

UIC Perinatal Mental Health Project: Workshop/Training Opportunities

The University of Illinois at Chicago (UIC) Perinatal Mental Health Project offers several trainings and workshops free of charge to Illinois perinatal health care providers. The workshops and trainings involve a multimodal, interactive teaching style that combines lectures, video clips, case-based learning, role playing and skills practice. The project team offers “basic training” workshops for prenatal and primary health care providers on how to detect, diagnose and treat peripartum depression and anxiety disorders. The team offers advanced skill-building workshops focusing on (1) screening and assessment; (2) psychopharmacologic treatment; (3) assessment and interventions for the mother-infant relationship. Advanced workshops targeted to mental health professionals are also available. For your convenience, workshops may be conducted on site in clinic settings. Continuing Medical Education credits (CME’s) for physicians and Continuing Education Units (CEU’s) for social workers are available.

To request a workshop or training, please contact us at 1-800-573-6121 or through the project website at <http://www.psych.uic.edu/research/perinatalmentalhealth/workshop.htm>.

Listed below are the workshop titles and associated learning objectives:

Perinatal Depression and Anxiety: Screening, Assessment and Treatment

Upon completion, participants should be able to:

- Identify screening tools for perinatal depression
- Identify diagnostic criteria for perinatal depression and anxiety disorders
- Cite resources for reliable sources of evidence-based information for treatment of perinatal depression and anxiety
- Recognize the risks of untreated antenatal depression and anxiety on outcomes for offspring

Illinois Perinatal Mental Health Project: A Resource for Information

Upon completion, participants should be able to:

- Review Illinois resources for information on treatment of perinatal depression and anxiety disorders.
- Identify risks of untreated perinatal depression and anxiety on obstetric outcomes
- Recognize and understand FDA pregnancy categories for psychotropic medications.

Advanced Perinatal Depression and Anxiety: Screening and Assessment

Upon completion, participants should be able to:

- Interpret scores of screening tools for perinatal depression
- Recognize the difference between postpartum blues and depression
- Diagnose perinatal depression and anxiety

Medications for Perinatal Depression and Anxiety

Upon completion, participants should be able to:

- Compare the relative risks of different medications for perinatal depression and anxiety
- Explain where to find up-to-date information on medications during pregnancy and breastfeeding
- Recognize and understand FDA pregnancy categories for psychotropic medications

Perinatal Mood Disorders and the Mother-Infant Relationship

Upon completion, participants should be able to:

- State the risks of adverse effects of untreated depression and anxiety on the mother-infant relationship
- Identify a disturbed mother-infant relationship
- Review Illinois resources for intervention in the mother-infant relationship