHERN VIRGINIA  
  
PERINATAL COUNCIL

 **INOVA**™



# Shining the Light on Perinatal Mood and Anxiety Disorders

## *Mental Health in Pregnancy and Postpartum*

[Click Here  
to Register](#)

May 18, 2012

Registration Fee  
\$100 / \$125 after May 4  
\$50 for PSVA volunteers

### Conference Overview:

This conference will inform health providers in multiple specialties and disciplines about the intricacies of perinatal mood and anxiety disorders (PMADs), from conception to one year postpartum.

### Objectives:

Conference participants will be able to:

1. Describe the spectrum of PMADs and their effect on the woman, baby and family unit.
2. Identify risk factors, predictors and symptoms of PMADs.
3. Screen for PMADs and provide appropriate intervention strategies.

### Who Should Attend:

- medical professionals providing maternal-infant care, including physicians, nurse practitioners, nurses, midwives, lactation consultants, and doulas
- mental health providers, including psychiatrists, psychologists, social workers, and counselors
- others interested in learning more about PMADs, including volunteers providing social support

### Special Services:

The Inova Health System is sensitive to the needs of participants. Please indicate any dietary or special needs upon registering.

### Continuing Education:

The following continuing education units are available:

- CMEs for physicians
- CEUs for social workers, psychologists, and counselors
- Contact hours for nurses

### Directions and Parking:

From Gallows Road, enter the hospital complex at the Blue Entrance. Parking is available for \$5.00 per day in either the Blue or Gray parking garages. The Physicians' Conference center is diagonally across the street from Blue Parking.

[http://www.inova.org/upload/docs/Maps/ifh\\_const/7\\_phy\\_conf.pdf](http://www.inova.org/upload/docs/Maps/ifh_const/7_phy_conf.pdf)

*For additional information:*

Contact Postpartum Support Virginia, [info@postpartumva.org](mailto:info@postpartumva.org), 703-829-7152





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## AGENDA

### MORNING: GENERAL SESSION

8:45	Registration
9:00	Welcome and Introductions
9:15	Overview of Perinatal Mood and Anxiety Disorders <i>Khursheed Khine, MD</i>
10:00	Current Research at the National Institute of Mental Health, <i>Pedro Martinez, MD</i>
10:30	Break
10:45	Perinatal Depression and the Family <i>James Paulson, PhD</i>
11:30	The Path to Wellness <i>Adrienne Griffen, MPP</i>
12:00	Survivor Panel <i>Lynne McIntyre, MSW</i>
12:30	Lunch & Networking

### AFTERNOON: BREAKOUT SESSIONS\*

1:15	Breakout Sessions
3:00	Break, PSI Video
3:15	Case Studies
3:45	Wrap-Up, Evaluations, Q&A

### \*AFTERNOON BREAKOUT SESSIONS 1:15 – 3:00

Health Care Providers	Mental Health Providers	Social Support Providers
OB/GYNs, pediatricians, psychiatrists, family practice doctors, nurses and nurse practitioners, midwives and doulas	Therapists who work with new or expectant mothers, including psychologists, counselors, social workers	Social support volunteers, including those without a medical background and PPD survivors
<b>Screening: Theory and Practice</b> <i>Emily Drake, PhD, RN</i> <i>Bethany Epstein, MD</i> <i>Karen Maser, MD</i>	<b>Overview of Therapeutic Modalities</b> Tips, Tools and Techniques <i>Caroline Hall, PhD, LCSW</i> <i>Lynne McIntyre, MSW</i> <i>Leslie McKeough, LCSW</i> <i>Benta Sims, LPC</i>	<b>Social Support</b> <i>Adrienne Griffen, MPP</i>
<b>Medication in Pregnancy and Postpartum</b> <i>Jennifer Santoro, MD</i>	<b>Topics:</b> <ul style="list-style-type: none"> <li>• Screening: who, when, why?</li> <li>• Screening tools and techniques</li> <li>• Insurance reimbursement</li> <li>• Resources and referrals</li> <li>• Medication: who, when, why?</li> <li>• Medications and dosages</li> </ul>	<b>Topics:</b> <ul style="list-style-type: none"> <li>• Attachment Theory</li> <li>• Cognitive Behavioral Therapy (CBT)</li> <li>• Eye Movement Desensitization and Reprocessing (EMDR)</li> <li>• Interpersonal Psychotherapy (IPT)</li> <li>• Mindfulness and Mind-Body Techniques</li> <li>• Tips, Tools, and Techniques</li> </ul>
		<b>Topics:</b> <ul style="list-style-type: none"> <li>• Social support defined</li> <li>• Roles and responsibilities</li> <li>• One-on-one and group support</li> <li>• Universal message</li> <li>• Role-playing</li> </ul>





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## COURSE FACULTY

### **Emily Drake, PhD, RN**

Associate Professor  
University of Virginia School of Nursing

### **Bethany Epstein, MD**

Pediatrician  
Virginia Pediatric and Adolescent Center

### **Adrienne Griffen, MPP**

Founder and Executive Director  
Postpartum Support Virginia  
MidAtlantic and Virginia Coordinator  
Postpartum Support International

### **Caroline Hall, PhD, LCSW**

Clinical Social Worker  
Georgetown University

### **Khursheed Khine, MD**

Psychiatrist in Private Practice  
Sub-Investigator  
Capital Clinical Research Associates

### **Pedro Martinez, MD**

Chief, Reproductive Psychiatry Clinic  
Behavioral Endocrinology Branch  
National Institute of Mental Health

### **Lynne McIntyre, MSW, LGSW**

Mental Health Therapist  
Mary's Center for Maternal and Child Care  
Washington DC Coordinator  
Postpartum Support International

### **Leslie McKeough, LCSW**

Therapist in Private Practice

### **James Paulson, PhD**

Associate Professor of Psychology  
Old Dominion University  
Adjunct Associate Professor of Psychiatry,  
Behavioral Sciences, & Pediatrics  
Eastern Virginia Medical School  
Pediatric Psychology  
Children's Hospital of The King's Daughters

### **Jennifer Santoro, MD**

Psychiatrist in Private Practice  
Assistant Clinical Professor  
George Washington University School of Medicine  
and Health Sciences  
Assistant Clinical Professor, Psychiatry  
Virginia Commonwealth University

### **Benta Sims, LPC**

Therapist in Private Practice