Perinatal in Practice
Mental Health Skills Training, Category 1, 6 CPD Points

Duration
6-hours
Plus morning tea, lunch and afternoon tea

Program Outline
This workshop aims to introduce health professionals to the current understanding of perinatal mood disorders and its management, using lecture, case studies and interactive exercises.

Accreditation
- 40 RACGP QI&CPD Category 1
- 30 ACRRM PRPD
- MHST (GPMHSC)
- A Women’s Health activity
- 6 hours CPD (Psychologists)

Prerequisites
Completion of predisposing activity

Suitable for
GPs, GP Registrars, Psychologists, Early Childhood Nurses, Midwives

Topics Covered
- Topic 1 – Transition to parenthood
- Topic 2 – Understanding attachment
- Topic 3 – Screening and diagnosis
- Topic 4 – Postnatal management
- Topic 5 – Antenatal management

Learning Objectives
- Recognise the psychosocial stressors that commonly affect parents in the perinatal period
- Opportunistically screen women for perinatal mood disorders using a screening tool and clinical interview
- Diagnose perinatal mood disorders as distinct from commonly experienced adjustment difficulties
- Assess the risk of untreated perinatal depression for the mother-baby dyad
- Select appropriate medications for pregnant and breastfeeding women when pharmacological treatment is indicated
- Develop a comprehensive management plan using a MHTP for women with perinatal mood disorders

Cost: $360

To Register