



SELNI

The Maternal Mental Health Intensive Online Perinatal Mood and Anxiety Disorders (PMADs)

LEARNING OBJECTIVES

- Describe the various ways that the physical, emotional, and social expectations around pregnancy interact and influence the experience of pregnancy and new parenthood
- Describe three ways that maternal preoccupation influences the peripartum timeframe
- Discuss the three most clinically applicable aspects of the biopsychosocial model of perinatal emotional distress
- Utilize diagnostic and epidemiological data for mental health concerns associated with the five most employed DSM-5 diagnostic categories in pregnancy and the postpartum period
- Describe the diagnostic categories relating to PMADs and how these categories differ from postpartum psychosis
- Discuss the prevalence of perinatal emotional distress and PMADs
- Define ego-dystonic and ego-syntonic intrusive thoughts
- Describe the diagnostic distinction along with clinical implications in correctly identifying ego-dystonic and ego-syntonic intrusive thoughts
- Describe biological and psychological risk factors related to perinatal emotional distress or developing a PMAD



- Describe social-environmental risk factors related to perinatal emotional distress or developing a PMAD
- Discuss three leading theoretical formulations related to perinatal mental health
- Describe two ways to utilize DSM-5 and ICD-10 diagnostic codes to accurately reflect perinatal clinical presentation
- Utilize diagnostic and epidemiological data for mental health concerns associated with the five most employed DSM-5 diagnostic categories in the pregnancy and postpartum period
- Describe two ways to enhance empathic discussion with patients related to diagnostic codes being utilized for their care
- Describe the strengths and weaknesses of three screening tools for PMADs
- Describe two ways to enhance empathic discussion with perinatal patients
- Define three ways in which a clinical interview assessing perinatal emotional distress differs from a clinical interview conducted with patients in the general population
- Identify and utilize strategies for treatment and safety planning that you can implement in your practices with mothers, fathers, and families
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- Describe various management strategies to address acute perinatal emotional distress or PMADs in mothers, fathers, and their families
- Describe various management strategies from two theoretical perspectives, including best practices of clinical treatment of PMADs that you can implement in your practices with mothers, fathers, and families
- Identify perinatal Major Depressive Disorder (MDD)
- Identify and utilize best practices treatment of major depressive disorder in your treatment with mothers, fathers, and families
- Identify the symptoms of Generalized Anxiety Disorder (GAD) in your treatment with mothers, fathers, and families
- Identify and utilize best practices in the treatment of Obsessive Compulsive Disorder (OCD) that you can implement in your practices with mothers, fathers, and families



- Demonstrate your awareness of three unique clinical techniques utilized to address emotions and stress present in panic in the peripartum period
- Identify and utilize best practices treatment of Posttraumatic Stress Disorder (PTSD) that you can implement in your practices with mothers, fathers, and families
- Demonstrate your awareness of three unique clinical techniques utilized to address emotional distress from PTSD in the peripartum timeframe
- Utilize diagnostic and epidemiological data for mental health concerns related to postpartum psychosis
- Identify and utilize best practices for handling diagnostic and treatment issues related to postpartum psychosis
- Discuss the implications of untreated mental illness in mothers, fathers, and families - including the baby
- Discuss two ways to enhance empathic discussion around the possibility of a psychiatric referral
- Describe two ways to utilize collaborative work with reproductive psychiatrists
- Define three ways in which we assess the need for a psychiatric referral
- Identify various ways mothers and fathers present differently and similarly when experiencing PMADs
- Demonstrate your awareness of the unique clinical techniques utilized to address emotional distress in the peripartum period
- Discuss the three most clinically applicable aspects of the biopsychosocial model of perinatal distress (PMADs) in relation to Assisted Reproductive Technologies (ART)
- Identify various ways mothers and fathers present differently and similarly when going through ART
- Demonstrate your awareness of three unique clinical techniques to address emotional distress in teens and young mothers during the peripartum period
- Identify various ways teens and young mothers present differently and similarly when experiencing PMADs
- Identify various ways mothers who are low income and/or minorities present uniquely when experiencing PMADs



- Describe two ways to enhance empathic discussion with patients who are low income and/or minorities
- Demonstrate your awareness of three unique clinical techniques to address emotional distress with those who are low income and/or minorities in the peripartum period