



Course Description:

Many families of all cultures need much support in their transition to parenthood. They are often burdened by trauma, poverty, and multiple stressors that impact their well-being and mental health. There is much we can do as a community to respond compassionately and effectively and design community support for new families to break barriers and build resiliency.

Course Objectives:

At the conclusion of this course, the learner will be able to:

- Describe current research, screening tools, best practice models of approaching perinatal mood and anxiety disorders.
- Identify ways to build upon clients' strengths to foster resiliency (family, community, culture & self).
- Identify personal barriers that can impact client outcomes.
- Obtain practical experience to apply in work settings.



Course Deadline/ Cancellation / CE Information

Registration fee less a \$25 administrative charge is refundable if written cancellation notification is received prior to registration deadline. No refunds will be given after the conference begins or for "no shows".

REGISTRATION DEADLINE:
5 business days prior to course

Continuing Education Units:

Nursing/Behavioral Sciences Accreditation:

- MCCPOP is approved as a provider of continuing education by the **California Board of Registered Nurses, Provider #3104**. Nursing contact hours awarded for this program are **7.2**
- MCCPOP is approved as a provider of continuing education by the **California Board of Behavioral Sciences, Provider #1104**. This program meets the qualifications for up to **6.0** hours of continuing education credits for LCSWs, MFCCs, and MFTs.

PERINATAL MOOD & ANXIETY DISORDERS CONFERENCE: *Building Resiliency Through Breaking Barriers*

Thursday
April 17, 2014
8:30 – 4:00 PM

Location:

**International Brotherhood of Electrical
Workers (IBEW)**
Local 332 Building
2125 Canoas Garden Avenue
San Jose, CA. 95125

*Space is Limited to First 150
Registrants!*

Presented by
**Mid-Coastal California Perinatal Outreach
Program & Santa Clara County Public Health**



April 17, 2014 PMAD Registration Form

First Name: _____

Last Name: _____

Title: _____

*License #: _____

Address: _____

City: _____ State: _____ Zip: _____

*Affiliation: _____

Phone: _____

*Email: _____

Vegetarian Lunch: _____ (yes) _____ (no)

Special Needs (Including Dietary):

* Denotes required field in order for registration to be processed*

Registration available on site for an additional \$25.00, please call for space availability.

Course Information

Thursday, April 17, 2014

IBEW Building
2125 Canoas Garden Avenue
San Jose, CA. 95125

Course Fee Structure:

- \$125.00** RN, MFT, LCSW, and Any Professionals in the Field
- \$25.00** to Medical Assistants, CPSP/Non-Licensed Comprehensive Perinatal Health Worker (CPHW)
- LPCH Transfer of Funds.** Please fax/mail completed and signed form to MCCPOP

Online Registration
<http://mccpop.stanford.edu>

Make Checks Payable to:
Stanford University

Mail Payments to:
MCCPOP
c/o Sanary Lou
1265 Welch Road, MSOB MC: 5415
Stanford, CA. 94305
Fax: 650-721-5751

Only checks are accepted when registering on site.

For more information or questions, please contact:

Sanary Lou
Ph: 650.736.2210
Email: sanarylou@stanford.edu

Agenda

- 7:30 AM Sign In /Light Refreshment**
8:30 Welcome & Introductions
8:45 Community Panel of Mothers
10:15 Break
10:30 Teresa Palomino, MA, MFT - *From Despair to Hope for Latino Mothers and Their Babies*
- 11:00 Jane Honikman, BA, MS** - *I'm Listening: How To Respond To The Needs of Perinatal Families*
- 12:30 Lunch (provided)**
1:00 Facilitated Lunch Discussion
1:30 Grace Kendrick, CAS, RYT & Charlene Canger, MFT, MSW, LCSW - *The Power of Mindfulness and Yoga in Motherhood*
- 2:00 Break**
2:15 Pec Indman, MFT, EdD - *Promoting Wellness in Perinatal Women; Assessment and Evidence-Based Treatment of Perinatal Mood & Anxiety Disorders*
- 3:45** Next Steps
4:00 Adjourn (Online evaluation instructions)

Keynote Speakers

Jane Honikman, BA, MS: Co-founder of Postpartum Support International (PSI) and Postpartum Education for Parents (PEP) in Santa Barbara. An engaging presenter, she trains and lectures internationally and has authored two books "I'm Listening" and "Community Support For New Families".

Pec Indman, MFT, EdD: Committed to women's mental health, providing experienced psychotherapy and also training and consultation for professionals. She is a respected speaker and co-author of "Beyond The Blues".