



Mental Health in Maternal Care: the Antenatal period.

Assessing with effective screening tools and responding with appropriate interventions.

Pregnancy, birth and the postnatal period is a time of major psychological and social change for women as they negotiate their role as a mother. Supporting mothers' emotional wellbeing during the perinatal period is now recognised to be as important as the traditional focus on the physical health of the mother and child.

Increasing evidence about early brain development and the way in which infants develop emotional and behavioural wellbeing within the context of their early relationship, has highlighted the particular importance of building a bond with the unborn baby, and sensitive early caregiving.

Working with women in the maternal setting who experience a range of mental health care conditions can be challenging for those who have limited or no experience in this field. Mental Health in Maternal Care – Across the Spectrum, aims to provide participants with foundational background in maternal mental health issues and how a women's mental health may change during pregnancy, birth and the postnatal period. Attention will be given to concerns around the use of medications during this time and how pregnancy can impact responsiveness and dosing. Contributing factors that can exacerbate mental

health conditions will be explored along with the screening tools used to assist in identifying women who may need further intervention, where to get help and so much more.

This training day aims to provide participants with essential knowledge around perinatal mental health and the development of confidence when being confronted with a client who may be experiencing some mental health difficulties. A strong focus will be placed upon understanding the importance of identifying issues early and putting in place the appropriate resources and support which can make a significant difference to families and both their short-term and long-term outcomes.

Learning objectives of this training:

1. Understand and define perinatal mental health.
2. Learn skills for working with CALD and Indigenous groups in mental health.
3. Review how mental health conditions can be affected during pregnancy.
4. Gain an overview of medications and the implications during pregnancy.
5. Learn to use and interpret the EPDS and where to seek support.



Lisa Paul has been a Registered Nurse/Midwife for over 28 years and has primarily worked across all areas of maternal care, management and facilitating new student Midwives both in the public and private sectors of healthcare. After the birth of her own child, Lisa went on to become a Calmbirth practitioner and it was during this time that Lisa developed a keen interest in the psychological aspects of Maternal care. Lisa then went on to study and complete her Graduate Diploma in Counselling through the Australian College of Applied Psychology and has since been working in private practice up until recently, where she took up a position as a Mental Health Clinician in

Perinatal Mental Health – Raphael Services.

Lisa has presented to Hospitals and Community Groups and is passionate about helping other workers who need more support in feeling comfortable to work with couples who experience mental health issues around the time of becoming parents. Lisa is a 'Circle of Security Parenting Facilitator' and regularly runs courses and workshop with parents who are looking to learn about making stronger, more secure connections with their children and she also incorporates this knowledge into her individual client work.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.

AASW: Members can accrue 6 CPD hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.

Morning Session: What does it mean to become a Mother/Father?
Introduction to Perinatal Mental Health – what does it mean
Caring for our Indigenous and CALD background clients
Overview of Mental Health conditions

Afternoon Session- How they are affected during pregnancy
Medications - to use or not to use.
Psychosocial impact – using the assessment tools and why this is important.
Evaluation and closing.

“This workshop is for anyone wishing to gain more confidence in working with couples experiencing mental health during pregnancy. You’ll take away a deeper understanding of the complexity of issues faced by these clients along with skills and resources to help you feel more confident in this area of client work.”

Lisa Paul

How will you benefit from attending this training?

- Gain a deeper understanding of mental health illness in pregnancy
- Understand more about cultural sensitivity around pregnancy and mental health issues.
- Types of common medications used and how they affect the mother and fetus.
- Experience and practice using assessment tools and how to interpret them.
- How to get help for your clients.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

This practical training is suitable for all clinicians working in any health-care setting in direct patient contact, especially Midwives, Doulas, NICU Nurses, Counsellors, Mental Health Nurses, Social Workers, O&G Registrars and Residents and other Allied Health Practitioners or anyone interested in supporting pregnant women with mental health disorders.

Feedback for Lisa’s recent training presentations:

This was such a positive experience of incredible knowledge for me. I see pregnancy and birthing so differently now!

I believe understanding the complexities of mental health in maternal care is an issue for all of us in health care. This has been very informing and opened my mind to things I never thought of before this. Thank you Lisa.

Great information! Great presentation! The techniques and resources are so useful. I am going to share all of this with my colleagues. Highly recommend this training.

A fantastic course that needs to be done by anyone working with new parents.

Lisa, you are incredible. You listen, you care and you made it possible for the group to talk about ask about absolutely anything. You gave us new information, normalised some of my fears and provided useful strategies and resources. So very glad we did this training.

We could not have had a better professional for this – warm, approachable, knowledgeable!