

12 Continuing Education Credits

# Bringing Light to Motherhood

## Perinatal Mental Health Certificate Training

The Bringing Light to Motherhood training is comprised of 7 independent modules, including video recordings and additional supplemental reading, covering: (1) Risk Factors and Prevalence, (2) Symptoms and Diagnoses, (3) Screening and Assessment, (4) Attachment and Bonding, (5) Interventions, (6) Treatment Plans, and (7) Psychopharmacological Considerations.

In this course, participants will hear from various experts in the field of perinatal mental health who will provide foundational training and information on perinatal mood and anxiety disorders (PMADs). Perinatal Mood and Anxiety Disorders (PMADs) occur in approximately 1 in 7 birthing people, 1 in 3 Black birthing people, and 1 in 10 fathers and partners. The effects can become chronic and pervasive when left unaddressed and unsupported. This training is designed to offer a beginning understanding of perinatal mental health issues to assist any provider serving the birthing community in better supporting their unique needs.

**Bringing Light to Motherhood is an approved certificate course (the full 14-hour foundational training requirement) for Postpartum Support International's Certification in Perinatal Mental Health (PMH-C).**

Following completion of this course, participants will be able to:

- ✓ Recognize and describe symptoms of perinatal mood and anxiety disorders.
- ✓ Differentiate between a normal range of emotional and behavioral changes that may occur when pregnant or postpartum (including baby blues) and perinatal mental health disorders.
- ✓ Identify risk factors, comorbid conditions and additional considerations for rule out during differential diagnosis.
- ✓ Administer screening and assessment tools with pregnant and postpartum birthing people.
- ✓ Identify the facets of the Adverse Childhood Experiences (ACES) study and their implications for perinatal mental health.
- ✓ Explain how parent/child attachment may be impacted by perinatal mental health.
- ✓ Identify what protective factors may play a role in the treatment and care of a family with a history of trauma.
- ✓ Identify and explain the four Ps: Predisposing, Precipitating, Perpetuating, Protective and their implications during the course of treatment planning.
- ✓ Apply the basics of effective intervention and utilize resources for informed care.
- ✓ Name 3 evidence based interventions recommended for perinatal mental health disorder treatment.
- ✓ Review basic guidelines for medication use during pregnancy and postpartum, including the four areas of informed consent.
- ✓ Explain the importance of individualized care planning and name 2 recommendations for implementation.

**Cost: \$550**

For more information and to register visit [www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org)

**Continuing Education:**  
12 CEs provided by



Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content.

This course meets criteria for 12 continuing education credits for LMFTs, LPCCs, LCSWs, LEPs, and psychologists through the Board of Behavioral Sciences (BBS) in the state of CA. If you hold a license not listed here or are licensed outside of the state of California, please check with your licensing board directly to confirm that these CE credits will be accepted. We are unable to assist in verifying if CE credits will be approved for your license type/state outside of California.